

# 2022

## Pelvic Health Symposium

*Hosted by Norton Healthcare and Bellarmine University*

**Saturday, May 21, 2022 • 8 a.m. to 4 p.m.**

Bellarmine University  
Nolen C. Allen Hall, Room 460  
2120 Newburg Road, Louisville, Kentucky

### Agenda

**8 a.m.**

Registration

**8:30 a.m.**

Keynote speakers

**Karen Litos, P.T., DPT, WCS**  
**Karen C. Snowden, P.T., DPT, WCS**

**8:45 a.m.**

Regional speaker

**Suzanne E. Kingery, M.D.**

**9 a.m.**

Pediatric Pelvic Health

**Kimberly Sisto, P.T., DPT, SCS**

**9:45 a.m.**

Conservative Approach to Pelvic Health

**Lindsey Adler, P.T., DPT, WCS, CLT**

**10:30 a.m.**

Break

**10:45 a.m.**

Student Pathway: How to Get Into Pelvic Health

**Callie Latham, P.T., DPT, OCS**

**11:30 a.m.**

Antepartum and Postpartum Pelvic Health

**Lisa Cecil, P.T., DPT**

**12:15 p.m.**

Lunch

**1 p.m.**

Pelvic Health for Athletes

**Callie Latham, P.T., DPT, OCS**  
**Kimberly Sisto, P.T., DPT, SCS**

**1:45 p.m.**

Pelvic Pain and Sexual Health

**Lindsey Adler, P.T., DPT, WCS, CLT**

**2:30 p.m.**

Transgender Pelvic Health

**Suzanne E. Kingery, M.D.**

**3:15 p.m.**

Next-phase Interdisciplinary Approach

**Susan Barker, MHA, M.S., CCC-SLP**

**3:30 p.m.**

Open round table discussion

**4 p.m.**

Closing remarks and adjournment



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## Keynote speakers

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**Karen Litos, P.T., DPT, WCS**



**Karen C. Snowden, P.T., DPT, WCS**

Karen Litos, P.T., DPT, WCS, and Karen C. Snowden, P.T., DPT, WCS, are doctorate-trained physical therapists with board-certified specialization in women's health. Together, they have more than 55 years of clinical experience treating women throughout the lifespan. Both are current faculty at the American Physical Therapy Association (APTA) Academy of Public Health. They travel throughout the nation speaking to students and medical professionals about menopause-related women's health evidence through scientific research and practical solutions for effective care.

## Regional speaker

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**Suzanne E. Kingery, M.D.**

Suzanne E. Kingery, M.D., is a pediatric endocrinologist with Norton Children's Endocrinology, affiliated with the UofL School of Medicine. She supports pediatric patients with diabetes and endocrine conditions, including thyroid disease, disorders of growth, precocious and delayed puberty, adrenal disorders and intersex conditions.

Dr. Kingery also serves as director of Norton Children's Endocrinology's Pediatric and Adolescent Gender Education (PAGE) program. In this role, she supports a multidisciplinary team, including a licensed clinical social worker, registered nurse, endocrinologist and other support staff who serve gender-diverse and transgender youth. The PAGE program began in 2015 under Dr. Kingery's direction and leadership. It is the first and only program of its kind in Kentucky, welcoming over 150 new patients a year.

Dr. Kingery is a leader in pediatric medicine for gender-diverse and transgender youth, sharing her extensive experience through numerous community and professional speaking engagements as well as partnerships on many committees, advisory councils, networks and more.



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## Presentation speakers



### **Kimberly Sisto, P.T., DPT, SCS**

Kimberly Sisto, P.T., DPT, SCS, is a pediatric physical therapist at the Marshall Family Pediatric Rehabilitation Center at Norton Women's & Children's Hospital. She specializes in providing care for children with orthopedic and pelvic health conditions. Kim is a board-certified specialist in sports physical therapy and a certified STOTT Pilates instructor. She also is a trained operator of the Gait Real-time Analysis Interactive Lab (GRAIL) system in the Norton Mobility Lab. Kim has extensive experience in the physical therapy treatment of competitive and elite gymnasts, dancers and cheerleaders due to her background as a former club and collegiate gymnast as well as a gymnastics coach.



### **Lindsey Adler, P.T., DPT, WCS, CLT**

Lindsey Adler, P.T., DPT, WCS, CLT, is a physical therapist at Norton Specialty Rehabilitation Center – St. Matthews. She has completed Certificate of Achievement in Pelvic Health Physical Therapy (CAPP) and Obstetric Physical Therapy (CAPP-OB) coursework recommended by the American Physical Therapy Association, which has equipped her with advanced knowledge of pelvic floor conditions. Lindsey is a member of the Academy of Pelvic Health Physical Therapy Women's Health section and completed her pelvic health board certification in 2021. She is a Klose Training-certified lymphedema therapist and holds certificates of achievement through the Physiological Oncology Rehabilitation Institute in foundations of cancer rehabilitation and pelvic cancer rehabilitation.



### **Callie E. Latham, P.T., DPT, OCS**

Callie E. Latham, P.T., DPT, OCS, is an assistant professor at Bellarmine University, with teaching involvement in functional anatomy, orthopedics, treatments of the extremities and spine, differential diagnosis and service-learning clinics. Callie is board certified in orthopedic physical therapy with further training in treatment of pelvic health disorders and prepartum/postpartum patients. She has special interests in treating pelvic health patients in an orthopedic environment, educating students on pelvic health topics, and researching preventive care in prepartum/postpartum patients.



### **Lisa Cecil, P.T., DPT**

Lisa Cecil, P.T., DPT, is a physical therapist at Norton Specialty Rehabilitation Center – St. Matthews. Lisa has worked in variety of settings over the past 10 years. She worked in Louisville as a pelvic health therapist prior to moving to Oregon, where she developed a successful pelvic health program that is still in operation, and later returned to Louisville. Driven by her desire to help people in such a personal way, she takes pride in providing the best care possible.



### **Susan Barker, MHA, M.S., CCC-SLP**

Susan Barker, MHA, M.S., CCC-SLP, director, rehabilitation services, Norton Women's & Children's Hospital, oversees the hospital's inpatient and outpatient pediatric and adult-service units, as well as the neonatal intensive care unit. She holds multiple specialty certifications, including Six Sigma Green Belt, VitalStim Therapy, Lee Silverman Voice Treatment, manual techniques in dysphagia management, and post-laryngectomy restoration with tracheoesophageal puncture and prosthesis. She is trained in fiberoptic evaluation of swallowing and modified barium swallow studies.



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