

JULIE W. WIEBE, PT, DPT

2751 Whispering Woods Drive
Ann Arbor, Michigan 48103
julie@juliewiebept.com
www.juliewiebept.com
818-574-9495

Education:

Doctor of Physical Therapy (DPT)-Academic Emphasis University of Medical Sciences Arizona Physical Therapy	July 2020
Master of Physical Therapy (MPT) Hahnemann University Physical Therapy	May 1996
Bachelor of Science (BS) Gordon College Movement Science	June 1992

Licensure Information:

Licensed Physical Therapist: California #23898, Michigan #5501301964

Employment and Positions Held:

Owner, Clinician, Educator, Researcher Julie Wiebe Physical Therapy, PC Ann Arbor, Michigan www.juliewiebept.com	2004-present
Clinical Assistant Professor. University of Michigan-Flint Non-Tenure Clinical Track Flint, Michigan	2021-2024
Staff Physical Therapist Women's Physical Therapy and Rehabilitation Beverly Hills, CA	2010-2011
Staff Physical Therapist Wellspring Cancer Support Network Oakville, Ontario, Canada	2009
Staff Physical Therapist Women's Physical Therapy and Rehabilitation Beverly Hills, CA	2005-2006

Staff Physical Therapist 2003-2004
Layfield and Associates Physical Therapy
Encino, CA

Staff Physical Therapist 2000-2003
Blake Physical Therapy
Santa Monica, CA

Staff Physical Therapist 1998-2000
McK Physical Therapy
Burbank, CA

Staff Physical Therapist 1996-1998
Seneca Physical Therapy
Rockville, MD

Peer Reviewed Publications:

Journal Articles

2021 Wiebe JW. Movement-based intervention to resolve severe pelvic and hip pain in a female Iron-distance triathlete. *J Pelvic, Obstetric and Gynaecological Physiotherapy*. Spring 2021; 128: 46-53.

2017 Mannell S, Wiebe JW, Larin HM. Dynamic core intervention for a child with cerebral palsy. *Remed Open Access*. 2017; 2:1-5.

2014 Barbato KA, Wiebe JW, Cline TW, Hellier SD. Web-based treatment for women with stress urinary incontinence. *Urologic Nursing*. 2014. 34(5): 252-257.

Books/Chapters

2020 Wiebe JW. Pelvic floor: Integration vs. Isolation. In: Liebenson C, ed. *Rehabilitation of the Spine: A Patient-Centered Model*. 3rd ed. Baltimore, MD: Wolters Kluwer. 2020; 790-806.

Peer Reviewed Scientific and Professional Presentations: (underlined indicates student)

Poster and Platform Presentations

2024 Wiebe J, LaCross J, Huang M, Nguyen A, Fridman L, Tran N, Napier C. Prevalence of Pelvic Health Symptoms Associated with Pelvic Floor Overactivity in Recreational Female Runners. Poster Presentation. American Academy of Sports Physical Therapy-American Physical Therapy Association. Combined Sections Meeting. Boston, MA. February 2024 (Accepted).

2024 Wiebe J, Huang M, LaCross J, Nguyen A, Fridman L, Tran N, Napier C. Dyspareunia Associated with Peak Resultant Acceleration in Recreational Female Runners. Poster Presentation. American Academy of Sports Physical Therapy-American Physical Therapy Association. Combined Sections Meeting. Boston, MA. February 2024 (Accepted).

2024 Wiebe JW, Nguyen A, Huang MH, LaCross J, Fridman L, Tran N, Napier C. Prevalence of Pelvic Health Dysfunction and Help-Seeking Behavior Among Recreational Female Runners. Platform Presentation. Academy of Pelvic Health Physical Therapy-American Physical Therapy Association. Combined Sections Meeting. Boston, MA. February 2024 (Accepted).

2023 Wiebe JW, LaCross J, Huang MH, Nguyen A, Fridman L, Tran N, Napier C. Dyspareunia in recreational female runners: investigating obstetrical and running habit characteristics. Poster Presentation. International Pelvic Pain Society: 26th Annual Scientific Meeting on Pelvic Pain. Denver, CO. October 2023.

2023 Wiebe JW, Nguyen A, LaCross J, Huang MH, Fridman L, Tran N, Napier C. Prevalence of pelvic health dysfunction in female recreational runners: a preliminary report. Platform Presentation, APTA-Michigan Fall Conference. Grand Rapids, MI. October 2023.

2023 Wiebe JW, Huang MH, LaCross J, Nguyen A, Fridman L, Tran N, Napier C. Obstetric, running habit, and kinetic characteristics in recreational female runners with and without running-related urinary incontinence: A preliminary report. E-Poster Presentation. Female Athlete Conference Boston, MA. June 2023.

2014 Barbato KD, Wiebe JW. Web-Based Treatment for Women with Stress Urinary Incontinence. Poster Presentation. National Association of Nurse Practitioners in Women's Health-17th Annual Conference. Savannah, GA. October 2014.

2012 Mannell S, Wiebe JW, Larin, HM. Effect of Dynamic Core Intervention on Posture and Function in a Child with Cerebral Palsy: Case Report. Poster Presentation (Pediatrics Section). American Physical Therapy Association-Combined Sections Meeting. Chicago, IL. February 2012

Peer Reviewed Seminars

2023 Vagy J, Lau M, Cofield S, Wiebe JW. The Social Media Dilemma: Adapt and Engage or Get Left Behind? Education Session. American Physical Therapy Association-Combined Sections Meeting, February 2023; San Diego, CA.

2022 Wiebe JW. Pregnancy, Postpartum, and Abdominopelvic Health Considerations for the Female Athlete. Education Session. APTA-Michigan Fall Conference, October 2022; Boyne Mountain, MI.

2020 Wiebe, JW. New Solutions and Strategies for Incontinence in Athletic Females. 19th Physiotherapy Forum Presentation. 50th Annual International Continence Society Meeting, November 2020; Virtual.

2018 Von Berg K, Wiebe JW. Getting to the Core of Continence for Adults & Children with Cystic Fibrosis: New Strategies for Physical Therapists. Short Course Presentation. North American Cystic Fibrosis Conference, October 2018; Denver, CO.

2018 Von Berg K, Wiebe JW. Hey, Look! No Devices: Optimizing Airway Clearance & Function Through Breathing Strategies, Manual Techniques, & Core Alignment. Discipline Group Presentation. North American Cystic Fibrosis Conference, October 2018; Denver, CO.

2018 Wiebe JW. Sport Specificity Training for Female Athletes. Pre-Conference Panel. American Physical Therapy Association-Combined Sections Meeting, February 2018; New Orleans, LA.

2017 Wiebe JW, Battles B. Female Athlete Strength and Conditioning: Bridging Rehab and Fitness. Education Session. American Physical Therapy Association-Combined Sections Meeting, February 2017; San Antonio, TX.

2017 Clinton S, Wiebe JW. From the Glottis to the Pelvic Floor: Making the Clinical Connections. Education Session. American Physical Therapy Association-Combined Sections Meeting, February 2017; San Antonio, TX.

2016 Battles B, Wiebe JW. Coaching the Pregnant and Postpartum Athlete. Education Session. National Strength and Conditioning Association SoCal State Clinic, August 2016; Santa Monica, CA.

2016 Wiebe JW. Female Athletes: They're Not Little Men. Education Session. American Physical Therapy Association-NEXT Conference, June 2016; Nashville, TN.

2016 Wiebe JW. Relevance of the Pelvic Floor for Orthopedics and Sports Medicine. Education Session. American Physical Therapy Association-Combined Sections Meeting, February 2016; Anaheim, CA.

2016 Mannell S, Wiebe JW. Dynamic Core Stability in Children with Cerebral Palsy Education Session. American Physical Therapy Association-Combined Sections Meeting February 2016; Anaheim, CA.

2015 Wiebe JW. Treatment of SUI in a Female CrossFitter with a Complex History. Complex Case Presentations. American Physical Therapy Association-Combined Sections Meeting, February 2015; Indianapolis, IN.

2015 Wiebe JW, Green B, Granger J. Building the Female Athlete from the Inside Out. Education Session. American Physical Therapy Association-Combined Sections Meeting, February 2015; Indianapolis, IN.

2014 Wiebe JW. The Female Athlete: Ready for Impact? Education Session. California Physical Therapy Association-Annual Conference, October 2014; Oakland, CA.

2013 Mannell S, Wiebe JW. Evidenced-Based Core Stability for Children with Challenges Part 1. Education Session. American Physical Therapy Association-Combined Sections Meeting, January 2013; San Diego, CA.

2013 Mannell S, Wiebe JW. Evidenced-Based Core Stability for Children with Challenges Part 2. Education Session. American Physical Therapy Association-Combined Sections Meeting, January 2013; San Diego, CA.

2012 Wiebe JW. Isolation versus Integration: Dynamic Pelvic Floor for Core Programs Part 1 Education Session. American Physical Therapy Association-Combined Sections Meeting, February 2012; Chicago, IL.

2012 Wiebe JW. Isolation versus Integration: Dynamic Pelvic Floor for Core Programs Part 2. Education Session. American Physical Therapy Association-Combined Sections Meeting, February 2012; Chicago, IL.

2012 Miller J, Wiebe JW. Complicated Patient Case Study: Management of Osteitis Pubis in a Female Collegiate Basketball Player. Complicated Patient Case Study Presentation. American Physical Therapy Association-Combined Sections Meeting, February 2012; Chicago, IL.

Invited Seminars and Guest Lectures

Select Medical National Lunch and Learn Lecture Series (Virtual)	2024
APTA-Michigan Pain Special Interest Group (Virtual)	2024
ReCoNect Conference- Birth in Motion (Virtual-Brazil and Portugal)	2024
Pelvic Health Series- Embodia Academy (Virtual-Canada)	2023
Smart Education Power Talk (Virtual-Belgium)	2023
Evidence in Motion Elevate Pelvic Health Online Symposium	2023
Siaparto- International Birth Workers Symposium (Asynchronous-Brazil)	2021
AASPT Female Athlete/Running SIG Monthly Learning Academy (Virtual)	2021
University of Michigan-Flint DPT Advanced Topics Seminar (Virtual)	2020
Messiah University Nurse Practitioner Graduate Program (Asynchronous)	2020-2023
University of Central Arkansas DPT Musculoskeletal Track (Virtual)	2017
California State University Northridge DPT Research Symposium (Keynote)	2016
Clarke University DPT Women's Health/Sports Med Electives (Virtual)	2014-2021
California Physical Therapy Association-San Francisco Chapter (Virtual)	2014
UCLA Outpatient Rehabilitation Department	2012, 2013
UCSD Orthopedic Research Department	2012
Association of Perinatal Naturopathic Doctors Toronto Chapter	2009
Association of Perinatal Naturopathic Doctors National Symposium	2008

Invited Professional Development Coursework

Developed and delivered professional development coursework internationally. Hosted by professional organizations, academic institutions, clinics, and hospitals. 2009 to present

Foundations: The Diaphragm/Pelvic Floor Piston for Adult Populations (Live)

Treating and Training the Female Runner (or Any Female Athlete) (Synchronous Online/Live)

Bridge the Gap Between Rehab and Fitness (Live)

Dynamic Core for Kids (Part 1): Stability in Action (Synchronous Online/Live)

Advanced Dynamic Core for Kids: Pelvic Health Addition (Hybrid)

Dynamic Core for Kids Goes to School (Live)

Dynamic Core for Kids (Part 2): Clinical Correlations and Problem Solving

Current/Active Research Activity:

Primary Investigator: **Julie W. Wiebe, PT, DPT**, Min-Hui Huang, PT, PhD, Jenny LaCross, PT, DPT, PhD(c), ATC, CLT, Anna Nguyen, SPT, Christopher Napier, PT, PhD

Pelvic Health Clinical Features Associated with Biomechanical Factors at Initial Contact in Recreational Female Runners

Funding: None

Primary Investigator: **Julie W. Wiebe, PT, DPT**, Anna Nguyen, SPT

Obstetrician Readiness to Provide Post-Partum Return to Fitness Guidance

Funding: None

Membership in Scientific/Professional Organizations:

American Physical Therapy Association (Sports Medicine and Education) 2013-present

International Continence Society 2014-present

International Pelvic Pain Society 2018-present

Service

Profession

Journal of Pelvic Obstetric and Gynaecological Physiotherapy Manuscript Reviewer 2023

Physiotherapy Manuscript Reviewer 2021

APTA-CSM Programming Committee (Section of Women's Health) 2013-2017

Community

Medical Provider Volunteer (Pelvic Health): National Medical Provider Network for the US Olympic and Para-Olympic Committee	2022-present
Program Liaison University of Michigan Adaptive Athlete Sport and Fitness Program	2022-2024
Community Education Program Development/Various community groups	2004-present

University

Website Update Committee	2021-2022
--------------------------	-----------

College of Health Sciences

CHS representative Website Update Committee	2021-2022
---	-----------

Physical Therapy Department

Admissions Committee	2021-2024
Social Media/Recruitment	2021-2023
Pelvic Health-Female Athlete Student Special Interest Group	2023- 2024

Honors/Awards

Golden Apple Teaching Award	2023
Early Career Research Release to Support Research Excellence	2023
Hagerman Faculty Entrepreneurship and Innovation Award	2022
Movers and Mentors: Leaders in Movement Science	2021

Professional Development Attended:

American Physical Therapy Association Combined Sections Meeting Boston	February 2024
International Pelvic Pain Society Annual Meeting Denver	October 2023
International Continence Society Annual Meeting Toronto	September 2023
The Female Athlete Conference	June 2023
American Physical Therapy Association Combined Sections Meeting San Diego.	February 2023
Evidence in Motion: Elevate Pelvic Health Online Symposium	January 2023
APTA-Michigan Fall Conference Boyne Mountain	October 2022

Trauma Informed Best Practices: Working with Athlete Survivors	October 2022
Northwestern University Sports Medicine Grand Rounds- "Rotation: The Keystone of Hip & Pelvic Floor Performance in Athletes"	May 2022
University of Michigan MedSport Exercise is Medicine Conference	May 2022
University of Michigan Pelvic Floor Research Group Research Day	March 2022
UM-Flint: Implicit Bias Training and the Ways Our Identities Matter in PT	February 2022
UM-Flint Quad Pod: How Grades Can Undermine Learning and Jeopardize our Students' Wellbeing –	February 2022
National Association of Black Physical Therapists Inaugural Conference	June 2021
AASPT Team Concept Conference: The Female Athlete	December 2020
19th Physiotherapy Forum. International Continence Society Meeting	November 2020
The Black Patient Experience Webinar	June 2020
The Black Physical Therapist Experience Webinar	June 2020
University of Michigan Pelvic Floor Research Group Research Day	February 2020
AASPT Team Concept Conference: Hot Topics Las Vegas	December 2019
Transitional Doctorate in Physical Therapy: University of Medical Sciences Arizona	2018-2020
Emergency Medical Responder Certification Renewal	November 2018
North American Cystic Fibrosis Conference Denver	October 2018
American Physical Therapy Association- Combined Sections Meeting Pre-Conference Course: The Female Athlete	February 2018
American Physical Therapy Association- Combined Sections Meeting Pre-Conference Course: Pelvic Floor Treatment of Urinary Incontinence: An Evidence Update	February 2018
American Physical Therapy Association Combined Sections Meeting	February 2017
Emergency Medical Responder Initial Certification-	February 2017

Current Teaching Responsibilities

2023-2024

Fall

PTP 892 Professional Practice Management

PTP 789 Advanced Topics in Physical Therapy
PTP 728 Axial Skeleton: Pelvic Health Content (20% Instruction)
PTP 704 Therapeutic Exercise: Pregnancy and Postpartum Exercise (15% Instruction)
PTP 794 Service Learning

Winter

PTP 705 Soft Tissue Techniques

2022-2023

Spring/Summer

PTP 699 Integration & Critical Thinking 1

Fall

PTP 892 Professional Practice Management
PTP 789 Advanced Topics in Physical Therapy
PTP 728 Axial Skeleton: Pelvic Health Content (20% Instruction)
PTP 704 Therapeutic Exercise Pregnancy and Postpartum Exercise (15% Instruction)
PTP 794 Service Learning

Winter

PTP 665 Tests & Measures (50%)
Early Career Research Release to Support Research Excellence

2021-2022

Spring/Summer

PTP 699 Integration and Critical Thinking 1

Fall

PTP 789 Advanced Topics in Physical Therapy
PTP 728 Axial Lab Instructor + Pelvic Health Content (50% Instruction)
PTP 768 PT Management of Athlete (50% instruction)

Winter

PTP 739 Orthotics, Prosthetics & Assistive Technologies
PTP 665 Tests & Measures (50% Instruction)