

Julie W. Wiebe, PT, DPT
11/8/2023

CURRICULUM VITAE

Julie W. Wiebe

University of Michigan-Flint
Physical Therapy Department

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:

Clinical Assistant Professor
University of Michigan-Flint
Non-Tenure Clinical Track
Flint, Michigan
April 2021-present

Owner, Clinician and Professional Development Educator
Julie Wiebe Physical Therapy, PC
Ann Arbor, Michigan
2004-present

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

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Staff Physical Therapist
Women's Physical Therapy and Rehabilitation
Beverly Hills, CA
2005-2006

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

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

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

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

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.

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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

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

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October 2022

2020 Wiebe, JW

New Solutions and Strategies for Incontinence in Athletic Females.
19th Physiotherapy Forum Presentation. 50th Annual International Continence Society Meeting
Remote
November 2020

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

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

2018 Wiebe JW

Sport Specificity Training for Female Athletes
Education Session. American Physical Therapy Association-Combined Sections Meeting
February 2018

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

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

2016 Battles B, Wiebe JW

Coaching the Pregnant and Postpartum Athlete
Education Session. National Strength and Conditioning Association SoCal State Clinic
August 2016

2016 Wiebe JW

Female Athletes: They're Not Little Men
Education Session. American Physical Therapy Association-NEXT Conference
June 2016

2016 Wiebe JW

Relevance of the Pelvic Floor for Orthopedics and Sports Medicine
Education Session. American Physical Therapy Association-Combined Sections Meeting
February 2016

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2016 Mannell S, Wiebe JW

Dynamic Core Stability in Children with Cerebral Palsy
Education Session. American Physical Therapy Association-Combined Sections Meeting
February 2016

2015 Wiebe JW

Treatment of SUI in a Female CrossFitter with a Complex History
Complex Case Presentation. American Physical Therapy Association-Combined Sections Meeting
February 2015

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

2014 Wiebe JW

The Female Athlete: Ready for Impact?
Education Session. California Physical Therapy Association-Annual Conference
October 2014

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

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

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

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

2012 Miller J, Wiebe JW

Complicated Patient Case Study: Management of Osteitis Pubis in a Female Collegiate
Complicated Patient Case Study Presentation. American Physical Therapy Association-Combined Sections Meeting
February 2012

Invited Seminars and Lectures

Pelvic Health Series- Embodia Academy (Remote- Belgium)-2023

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Smart Education Power Talk (Remote- Belgium) - 2023

Evidence in Motion Elevate Pelvic Health Online Symposium-2023

Siaparto- International Birth Workers Symposium (Asynchronous Remote-Brazil)- 2021

AASPT Female Athlete/Running SIG Monthly Webinar/Learning Academy (Remote)-2021

University of Michigan-Flint DPT Advanced Topics Seminar (Remote)- 2020

Messiah University Nurse Practitioner Graduate Program (Asynchronous) 2020-2023

University of Central Arkansas Musculoskeletal Track (Remote) -2017

California State University Northridge Research Symposium - 2016

Clarke University DPT Women's Health/Sports Med Elective (Remote)-2014-2021

California Physical Therapy Association-San Francisco Chapter (Remote)-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

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-Academies of Sports Medicine and Education
2013-present

International Continence Society
2014-present

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International Pelvic Pain Society
2018-present

Service

Profession

Journal of Pelvic Obstetric and Gynaecological Physiotherapy Manuscript Reviewer 2023

Physiotherapy Manuscript Reviewer 2021

APTA: Combined Sections Meeting 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 with University of Michigan- Ann Arbor Adaptive Athlete Sport and Fitness Program 2022-23

Community Education Program Development/Various community groups
2004-present

University

Website Update Committee 2021-22

College

CHS representative Website Update Committee 2021-22

Department

Admissions Committee 2021-present

Social Media/Recruitment 2021-2023

Pelvic Health-Female Athlete Student Special Interest Group 2023

Honors/Awards

2023 Golden Apple Teaching Award

2023 Early Career Research Release to Support Research Excellence

2022 Hagerman Faculty Entrepreneurship and Innovation Award

2021 Movers and Mentors: Leaders in Movement Science

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Professional Development Attended:

International Pelvic Pain Society Annual Meeting-October 2023

International Continence Society Annual Meeting-September 2023

Female Athlete Conference-June 2023

American Physical Therapy Association Combined Sections Meeting-February 2023

Evidence in Motion: Evidence in Motion Elevate Pelvic Health Online Symposium-January 2023

APTA-Michigan Fall Conference- 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 Med Sport 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 – Feb 2022

National Association of Black Physical Therapists Inaugural Conference-June 2021

American Academy of Sports Physical Therapy Team Concept Conference: The Female Athlete December 2020

19th Physiotherapy Forum. 50th Annual 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 Annual Research Day-February 2020

American Academy of Sports Physical Therapy Team Concept Conference: Hot Topics-December 2019

Transitional Doctorate in Physical Therapy Program: University of Medical Sciences Arizona-2018-2020

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Emergency Medical Responder Certification Renewal- November 2018

North American Cystic Fibrosis Conference-October 2018

American Physical Therapy Association Combined Sections Meeting-February 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

Spring/Summer

PTP 699 Integration & Critical Thinking 1
PTP 703 Biophysical Agents

Fall

PTP 892 Professional Practice Management
PTP 789 Advanced Topics in Physical Therapy
PTP 728 Axial Skeleton - 20% Instruction
PTP 704 Therapeutic 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 - 20% Instruction
PTP 704 Therapeutic Exercise -15% Instruction
PTP 794 Service Learning

Winter

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

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2021-2022

Spring/Summer

PTP 699 Integration and Critical Thinking 1

Fall

PTP 789 Advanced Topics in Physical Therapy

PTP 728 Axial Lab Instructor 50%

PTP 768 PT Management of Athlete 50%

Winter

PTP 739 Orthotics, Prosthetics & Assistive Technologies

PTP 665 Tests & Measures 50%