Christina Delgado

Pelvic Health Physical Therapist

Pelvic Health Physical Therapist with 9 years of outpatient practice, including 6 years focused on pelvic floor rehabilitation for women and men. Builds evidence-based care plans for incontinence, pelvic pain, prolapse and prenatal and postpartum care using biofeedback, manual therapy and exercise. Mentors newer therapists and partners closely with OB-GYN and urology practices.

christina.delgado@email.com
(801) 555-0153
Salt Lake City, UT
linkedin.com/in/christinadelgado

Experience

Pelvic Health Physical Therapist

Wasatch Women's & Pelvic Health • Salt Lake City, UT

02/2021 - Present

Senior therapist at a 5-therapist outpatient clinic dedicated to pelvic health and pregnancy care.

- Evaluate and treat **13** patients a day with incontinence, pelvic pain, prolapse and pregnancy-related back pain.
- Write evidence-based care plans using biofeedback, manual therapy and exercise; 81% of patients meet goals in 10 visits.
- Built a postpartum return-to-exercise program with 3 OB-GYN practices that drew 140 referrals in its first year.
- Mentor 3 newer therapists in pelvic floor assessment and review their plans of care at monthly case meetings.

Physical Therapist

Salt Lake Orthopedic & Spine Rehab • Salt Lake City, UT

07/2017 - 01/2021

Outpatient orthopedic clinic where a pelvic health service was added in 2019.

- Treated 14 orthopedic and spine patients a day and added pelvic health hours after 2 years of extra training.
- Grew the clinic's pelvic health caseload from 0 to 45 active patients in 18 months.
- Taught prenatal and postpartum patients body mechanics and home exercise plans with clear written handouts.
- Collaborated with urologists and colorectal surgeons on 25 shared patients, sending progress notes every 4 weeks.

Certificates

Utah Physical Therapist License

Utah Division of Professional Licensing • 07/2017

Certificate of Achievement in Pelvic Physical Therapy (CAPP-Pelvic)

APTA Pelvic Health • 05/2020

Board-Certified Clinical Specialist in Women's Health (WCS)

American Board of Physical Therapy Specialties • 06/2023

Skills

Pelvic Floor Rehabilitation
Evidence-Based Care Plans
Pelvic Floor Assessment
Biofeedback
Prenatal and Postpartum Care
Manual Therapy
Home Exercise Plans
Orthopedic Physical Therapy
Interpersonal Skills
Communication

Education

Doctor of Physical Therapy (DPT)

University of Utah

Salt Lake City, UT

05/2017

Physical Therapy