




Meet our *Superstar* Physio!

SC



Sex	Age Range	
Female	31 - 35	
Level Experience	Desired Contract	
Level 4 - 11-15 points	The Fantail Package	

Qualifications

Bachelor of Integrative Biology/Kinesiology (with Minor: Anthropology)(2015)
Doctorate in Physical Therapy (2021)

University

University of California
Franklin Pierce University

Points System

Criteria	Years Experience	Points	Total
Fast Track Country Experience (Ireland, UK, Canada, South Africa) + Australia and USA	0 - 1	1	0
	2 - 4	2	
	5 - 7	4	
	8 - 10	6	
	11 - 13	8	
	14 - 17	10	
	18+	12	
Private Practise Musculoskeletal Experience	Years Experience	Points	Total
	0 - 1	0	2
	2 - 3	1	
	4 - 5	2	
	6 - 7	3	
	8 - 9	4	
	10+	5	
Post Grad Experience	Years Experience	Points	Total
	0 - 4	1	2
	5 - 10	2	
	11+	3	
New Zealand Experience	Months Experience	Points	Total
	0 - 6	1	0
	7 - 12	2	
	13 - 18	4	
	19 - 24	6	
Ligament Experience	Months Experience	Points	Total
	0 - 6	1	0
	7 - 12	2	
	13 - 18	3	
	19 - 24	4	
Post Grad Qualifications	Courses	Points	Total
	Post Grad Courses	1	1
	Post Grad Certificate	2	2
	Post Grad Diploma	3	
	Post Grad Masters	4	4
Total:			11

Work History

SC is a dedicated physical therapist with several years of clinical experience, specializing in pelvic health for both men and women. Her passion and expertise lie in this area, where she feels most confident and fulfilled in her practice. SC is deeply committed to delivering high-quality, patient-centered care and strives to make a meaningful impact in the lives of those she treats. Her long-term professional aspiration is to become a professor of pelvic health physical therapy, contributing to the advancement of the field through education and mentorship. In the meantime, she remains focused on expanding her knowledge and refining her clinical skills, continuously seeking opportunities for growth to enhance the quality of care she provides.

Fitness Instructor & Personal Trainer The Health Group, Billund, Denmark — July 2024–present SC currently works as a fitness instructor and personal trainer, where she is responsible for developing and leading HIIT, strength, and cardio classes. She also provides individualized one-on-one training sessions, tailoring each program to meet the specific needs and goals of her clients.

Physical Therapist Luna Physical Therapy, California, USA — February 2023–November 2023 Following a dedicated period of study for her board examinations, SC resumed clinical practice with Luna Physical Therapy, providing in-home treatment across a wide range of conditions. Her caseload included post-operative rehabilitation for knee, Achilles, and shoulder surgeries, pelvic health-related concerns, and general musculoskeletal issues such as back pain. Operating independently without direct colleagues, SC managed all aspects of patient care autonomously, demonstrating strong clinical judgment and self-reliance. After this role, she relocated to Denmark, where licensure for American-trained physical therapists presents unique challenges.

Physical Therapist Johns Hopkins Hospital, Maryland, USA — July 2021–August 2022 At Johns Hopkins Hospital, SC primarily treated patients with pelvic health conditions. Her responsibilities included evaluating, treating, discharging, and scheduling patients, as well as maintaining timely and thorough documentation. She gained hands-on experience with advanced therapeutic technologies, including a water treadmill, low-gravity treadmill, gait-analysis treadmill, piezowave shockwave therapy, Winback TECAR therapy, laser therapy, and other specialized equipment, enhancing her clinical practice and broadening her technical expertise.

Areas of Skills and Expertise

MSK: Experience level: Intermediate
Most of SC's clinical experience has involved treating patients in a musculoskeletal setting, with approximately a quarter of her caseload at Johns Hopkins focused on MSK-related conditions. She has worked extensively with post-surgical rehabilitation, sports injuries, and the application of manual therapy, as well as a wide range of modalities including estim (IFC, TENS, EMS), ultrasound, ice/heat, H-Wave, piezowave, Winback, sEMG, and more.

Orthopaedics: Experience level: Intermediate
SC has treated a wide variety of post-operative patients, including those recovering from total shoulder replacements, reverse total shoulder replacements, hip replacements (across all approaches), knee replacements, meniscectomies, Achilles rupture repairs, cervical fusions, and rotator cuff repairs.

Women's Health: Experience level: Advanced
SC completed a post-doctoral residency in pelvic and women's health at Johns Hopkins Hospital, after which she earned board certification in women's health from the American Board of Physical Therapy Specialties, along with a Certificate of Advanced Practice in Physical Therapy in Pelvic Health (CAPP-Pelvic) from the APTA's Academy of Pelvic Health. She has treated a wide range of conditions including urinary and fecal incontinence, chronic pelvic pain, pudendal neuralgia, urinary frequency, overactive bladder syndrome, interstitial cystitis, dyspareunia, dysmenorrhea, post-hysterectomy recovery, painful defecation, constipation, diastasis rectus abdominis, prolapse, pelvic girdle pain, pain associated with endometriosis, and many more. Her treatments have included patient education, manual therapy, stretching, exercise prescription, nerve glides, use of management tools such as SI belts, ice/heat, and other modalities.

Men's Health: Experience level: Advanced
SC has advanced experience in treating men with a wide range of pelvic health conditions, including post- and pre-prostatectomy recovery, painful defecation, constipation, erectile dysfunction, urinary and bowel frequency, fecal urgency, fecal incontinence, overactive bladder syndrome, post-void dribble, and all forms of urinary incontinence. Her treatment methods include patient education, manual therapy, stretching, exercise, nerve glides, management tools, ice/heat, and other modalities.

Neurology: Experience level: Intermediate
SC has worked with patients diagnosed with multiple sclerosis, Parkinson's disease, stroke, and traumatic brain injuries. She was previously certified in LSVT treatment for Parkinson's disease and co-authored a published research study on the effects of LSVT treatment delivered via telehealth.

Return to Work Programs: Experience level: Beginner
During her pre-licensure clinical training, SC completed a placement in a return-to-work clinic where she independently treated patients under supervision. She managed workplace injuries involving the wrist, back, shoulder, elbow, and knee, using a combination of patient education, manual therapy, exercise, and heat/ice treatments.

Working within a Gym Setting: Experience level: Intermediate
SC has worked within gym-based settings in several clinics, applying exercise-based rehabilitation within functional environments.

Leading Exercise Classes: Experience level: Intermediate–Advanced
SC currently teaches HIIT and strength/cardio exercise classes, where she demonstrates strong skills in organising space, structuring sessions, and adapting exercises to suit participants' needs. She also has experience volunteering in a hospital setting, leading group exercise sessions for post-operative patients.

Private Practise MSK Experience

Over the course of 1.5 years, SC worked independently as a physical therapist, managing her own caseload from initial scheduling through to treatment and discharge. She was responsible for conducting evaluations, delivering care, and maintaining accurate and timely documentation for each patient. While she operated autonomously, she collaborated as needed with patients' broader healthcare teams to ensure continuity and quality of care. SC also took an active role in advocating for her patients by requesting additional treatment sessions from insurance providers when clinical needs exceeded initial coverage allowances.

Hospital Experience

SC has worked in a hospital setting during her clinical internships, but has not worked in a hospital setting since getting her physical therapy license.

CPD Courses

Certifications Women's Health Certified Specialist (WCS), — 2023 CAPP-Pelvic Certification, Academy of Pelvic Health — 2022 SC holds board certification as a Women's Health Certified Specialist through the American Board of Physical Therapy Specialties. She also earned her CAPP-Pelvic certification from the Academy of Pelvic Health, further solidifying her expertise in pelvic health physical therapy.

Continuing Education & Professional Development: Since becoming a licensed physical therapist, SC has actively pursued opportunities to deepen her knowledge and contribute to the field. She has published research on the use of LSVT treatment for Parkinson's disease in a telehealth setting, and separately authored a paper examining the distribution of pelvic health professionals across the United States. This latter research was also presented during her time at Johns Hopkins Hospital. SC has attended the World Physiotherapy Congress on two occasions, engaging with global perspectives and emerging practices. In addition to her certifications, she serves as a peer reviewer for academic journals, allowing her to stay current with the latest research and maintain a critical eye on developments within the profession.

Who am I?

SC is a physical therapist from the United States who now resides in Denmark with her husband and their small dog, Birdie. She and her husband relocated to Denmark a few years ago when he pursued his dream career as a LEGO Designer. Prior to moving abroad, SC lived in several parts of the United States, including northern and southern California, New Hampshire, and Maryland, experiences that allowed her to build lasting friendships across the country. Her family remains in California, and she enjoys returning to visit, spending time with loved ones while taking in the region's sunshine, mountains, and beaches.

Outside of her professional career, SC has a wide range of interests and hobbies. She is an avid reader who often finishes a book each week—sometimes reading several at once. She also dedicates time and care to her blind dog, ensuring she leads a full and happy life. SC enjoys hiking, a passion developed during her years in California, though the flat landscape of Denmark has encouraged her to embrace other creative pursuits such as knitting, sewing, and baking. She also loves to travel and frequently visits the United States to reconnect with her family and friends.

Quotes from References

SC is very conscious of time management and understands that she is in a field that bills by the minute. She is respectful of patients' time and ensure she provides the best possible care.

SC possess strong passion for pelvic health. She thrives as an educator and is able to explain difficult concepts in several ways. She is hardworking and an effective leader. She takes initiative, is reliable and consistent. She has great communication skills, both verbal and written.

She has made incredible growth during her time with us. She is the type of person who will continue to grow and succeed. She is flexible and adaptable while being extremely accomplished in her field.

