



## APRIL PATTERSON, PT, MSPT

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### PROFILE

April is the founder and CEO of Whole Body Physical Therapy, PC., in Studio City, CA. She has been a licensed physical therapist for over 20 years, who evaluates and treats all genders who have pelvic floor and musculoskeletal dysfunction. April is especially interested in sexual health, and the evaluation and treatment of those who have PGAD/GPD and other types of abdominopelvic & genital pain conditions. She also serves as a consultant for patients from The Center of Excellence for Genito-Pelvic Dysesthesias, in San Diego, CA.

### EDUCATION

Northeastern University, Boston, MA	
Master of Science in Physical Therapy	2003
Bachelor of Science in Rehabilitation Sciences	2002

### LICENSES & CERTIFICATIONS

California Physical Therapy License	2006-present
APTA Board Certified Orthopedic Clinical Specialist (OCS)	2008-2018
Massachusetts Physical Therapy License	2003-2006

### EMPLOYMENT & CONSULTANT EXPERIENCE

Owner - Whole Body Physical Therapy, PC, Studio City, CA	2019-present
Consultant - Center of Excellence for Genito-Pelvic Dysesthesia, San Diego, CA	2019-present
Consultant- Soul Source Therapeutic Devices, Inc.	
PT Independent Contractor, Los Angeles, CA	2018-2019
Staff Pelvic & Ortho PT- Rehab Specialists/Women's Physical Therapy, Inc.	2013-2018
PT Independent Contractor, Los Angeles, CA	2008-2009
Staff PT- Athletic Physical Therapy, Santa Monica, CA	2006-2008
Staff PT- POST Physical Therapy, Brookline, MA	2003-2006

## PROFESSIONAL MEMBERSHIPS

SMSNA (Sexual Medicine Society of North America)	2021-present
ISSWSH (International Society of the Study of Women's Sexual Health)	2019-present
ISSM (International Society of Sexual Medicine)	2019-present
GPHAM (Global Pelvic Health Alliance)	2018-present
APTA (American Physical Therapy Association)	2003-Present
Section of the Academy of Pelvic Health Present	2019-
Section on Sports Physical Therapy	2003-2009

## PRESENTATIONS, TEACHING, & PUBLICATIONS

### **PHRC (Pelvic Health & Rehab Center)**

Presented in-service to PT staff on PGAD/GPD 2022

### ***The Journal of Sexual Medicine***

2021

Co-author of "International Society for the Study of Women's Sexual Health (ISSWSH) Review of Epidemiology and Pathophysiology, and a Consensus Nomenclature and Process of Care for the Management of Persistent Genital Arousal Disorder/Genito-Pelvic Dysesthesia (PGAD/GPD)

### **ISSWSH (International Society of the Study of Women's Sexual Health)**

Attended ISSWSH Annual Meetings 2018-present

Presented at annual meeting: "Telehealth Physical Therapy for the Patient with Sexual Pain" 2022

Presented educational webinar relating to Region 2: "The Pelvic Floor" in a series about PGAD/genitopelvic dysesthesia

Presented at the PGAD SIG on a patient's case 2021

Co-panelist at PGAD SIG for Q&A on a patient's case with PGAD 2020

Invited to be on the consensus panel for PGAD at ISSWSH. Presented "Physical Therapy Treatment for PGAD" at the PGAD Consensus Meeting 2019

Presented a patient's case, "My Journey Through Recovery from PGAD" at the PGAD SIG at the annual meeting 2018

### **THE SEXUAL HEALTH SCHOOL**

Presented webinar to sex therapists: "All about Dilators from a Pelvic Floor Physical Therapist" 2021

### **HERMAN & WALLACE PELVIC REHABILITATION INSTITUTE**

Teaching Assistant for <i>"Mobilization of the Reproductive System"</i>	2021
Teaching Assistant for <i>"Mobilization of the Urinary System"</i>	2021
Teaching Assistant for <i>"Mobilization of the Visceral Fascia: The GI System"</i>	2020 & 2021

**MyPFM (My Pelvic Floor Muscles)**

Presented webinar for healthcare providers: <i>"Physical Therapy Treatment for PGAD/GPD"</i>	2020
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**THE CENTER OF EXCELLENCE FOR GENITOPELVIC DYSESTHESIA (COEGPD)**

Co-Panelist on Expert Webinars	2020
Topic: GPD & symptoms of IC	
Topic: What is GPD?	

**CONTINUING EDUCATION**

**AMERICAN PHYSICAL THERAPY ASSOCIATION (APTA)**

<i>Combined Sections Meeting</i>	2023
<i>Physical Therapy in Gender-Affirming Care: TRANS HEALTH</i>	2021
<i>APTA Academy of Pelvic Health Journal Club</i>	2020

**GPHAM & MY PT EDUCATION COURSES**

<i>Sexuality Counseling Certificate</i>	(In process)
<i>The Ultimate Bowel Course</i>	(In process)
<i>The Female Athlete 1</i>	2020
<i>Pudendal Neuralgia &amp; Complex Pain</i>	2019

**ISSWSH**

<i>The Genitopelvic Pain Course</i>	2023
<i>Virtual Fall Course</i>	2020

**VULVA LOVE. Inc. - Dee Hartman & Elizabeth Wood**

<i>Exploring the Complexities of Chronic Vulvar Pain and Trauma's Impact On Female Sexual Function</i>	2022
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**THE UPLEDGER INSTITUTE**

<i>Craniosacral II</i>	2/2020
<i>Craniosacral I</i>	2019

**Pop-Up: An Uplifting Guide**

2019

**HERMAN & WALLACE PELVIC REHABILITATION INSTITUTE**

2013-2019

*Lumbar Nerves Assessment & Manual Treatment*  
*Mobilization of the Visceral Fascia: The Reproductive System*

*Mobilization of the Visceral Fascia: The GI System*  
*Mobilization of the Visceral Fascia: The Urinary System*  
*Mobilization of the Myofascial Layer: The Pelvis & Lower Extremity*  
*Pelvic Floor 2A*  
*Pelvic Floor 1*

#### **BALANCED BODY**

*Core Align 2* 2021  
*Reformer 1 for Rehab Professionals* 2020  
*Core Align 1* 2018

#### **RED CORD**

*Neurac 1* 2018

#### **THE INTEGRATIVE HEALTH INSTITUTE**

*Functional Nutrition for Chronic Pelvic Pain- Jessica Drummond* 2014

#### **ELITE PRO EDU**

*Kinesiology Taping Intermediate- Cindy Bailey* 2013  
*Kinesiology Taping Fundamentals- Cindy Bailey* 2013

#### **SUMMIT PROFESSIONAL EDUCATION**

*Developing and Implementing Sensory Diets: Practical & Effective  
Modulation Plans for Children of All Ages* 2013

#### **NORTH AMERICAN SPORTS MEDICINE INSTITUTE**

*Current Concepts for Knee and Shoulder*

#### **Other Orthopedic Based Courses:**

*Differential Diagnosis and Manual Therapy of Common Musculoskeletal  
Disorders of Cervical Spine, Thoracic Spine, Lumbar spine, Shoulder Girdle,  
Elbow, Wrist and Hand- Joe Godge's year-long weekend course* 2008

*Functional Lower Quarter Biomechanics -Christopher Powers* 2007

*The Pelvic Girdle- Richard Jackson* 2007

#### **NORTHEAST SEMINARS**

*The Mulligan Concept: Spinal and peripheral manual therapy treatment  
techniques of Brian R Mulligan, FNZSP (Hon), Dip MT* 2005

*Boston Sports Medicine and Shoulder Synopsis* 2005