

**Stephanie A. Prendergast. MPT
Curriculum Vitae**

SCHOLASTIC DATA

Master of Physical Therapy Medical College of Pennsylvania and Hahnemann University at Drexel University Philadelphia, Pennsylvania	2000
Bachelor of Science, Exercise Physiology Cook College, Rutgers University New Brunswick, New Jersey	1998

PROFESSIONAL HISTORY

Journalist, San Francisco Examiner Pelvic Health Examiner San Francisco, CA	2009 – present
Consultant, Vulvar Pain Specialist Tiva Med Palo Alto, CA	2007 - present
Co-owner, Physical Therapist Breast and Pelvic Health and Rehabilitation Center San Francisco, California	2006 - present
Director of Physical Therapy Pacific Center for Pelvic Pain and Dysfunction San Francisco, California	2004 - 2006
Staff Physical Therapist Pacific Center for Pelvic Pain and Dysfunction San Francisco, California	2001 – 2004
Staff Physical Therapist Susanne Goad Physical Therapy Los Gatos, California	2001 – 2002
Staff Physical Therapist Physical Rehabilitation Network Mountain View, California	2000 – 2001

PUBLICATIONS AND SPEAKING ENGAGEMENTS

CME/CEU Courses:

Prendergast SA, Rummer EH: Instructor and Course Coordinator -
Demystifying Pudendal Neuralgia: A Physical Therapist's Approach:
New York, NY: Feb 2007, Seattle, WA: March 2007, Columbia, MD:

Stephanie A. Prendergast. MPT
Curriculum Vitae

May 2007, Phoenix, AZ: January 2008, Nashua, NH: March 2008, Dublin, Ireland: Nov. 2008, Atlanta, Georgia: Feb 2009, Chicago, Illinois March 2009.

Prendergast SA, Rummer EH, Rejba A, Poree L: Pre-conference workshop – Multidisciplinary Management of Chronic Pelvic Pain. Society of Urologic Nurses and Associates: Pelvic Floor Symposium. San Francisco, CA, March 2009.

Prendergast SA: Lecture – Physical Therapy Management of Painful Bladder Syndrome. Society for Urologic Nursing and Associates: Pelvic Floor Symposium. San Francisco, CA, March 2009.

Prendergast SA, Rummer EH: Lecture – Evaluation and Treatment of Pudendal Neuralgia. American Physical Therapy Association Combined Sections Meeting. Las Vegas, NV, February 2009.

Prendergast SA, Rummer EH: Lecture – Physical Therapy Evaluation and Treatment of Chronic Pelvic Pain. UCSF Pain Management Fellowship Program. November 2008.

Prendergast SA, Hibner M: Lecture - Evaluation and Treatment of Pudendal Neuralgias. International Pelvic Pain Society 16th Annual meeting. Buena Vista, CA, October 2008.

Prendergast SA, Rummer EH. Demystifying Pudendal Neuralgia: A Physical Therapist's Approach. *Current Directions in Women's Health, Canadian Physiotherapy Association*, Fall 2008.

Prendergast SA, Rummer EH, Kotarinos R: Treating Vulvodynia with Manual Physical Therapy, *National Vulvodynia Association Newsletter*, vol 13, no 3, 2008.

Prendergast SA: Maria Sanchez Radio Show Guest Host: Pelvic Pain. April 22, 2008.

Prendergast SA: Lecture – Demystifying Pudendal Neuralgia. Society for Urologic Nursing Annual Symposium. Tampa, FL, March 2008.

Prendergast SA: Lecture – Demystifying Pudendal Neuralgia. International Pelvic Pain Society 15th Annual meeting. San Diego, CA, October 2007.

Stephanie A. Prendergast. MPT
Curriculum Vitae

Prendergast SA, Rummer EH: Lecture - Physical Therapy Management of Chronic Pelvic Pain. International Pelvic Pain Society 15th Annual Meeting, San Diego CA, October 2007.

Prendergast SA, Rummer EH: The Role of Physical Therapy in the Treatment of Pudendal Neuralgia: part 1, *Vision*, vol 15, no 1, 2007.

Prendergast SA, Rummer EH: The Role of Physical Therapy in the Treatment of Pudendal Neuralgia: part 2, *Vision*, vol 15, no 2, 2007.

Prendergast SA, Rummer EH: Physical Therapy Management of Pudendal Neuralgia: American Physical Therapy Association Annual Conference and Exposition, Denver CO: June 27-30, 2007.

Prendergast SA: Lecture - Post-Operative Rehabilitation Protocol following Pudendal Nerve Decompression Procedure. Mediterranean Society for Pelvic Floor Disorders Annual Meeting, Cairo, Egypt, April 2007.

Prendergast SA, Rummer EH: Lecture- The Role of Physical Therapy in the Treatment of Pudendal Neuralgia, International Urogynecological Association 31st Annual Meeting, Athens, Greece, September 2006.

Prendergast SA, Weiss JM: Pitfalls in the Diagnosis and Treatment of Pudendal Nerve Entrapment, *Vision*, Vol. 13, No. 3, 2005.

Prendergast SA, Baurant E: Lecture- A New Algorithm for the Management of Pudendal Nerve Entrapment, International Pelvic Pain Society 13th Scientific Meeting, Atlanta, Georgia, October 2005.

Prendergast SA, Weiss JM: Physical Therapy and Pudendal Nerve Entrapment, *Advance for Physical Therapists*, Vol. 15, Issue 21, pg 47; 2004.

Prendergast SA: Instructor and Course Coordinator- Pelvic Floor cadaver dissection, International Pelvic Pain Society 12th Scientific Meeting, Oakbrook Terrace, IL, August 2004.

Prendergast SA, Kotarinos R: Instructor- Anatomic Basis to Physical Therapy Evaluation and Treatment, International Pelvic Pain Society 12th Scientific meeting, Oakbrook Terrace, Illinois, August 2004.

Prendergast SA, Weiss JM: Screening for Musculoskeletal Causes of Pelvic Pain, *Clinical Obstetrics and Gynecology*, Vol 46, 773-782, 2003.

**Stephanie A. Prendergast. MPT
Curriculum Vitae**

Prendergast SA: Lecture - Management of Pelvic Pain Syndromes,
Institute of Transpersonal Psychology, October 2003.

MEDIA

Maria Sanchez Radio Show. April 2008. Pelvic Pain Syndromes.

Best of the Bay, KRON 4, Pain Management Centers. 2009.

BOARD OF DIRECTORS

International Pelvic Pain Society 2002 – present

Society for Pudendal Neuralgia 2004 - present

PROFESSIONAL MEMBERSHIPS

International Association for the Study of Pain 2008 - present
Member

Society for Urologic Nurses 2007 - present
Member

Society for Pudendal Neuralgia 2005 - present
Faculty
Board of Directors

International Pelvic Pain Society 2003 - present
Faculty
Board Of Directors
Member

International Pelvic Pain Society 2001 - present
Member

National Vulvodynia Association 2001 - present
Member

Interstitial Cystitis Association 2001 - present
Member

American Physical Therapy Association 1998 - present
Member

International Society of Lymphology 2008 - present
Member

American Urogynecologic Society 2008 - present
Member

**Stephanie A. Prendergast. MPT
Curriculum Vitae**

POST-GRADUATE EDUCATION

Society for Urologic Nursing: Pelvic Floor Symposium San Francisco, CA	2009
16 th Annual Scientific Meeting: IPPS Buena Vista, FL	2008
Update on Urogenital Pain - Current Issues and Controversies Glasgow, Scotland	2008
Urogynecology and Pelvic Floor Disorders Sponsored by Stanford University School of Medicine Palo Alto, CA	2008
3rd Annual Biological Basis of Breast Cancer Conference San Francisco, California	2008
Pregnancy and Post-Partum Clinical Highlights Boston, MA	2008
Management of Breast Cancer and Lymphedema San Francisco, CA	2008
SUNA Annual Symposium: Pelvic Floor Disorders Tampa, FL	2008
6 th Interdisciplinary Congress on Low Back and Pelvic Pain Barcleona, Spain	2007
15 th Annual Scientific Meeting: IPPS San Diego, CA	2007
28 th Annual AUGS Scientific Meeting Hollywood, FL	2007
Gynecologic Visceral Manipulation Gail Wetzler, PT Ann Arbor, MI	2007
Physical Therapy Management for the Breast Cancer Patient R3 Programs San Francisco, CA	2007
American Physical Therapy Association Annual Meeting and Exposition Denver, Colorado	2007
Mediterranean Society for Pelvic Floor Disorders Annual Meeting Cairo, Egypt	2007
Society of Urological Nurses and Associates Annual Symposium Colorado Springs, Colorado	2007
Surgical Observation/Intervention Radiology Private observation: Michael Hibner, MD Phoenix, AZ	2006

**Stephanie A. Prendergast. MPT
Curriculum Vitae**

14 th Annual Scientific Meeting: IPPS San Antonio, TX	2006
31 st Annual IUGA Scientific Meeting Athens, Greece	2006
Urogynecology and Pelvic Floor Disorders Stanford University Stanford, California	2006
Foundations of Myofascial Trigger Point Therapy Travell and Simons Course Series San Francisco, California	2006
Chronic Prostatitis Scientific Workshop NIH Pelvic Pain Meeting Baltimore, Maryland	2005
13 th Annual Scientific Meeting: IPPS Atlanta, Georgia	2005
Rotator Cuff of the Pelvis Lab Course Seattle, Washington	2005
Biofeedback Intensive Private training with Linda West, RN San Francisco, California	2005
Addressing Chronic Pelvic Pain Lab Course Seattle, Washington	2004
Biofeedback and Beyond Kegels Lab Course Seattle, Washington	2004
Biofeedback Introduction Private Biofeedback instruction with Linda West, RN San Francisco, California	2004
12 th Annual Scientific Meeting: IPPS Assistant proctor, 6 cadavers Oakbrook Terrace, Illinois	2004
American Association of Clinical Anatomy Pelvic Floor Anatomy and Dissections San Francisco, California	2004
SRS Medical: Biofeedback Analysis Introductory Lab Course Seattle, Washington	2004
Anatomy of Peripheral Nerves University of California San Francisco Oakland, California	2004
Management of the Lumbar Spine University of California San Francisco	2004

**Stephanie A. Prendergast. MPT
Curriculum Vitae**

San Francisco, California	
Research Insights into Interstitial Cystitis	2003
ICA Research Symposium	
Washington, DC	
Urologic and Gynecologic Pain Syndromes	2003
Advanced Lab Course	
Portland, Oregon	
11 th Annual Scientific Meeting: IPPS	2003
Banff, Canada	
Active Release Technique	2003
Lower Extremity Certification	
San Diego, California	
NIH Vulvodynia Conference	2003
Research Symposium	
Washington, DC	
University of St. Augustine	2002
Pelvic Floor Dissections	
St. Augustine, Florida	
10th Annual Scientific Meeting: IPPS	2002
San Diego, California	
Evaluation and Treatment of Pelvic Floor Dysfunction	2002
Intermediate Lab Course	
Las Vegas, Nevada	
Clinical Training with Rhonda Kotarinos, MSPT	2002
Individualized apprenticeship	
Oakbrook Terrace Illinois	
The Psoas Intensive	2002
Lab Course	
Mountain View, California	
David Butler: Mobilization of the Nervous System	2001
Advanced Lab Course	
San Francisco, California	
Rehabilitation of the Vestibular System	2001
Lab Course	
Los Gatos, California	
Stanley Paris: S1 Spinal Evaluation and Manipulation	2001
Intermediate Lab Course	
St. Augustine, Florida	
Mulligan Concept	2001
MWM, SNAGS, NAGS	
San Jose, California	
Paul Chek Seminars	2001
Scientific Back and Core Training	
Mountain View, California	

Stephanie A. Prendergast. MPT
Curriculum Vitae

When the Foot Hits the Ground Everything Changes Lab Course San Francisco, California	2000
Richard Jackson Seminars: The Pelvic Girdle Lab Course Portland, Oregon	2000