

Washington University Program in Physical Therapy

Clinical Residency in Women's Health



Washington University in St. Louis

SCHOOL OF MEDICINE

About the Residency Program

- The program is a one-year salaried training experience in WH physical therapy at Washington University in St. Louis.
- Specialized training in treating patients with:
 - musculoskeletal problems
 - pelvic floor dysfunction
 - Lymphedema



About the Curriculum

- Average of 36 hours of clinical work for 50 weeks
- Pro bono Clinic- Casa De Salud
<https://www.casadesaludstl.org>
- PEEPs: Endometriosis Interdisciplinary Clinic- Yoga Class
- Weekly mentoring sessions with Washington University faculty- average of 5 hours/week.



Methods of Teaching

- Classroom Lectures/Lab: via seminars, rounds, colloquia, coursework, and continuing education
- Observation in Pain Clinic, uro-gynecology, labor and delivery, breast cancer surgery, gastroenterology
- Independent study in focused areas such as:
 - Obstetrics
 - Lymphedema
 - Movement Science



Included in Residency Program

- Courses
 - APH Pelvic Health I-II
 - Lymphedema Certification
 - Upper & Lower Quarter Movement System Impairment Courses
 - Manual Therapy Aligned with Movement diagnoses
- Teaching Opportunities
 - Pelvic Health Elective for DPT students
 - Journal club
 - Lecturing opportunities in DPT curriculum
 - Lab assisting opportunities



2025-2026 Course Dates

- Lymphedema Certification Course via Klose Training: August 4-11, 2025
- MSI Level I August 22-23, 2025 (Lumbopelvic region)
- Manual Therapy Lumbopelvic region Sept 5
- MSI/Manual Therapy Thoracic neck Shoulder: Sept 12-13
- MSI Advanced Oct 4-5
- Manual Therapy: LQ- Oct 10
- Pelvic Health Level 1 and 2 Lab Courses (note: after 3 weekend webinars at their own scheduling prior):
 - October 18-19, 2025
- MSI Pelvic Conditions/Pelvic Pain: Oct 24
- Pain Science: Nov 7th
- US imaging: November 14th
- Pregnancy and Movement: Jan 17th
- Jan 23rd Manual Therapy Case Lab

Video: 4444 Forest Park



Video O' Fallon

About the Admissions Process

- Applicants must apply online by **January 1st** using the Residency-Fellowship Centralized Application (RF-PTCAS).
- **Application Requirements include:**
 - Completed Application
 - Must be U.S. Citizen or Permanent Resident
 - PT License OR in progress of graduating from a DPT program
 - Official Transcript from PT or DPT Program
 - CV or Resume
 - Three Letters of Recommendation- 1 Academic and 1 Clinical Reference is required
 - Three Essay Questions
 - Level 1 Pelvic Floor course is required before beginning Program
 - Interviews for selected applicants will be held virtually in February.
- Two residents will be accepted for 2026 cycle

About our Mentors



Theresa Spitznagle, PT, DPT, WCS



Jennifer Miller, PT, DPT, WCS, CLT



Stacy Tylka, PT, DPT, WCS, CLT-LANA



Carlee Hill, PT, DPT, WCS

For More Information

- <https://pt.wustl.edu/education/clinical-residency-in-womens-health/>



Theresa M. Spitznagle, PT, DPT, WCS

Professor of Physical Therapy

Physical Therapist

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