Washington University Program in Physical Therapy

Clinical Residency in Women's Health

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

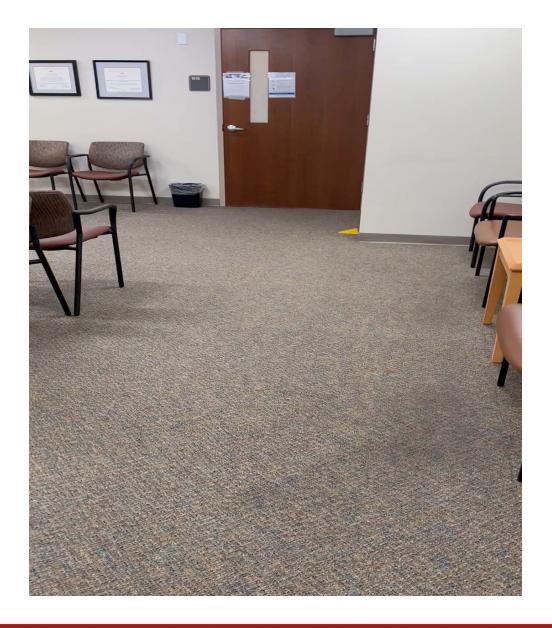
- Pelvic Health Flective for **DPT** students
- Journal club
- Lecturing opportunities in **DPT** curriculum
- Lab assisting opportunities



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-womenshealth/



Theresa M. Spitznagle, PT, DPT, WCS

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Physical Therapist

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