

Sara K. Sauder PT, DPT

EDUCATION

Doctor of Physical Therapy, Texas Woman's University, Houston, Texas, 2010
Master of Physical Therapy, Texas Woman's University, Houston, Texas 2007
Bachelor of Arts—Biology, University of Texas at Austin, Austin, TX, 2003

CERTIFICATIONS

Licensed Physical Therapist, State of Texas, 2007
1178309

PELVIC FLOOR PHYSICAL THERAPY EMPLOYMENT

Urology Austin	Austin, Texas	2018-present
Sullivan Physical Therapy Senior pelvic floor physical therapist Treat exclusively pelvic pain diagnoses, mentor professional and student physical therapists and market to physicians. Developed a professional mentorship program. Received 2015 Marketing Excellence Award.	Austin, Texas	2011-2018
Integrity Rehab Orthopedic physical therapist Treated primarily orthopedic diagnoses, but approximately 5% of patient load was related to pelvic floor dysfunction.	Killeen, Texas	2009-2011

CONTINUING EDUCATION

Vulvodynia: Assessment and Treatment, Herman and Wallace 2016
Visceral Mobilization Level 1, Herman and Wallace 2015
Pudendal Neuralgia, Herman and Wallace 2014
Part A: Sex and Sexuality in Physical Therapy Practice, Medbridge, Inc. 2014
Part B: Sex and Sexuality in Physical Therapy Practice, Medbridge, Inc. 2014
Part C: Clinical Tools for Treatment of Complex Sexual Pain Disorders - Addressing Psychosocial Factors in Treatment, Medbridge, Inc. 2014
Evidence Based Treatment of the Hip, Medbridge, Inc. 2014
Evidence Based Examination of the Lumbar Spine, Medbridge, Inc. 2014
Lumbar Spine Rehabilitation, Medbridge, Inc. 2014
Pelvic Physical Therapy Marketing with Passion, Medbridge, Inc. 2014
Evidence Based Examination of the Hip, Medbridge, Inc. 2014
Postural Assessment and Myofascial Length Testing, Medbridge, Inc. 2014

Functional Applications in Pelvic Rehabilitations: Part A, MedBridge, Inc. 2013
Functional Applications in Pelvic Rehabilitations: Part B, MedBridge, Inc. 2013
Integrative Techniques for Pelvic Floor and Core Function: Part A Laying the Foundation, MedBridge, Inc. 2013
Integrative Techniques for Pelvic Floor and Core Function: Part B Motion is Lotion, MedBridge, Inc. 2013
Integrative Techniques for Pelvic Floor and Core Function: Part C Coordination and Function, MedBridge, Inc. 2013
Cancer Rehabilitation, MedBridge, Inc. 2013
Chronic Pain and the Challenging Patient: Part A, MedBridge, Inc. 2013
Chronic Pain and the Challenging Patient: Part B, MedBridge, Inc. 2013 Introduction to Female and Male Pelvic Pain, MedBridge, Inc. 2013
Introduction to Caring for the Pregnant Patient, MedBridge, Inc. 2013
Manual Therapy of the Lower Quarter, MedBridge, Inc. 2013
Ethics for Rehabilitation Professionals, MedBridge, Inc. 2013
Physical Therapy Marketing with Passion, MedBridge, Inc. 2013
Demystifying Pudendal Neuralgia, Herman and Wallace, 2013
CAPP-PELVIC Level 2, American Physical Therapy Association, 2012 Level 1 Visceral Mobilizations, Barral Institute, 2012
CAPP-PELVIC Level 1, American Physical Therapy Association, 2011
Evaluation and Treatment of the Extremities, Manual Therapy Institute, 2011
Evaluation and Treatment of the Thoracic Spine, Manual Therapy Institute, 2011 Foundations in Orthopedic Manual Physical Therapy, Manual Therapy Institute, 2010 Evaluation and Treatment of the Lumbar Spine, Manual Therapy Institute, 2010 Evaluation and Treatment of the Cervical Spine, Manual Therapy Institute, 2010
Six-week mentorship with CAPP-PELVIC therapist, Killeen, TX, 2010

TEACHING

Co-instructor with Kelli Wilson DPT for “How to Treat a Man in Pain: Part 1” February 2018
Co-instructor with Kelli Wilson DPT for “Vestibulodynia: A Pelvic Floor and Orthopedic Approach” January 2018
Co-instructor with Kelli Wilson DPT for “Vestibulodynia: A Pelvic Floor and Orthopedic Approach” November 2017
Co-instructor with Kelli Wilson DPT for “Vestibulodynia: A Pelvic Floor and Orthopedic Approach” October 2017
Co-instructor with Kelli Wilson DPT for “How to Treat a Man in Pain: Part 1” March 2017
Presented a complex case at Combined Section’s Meeting San Antonio, Texas 2017
Presented “Vestibulodynia” for staff at People’s Community Clinic February 2017
Co-instructor with Kelli Wilson DPT for “Vestibulodynia: A Pelvic Floor and Orthopedic Approach” February 2017
Presented “Pelvic Floor Physical Therapy 101” for staff at People’s Community Clinic December 2016

Didactic curriculum titled “Vulvodynia” for Ob/Gyn residents at Dell Medical School October 2016

Co-instructor with Kelli Wilson DPT for “Vestibulodynia: A Pelvic Floor and Orthopedic Approach” September 2016

Presented “Pelvic Pain Diagnoses” for staff at Integrative Pain Services August 2016

Co-instructor with Kelli Wilson DPT for “Vestibulodynia: A Pelvic Floor and Orthopedic Approach” August 2016

Co-instructor with Kelli Wilson DPT for “Vestibulodynia: A Pelvic Floor and Orthopedic Approach” May 2016

Co-instructor with Amy Stein DPT for “What Physical Therapists Do Behind Closed Doors”, International Society for the Study of Women’s Sexual Health Instructional Course 2016

Co-instructor with Kelli Wilson DPT for “Vestibulodynia: A Pelvic Floor and Orthopedic Approach” February 2016

Co-instructor with Kelli Wilson DPT for “Vestibulodynia: A Pelvic Floor and Orthopedic Approach” September 2015

CONFERENCE ATTENDANCE

World Congress for Abdominal and Pelvic Pain Washington D.C. 2017

International Society for the Study of Vulvovaginal Disease Update Houston, Texas 2017

American Physical Therapy Association Combined Sections Meeting San Antonio, Texas 2017

American Urogynecology Society Pre-Conference Workshop Denver, Colorado 2016

International Society for the Study of Women’s Sexual Health Charleston, South Carolina 2016

International Society for the Study of Women’s Sexual Health Austin, Texas 2015

International Pelvic Pain Society Chicago, Illinois 2014

CLINICAL/SURGICAL OBSERVATIONS

Dr. Curtis Crane, Urology and Plastic Surgery, March 2017, clinical observation, Austin, TX

Dr. Curtis Crane, Urology and Plastic Surgery, November 2016, surgical observation, Austin, TX

Dr. Irwin Goldstein, Urology, February and June 2015, July 2016, August 2017 clinical observation, San Diego, CA

Elizabeth Kotarinos DPT, Physical Therapy, 2014, clinical observation, Chicago, IL

Dr. Kimberly Carter, Obstetrics and Gynecology, 2014, clinical observation, Austin, TX

Dr. Michael Hibner, Gynecology, 2014, surgical observation, Phoenix, AZ

Dr. Miranda Hardee, Urology, 2013, clinical observation, Austin, TX

Dr. Melody Denson, Urology, 2013, surgical observation, Austin, TX

Dr. Bryan Kansas, Urology, 2012, clinical observation, Austin, TX

Dr. Tomas Antonini, Urogynecology, 2012, clinical and surgical observation, Austin, TX

Dr. Richard Sperling and Elizabeth Blankenship NP, Gastroenterology, 2012, clinical observation, Austin, TX

Dr. Robert Cline, Colorectal Surgery, 2012, clinical and surgical observation, Austin, TX

Dr. Michael Trotter, Urology, 2012, clinical observation, Austin, TX
Dr. Grady Bruce, Urology, 2012, clinical observation, Austin, TX
Dr. Jeffrey Higginbotham, Pain Management, 2012, procedure observation, Austin, TX
Dr. Carl Bischoff, Urology, 2011, surgical observation, Austin, TX
Dr. Jonathan Buten, Gynecology, 2011, 2012, clinical and surgical observation, Austin, TX
Dr. Eric Giesler, Urology, 2011, surgical observation, Austin, TX
Dr. Parviz Kavoussi, Reproductive Endocrinology, 2011, clinical observation, Austin, TX

ASSOCIATIONS AND LEADERSHIP ROLES

International Society for the Study of Vulvovaginal Disease 2016-present
National Vulvodynia Association 2016-present
Member, American Physical Therapy Association, 2007-present
Member, APTA Section on Women's Health, 2011-present
Committee Member, Social Media, International Pelvic Pain Society, 2016 - present
Member, International Pelvic Pain Society, 2012-present
Member, International Society for the Study of Sexual Women's Health, 2014 - present
Member, SOWH Men's Health Special Interest Group, 2014 - present
Executive Committee Member, APTA's SOWH Special Interest Group on Male Pelvic Floor Dysfunction, 2014-2015
Member, SOWH Research Task Force, 2011-2012
Member Health Volunteers Overseas 2014-2015
Volunteer Health Volunteers Overseas, 2006-2008

COMMUNITY INVOLVEMENT

The In's and Out's of Vestibulodynia, Austin, TX, February 2017
PT Service Day at SafePlace, Austin, TX, October 2016
Co-presenter at Sex in Your City Speaker for ISSWSH 2015 Community Program, Austin, TX
"Why Consider Pelvic Floor Physical Therapy", 2015
Creator/Author of Blog About Pelvic Pain, 2014 - present
Co-presenter at Austin IC Support Group, Austin, TX, "How Pelvic Floor Physical Therapy can Help IC", 2015
Guest Host on Pelvic Zen Internet Blog Show, "Vulvar Vestibulitis", 2012
Co-Presenter with Dr. Jonathan Buten at Sun City Community Association Group, Sun City, TX, "Prolapse and Incontinence Treatment", 2012
Guest Presenter at Austin Sexual Health Community, Austin, TX, "Cultural Sensitivity in Treatment", 2012
Guest Speaker at USTOO Prostate Cancer Support Group, Austin, TX, "Prostate Cancer and Physical Therapy Treatment", 2012
Guest Interviewee with the Dr. Carol Show, Austin, TX, "Discussing Pelvic Floor Health and Physical Therapy Treatment", 2011
Volunteer Physical Therapist with Mission of Hope, Haiti, 2011
Volunteer Physical Therapist with International Child Care, Haiti and Dominican Republic, 2011

PT Student Volunteer with Health Volunteers Overseas, Vietnam, 2007

AWARDS

Nominated for 2015 Elizabeth Noble Award (Highest honor issued by APTA's Section of Women's Health)

OTHER

Video About Pelvic Pain and Correcting Pelvic Alignment (None of This is Medical Advice)
2017

Producer and Writer

Video teaching about pelvic pain and how to correct pelvic alignment
Available on vimeo.com

Alcove Education 2015 – present

Co-founder and Instructor

Alcove Education is a continuing education company that teaches pelvic pain education to physical therapists.

Blog About Pelvic Pain 2014 - present

Author

Blog About Pelvic Pain is an online resource for persons with pelvic pain. Posts cover topics such as pain diagnoses, treatment options and interviews with pelvic pain specialists across the country.

PUBLICATIONS

Journal of Sexual Medicine, Clinical Commentary titled “On the Backs of Giants: The Evolution of Biofeedback in Treatment of Vulvodynia”, co-author Amy Stein PT, DPT – January 2017

DeBevoise TM, Dobinsky AF, McCurdy-Robinson CB, McGee CM, McNeely CE, Sauder SK, Sullivan KD. Pelvic floor physical therapy: more than kegels. *Women’s Healthcare: A Clinical Journal for Nurse Practitioners*. 2015 May;3(2):34-39.

ISSWSH Textbook, chapter titled “Musculoskeletal Pathophysiology, Diagnosis and Treatment”, co-authors Amy Stein PT, DPT and Fiona McMahon PT, DPT – currently publishing

Sexual Medicine Reviews, Review titled “The Role of Physical Therapy in Sexual Health”, co-author Amy Stein, PT, DPT – currently under review