

Lauren Kriz, PT, DPT, LMT

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EDUCATION

Doctor of Physical Therapy **May 2017**

Nova Southeastern University, Tampa, FL

- Capstone: Differential diagnosis of a complex patient presenting with “dizziness” to the emergency room.

Master of Arts **December 2006**

University of South Florida, Tampa, FL

- Thesis: Be active! An examination of social support’s role in individual vs. team competition in worksite health promotion.

Bachelor of Science **June 2001**

Florida Atlantic University, Boca Raton, FL

Massage Therapy **February 1998**

Suncoast School of Massage Therapy

Licensure and certifications

- Florida license in physical therapy: PT 32609 **2017 - present**
- Florida license in massage therapy: MA 26842 **1998 - present**
- BLS for healthcare providers. **2013 - present**

Employment

Pelvic Health Physical Therapist **2020 - Current**

University of South Florida, Tampa, FL

- Evaluate and treat a wide range of conditions, including pelvic pain, constipation, and fecal and urinary incontinence for the male and female population.
- Administer therapeutic treatments including exercise, manual therapy, and education to ease pain and facilitate healing.

Physical Therapy Lab Assistant **2018 - Current**

Nova Southeastern University, Clearwater, FL

- Educate students on skills required for properly performing physical therapy techniques while interacting with patients.
- Responsible for grading practical exams.
- Classes include but are not limited to Exercise Physiology, Cardiopulmonary, and Clinical Skills.

Acute Care Physical Therapist **2017 - Current**

Memorial Hospital of Tampa, Tampa, FL

- Developed a physical therapy treatment protocol for post surgical pelvic and abdominal patients in the acute setting.

- Demonstrates clear written and oral communication skills.
- Interpret results and proposed intervention plans, including short and long-term goals, frequency, and duration.

Pelvic Health and Outpatient Physical Therapist

2017 - 2020

Optimal Performance & Physical Therapies (OPPT), Tampa, FL

- Evaluate and treat a wide range of conditions, including pelvic pain, incontinence, vestibular conditions, and gait/balance.
- Administer therapeutic treatments including exercise, manual therapy, and neuro rehab to ease pain and facilitate healing.
- Created and updated brochures for the pelvic health population

Student Physical Therapist

2016 - 2017

Tampa General Hospital, Pro-Active Physical Therapy, OPPT

- Completed three 12-week clinical experiences in the acute care, outpatient, and pelvic health settings.

National Wellness Director

2010 - 2016

RehabCare, Tampa, FL (remote position)

- Developed and sold wellness products available to residents living in independent and assisted living communities in collaboration with PT, OT, and ST services.
- Interviewed and trained wellness coordinators across the company in order to create consistency of services and products.
- Developed specialty programs focusing on balance, movement disorders, and urinary incontinence.
- Developed an exercise handbook to encourage safe, daily movement for the older adult.
- Provided seminars on proper implementation of the Senior Fitness Test

Wellness Coordinator

2007 - 2010

Tampa Electric, Tampa, FL

- Maximized fitness and wellness program enrollment for employees and dependents at 27 work sites through outreach, newsletters, video, and electronic communication.
- Content expert for the creation of internal wellness website required for administration and tracking of wellness program.
- Fitness center liaison.

Owner and President

2007 - 2010

The Art of Wellness, Tampa, FL

- Provided group fitness classes and massage therapy services to local organizations
- Health and wellness radio segment on 97X

Fitness Director

2001 - 2007

Corporate Fitness works - Contracted at Tampa Electric, Tampa, FL

- Management responsibilities included payroll, scheduling, budget, and statistics
- Coordination of activities provided to 12 fitness centers across Tampa, FL.
- Supervised wellness coordinators for other contracts within Corporate Fitness Works.
- Organized and implemented annual health fair with a 43% increase in participation.
- Winner of the Innovations section in *Fitness Management* magazine resulting in new cardiovascular equipment for the gym.
- Responsible for BLS certification training for all regional Corporate Fitness Works staff.

Wellness Coordinator

2002 - 2004

Corporate Fitness Works - Contracted at Pinellas County Government, Clearwater, FL

- Provided wellness services and educational events throughout Pinellas County
- Increased educational event participation by 50%
- Performed regular screenings for blood pressure, aerobic fitness, body fat percentage, and circumference measurements.

Professional Presentations

- *Let's get moving. Group fitness for residents with movement disorders.* International Conference on Active Aging - 2015
- *Create a customized wellness program through a collaboration of therapy and wellness.* International conference on Active Aging - 2013
- *Smart moves. Get smart, Get moving.* Co-presenter at International Conference on Active Aging - 2010.
- Other presentations include Leading Age Washington (2011 and 2012), and Leading Age Tennessee (2014).

Memberships

- American Physical Therapy Association. 2013 - present
 - Section on Pelvic Health
- Florida Physical Therapy Association. 2013 - present
- Wellness Councils of America National Board of Advisors. 2009 - 2010

Continuing Education

- *Pelvic 2A.* Herman and Wallace - January 2020
- *Introductory to mps/etps neuromechanical therapy.* MPS Education - October 2018
- *Vestibular dysfunction* - An algorithmic-based evaluation and treatment approach. North American Seminars - April 2018
- *Thai yoga massage fundamentals.* Maria Farfan - June 2017
- *Foam roller therapy.* Thailand Connection - July 2017
- *Safe strides.* Kindred at Home - 2015
- *Lymphology.* Beauty and Health Institute - August 2011
- *Relief from back pain.* Institute of Structural Energetic Therapy - July 2009
- *Prenatal Massage Fundamentals.* Institute of Integrative Healthcare Studies - April 2003