

**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**

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

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

**Speaking Engagements and Publications:**

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

Prendergast SA, Rummer ER: 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 16<sup>th</sup> Annual meeting. Buena Vista, CA, October 2008.

Prendergast SA, Rummer ER. 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 15<sup>th</sup> Annual meeting. San Diego, CA, October 2007.

Prendergast SA, Rummer EH: Lecture - Physical Therapy Management of Chronic Pelvic Pain. International Pelvic Pain Society 15<sup>th</sup> 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.

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

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 31<sup>st</sup> 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 13<sup>th</sup> 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 12<sup>th</sup> Scientific Meeting, Oakbrook Terrace, Il, August 2004.

Prendergast SA, Kotarinos R: Instructor- Anatomic Basis to Physical Therapy Evaluation and Treatment, International Pelvic Pain Society 12<sup>th</sup> 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.

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

**PROFESSIONAL MEMBERSHIPS**

International Association for the Study of Pain Member	2008 - present
Society for Urologic Nurses Member	2007 - present

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

Society for Pudendal Neuralgia Faculty Board of Directors	2005 - present
International Pelvic Pain Society Faculty Board Of Directors Member	2003 - present
International Pelvic Pain Society Member	2001 - present
National Vulvodynia Association Member	2001 - present
Interstitial Cystitis Association Member	2001 - present
American Physical Therapy Association Member	1998 - present
International Society of Lymphology Member	2008 - present
American Urogynecologic Society Member	2008 - present

**POST-GRADUATE EDUCATION**

16 <sup>th</sup> 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 <sup>th</sup> Interdisciplinary Congress on Low Back and Pelvic Pain Barcleona, Spain	2007
15 <sup>th</sup> Annual Scientific Meeting: IPPS San Diego, CA	2007
28 <sup>th</sup> Annual AUGS Scientific Meeting Hollywood, FL	2007

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

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
14 <sup>th</sup> Annual Scientific Meeting: IPPS San Antonio, TX	2006
31 <sup>st</sup> 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 <sup>th</sup> 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

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

Biofeedback and Beyond Kegels Lab Course Seattle, Washington	2004
Biofeedback Introduction Private Biofeedback instruction with Linda West, RN San Francisco, California	2004
12 <sup>th</sup> 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 San Francisco, California	2004
Research Insights into Interstitial Cystitis ICA Research Symposium Washington, DC	2003
Urologic and Gynecologic Pain Syndromes Advanced Lab Course Portland, Oregon	2003
11 <sup>th</sup> Annual Scientific Meeting: IPPS Banff, Canada	2003
Active Release Technique Lower Extremity Certification San Diego, California	2003
NIH Vulvodynia Conference Research Symposium Washington, DC	2003
University of St. Augustine Pelvic Floor Dissections St. Augustine, Florida	2002
10th Annual Scientific Meeting: IPPS San Diego, California	2002
Evaluation and Treatment of Pelvic Floor Dysfunction Intermediate Lab Course Las Vegas, Nevada	2002

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

Clinical Training with Rhonda Kotarinos, MSPT Individualized apprenticeship Oakbrook Terrace Illinois	2002
The Psoas Intensive Lab Course Mountain View, California	2002
David Butler: Mobilization of the Nervous System Advanced Lab Course San Francisco, California	2001
Rehabilitation of the Vestibular System Lab Course Los Gatos, California	2001
Stanley Paris: S1 Spinal Evaluation and Manipulation Intermediate Lab Course St. Augustine, Florida	2001
Mulligan Concept MWM, SNAGS, NAGS San Jose, California	2001
Paul Chek Seminars Scientific Back and Core Training Mountain View, California	2001
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