

CURRICULUM VITAE

Jessica Swartz, PT, DPT
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Doctor of Physical Therapy Program
School of Exercise & Nutritional Sciences
San Diego State University

Education:

Doctor of Physical Therapy
San Diego State University
School of Exercise & Nutritional Sciences
San Diego, CA
Physical Therapy
05/2016

Bachelor of Arts
Arizona State University
College of Liberal Arts and Sciences
Tempe, AZ
Psychology
05/2012

Bachelor of Science
Arizona State University
College of Nursing and Health Innovation
Tempe, AZ
Kinesiology
05/2011

Licensure Information:

State of California: #291705

Certifications (eg, ABPTS):

Not Applicable

Employment and Positions Held: from most recent to earliest

Research Coordinator
San Diego State University Research Foundation
San Diego, CA
01/2018 to Pres

Staff Physical Therapist
Comprehensive Therapy Services
San Diego, CA
11/2016 to 12/2017

Physical Therapist
Per Diem
RehabCare
San Diego, CA
08/2016 to 12/2017

Peer Reviewed Publications:

Tuttle, L.J., Delozier, E.R., Harter, K.A., Johnson, S.A., Plotts, C.N., & Swartz, J.L. (2016). The role of the obturator internus muscle in pelvic floor function. *Journal of Women's Health Physical Therapy*, 40(1), 15-19. doi: 10.1097/jwh.0000000000000043

Tuttle, L.J., Zifan, A., Sun, C., Swartz, J., Roalkvam, S., & Mittal, R.K. (2018). Measuring length tension function of the anal sphincters and puborectalis muscle using functional luminal imaging probe. *American Journal of Physiology - Gastrointestinal and Liver Physiology*, 315(1), G781-G787. doi: 10.1152/ajpgi.00414.2017

Professional Non-Peer Reviewed Presentations:

Delozier, E.R., Swartz, J.S. *Symposium*. The role of the obturator internus muscle in pelvic floor function. Combined Sections Meeting, American Physical Therapy Association, Indianapolis, IN, 2015.

Funded/In Review Grant Activity:

Research Coordinator

\$2,000,000 (over 5 years)

A Novel Physical Therapy Approach to Anal Incontinence

Anal incontinence is a significant public health problem estimated to affect 7-15% of women in the United States. Traditional rehabilitation strategies include biofeedback and Kegel exercises for pelvic floor muscle strengthening, but this strategy does not incorporate strategies for resistance training that are known to cause muscle strengthening and hypertrophy in other muscles in the body. This study aims to investigate whether a novel pelvic floor resistance exercise program will increase pelvic floor muscle strength and improve anal incontinence and has the potential to impact rehabilitation strategies for the millions of women affected anal incontinence.

09/2017 to 09/2022: National Institute of Health

Current/Active Research Activity:

Research Coordinator

\$2,000,000 (over 5 years)

A Novel Physical Therapy Approach to Anal Incontinence

Anal incontinence is a significant public health problem estimated to affect 7-15% of women in the United States. Traditional rehabilitation strategies include biofeedback and Kegel exercises for pelvic floor muscle strengthening, but this strategy does not incorporate strategies for resistance training that are known to cause muscle strengthening and hypertrophy in other muscles in the body. This study aims to investigate whether a novel pelvic floor resistance exercise program will increase pelvic floor muscle strength and improve anal incontinence and has the potential to impact rehabilitation strategies for the millions of women affected anal incontinence.

09/2017 to 09/2022: National Institute of Health

Membership in Scientific/Professional Organizations:

Not Applicable

Consultative and Advisory Positions Held:

Not Applicable

Community Service:

HR Volunteer

Planned Parenthood of the Pacific Southwest

03/2018 to present

Services to the University/College/School on Committees/Councils/Commissions:

Not Applicable

Honors and Awards:

Not Applicable

Continuing Education Attended:

2020

- Combined Sections Meeting, APTA, Denver, CO
 - Men's health: A clinician and research perspective
 - Nutrition and lifestyle medicine for endometriosis care
 - A new standard: Building an acute care physical therapy obstetrics program
 - Pelvic health platform presentations
 - Evaluation, differential diagnosis, and treatment of powerlifting urinary incontinence in the female powerlifter

2019

- Combined Sections Meeting, APTA, Washington, D.C.
 - Sexual assault and communities of color: PT roles
 - Pelvic health physical therapy considerations in gender-affirming vaginoplasty
 - Women's health platform presentations
 - Pelvic floor considerations in running athletes
 - Staying fit beyond menopause through early screening and training
 - Women's health and human rights: A framework for global and community health programs

2017

- Herman and Wallace Pelvic Floor 2A (3-day course), San Diego, CA
- APTA Credentialed CI Course (2-day course), San Diego, CA
- The Physiodetective/Pelvic Guru Academy/Sher Pelvic Health and Healing Female Athlete – Bulletproof Your Core and Pelvic Floor (2-day course), Phoenix, AZ

2016

- Herman and Wallace Manual Therapy Techniques for the Pelvic Rehab Therapist (2-day course), San Diego, CA

2015

- Herman and Wallace Pelvic Floor 1 (3-day course), Los Angeles, CA
- Combined Sections Meeting, APTA, Indianapolis, IN
 - Sex is an ADL too
 - Resurrecting hope: Developing a toolkit for the treatment of persistent pelvic pain
 - Optimization of labor and delivery through the application of manual physical therapy
 - The role of past trauma in chronic pain
 - Effect of LE dysfunction on pelvic pain and incontinence

2014

- Combined Sections Meeting, APTA, Las Vegas, NV

Current Teaching Responsibilities in the Entry-Level Program for Academic Year of Site Visit:
Summer Semester, 2019
DPT 822 Interventions in Musculoskeletal Therapeutics