

CURRICULUM VITAE

Sandra Jean Hilton, PT, DPT, MS

Entropy Physiotherapy, Chicago (Partner, Doctor of Physical Therapy)

Istruzione:

Bachelor of Health Science, Pacific University, 05/1986

Master of Science, Physical Therapy, Pacific University, 05/1988

Doctor of Physical Therapy, Des Moines University, 12/2013

Informazioni professionali:

Fisioterapista in Precedenza:	State of Washington	Issue Date: 1988
	State of Georgia	Issue Date: 1990
	State of Hawaii	Issue Date: 1991
	State of Oregon	Issue Date: 1994
	State of Louisiana	Issue Date: 1996
	State of Kansas	Issue Date: 2001
	State of Michigan	Issue Date: 2004

Attualmente:	State of Illinois	Issue Date: 2010
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Occupazione e posizioni lavorative:

07/1988 - 05/1990	Acute and Outpatient Rehabilitation, St. Peter Hospital. Olympia, WA
07/1990 - 11/1990	Burn care, prosthetics and Outpatient. Columbus Medical Center, Columbus, GA.
02/1991 – 06/1993	Adult and Pediatric neurological rehabilitation including wheelchair seating design, Kapiolani Medical Center, Honolulu, HI.
02/1994 – 01/1996	Outpatient Orthopedics, pelvic rehabilitation, McKenzie Willamette Hospital, Springfield, OR. .
02/1996 – 05/1998	Outpatient Orthopedics and Neurology, adult and pediatric, Physical Therapy Services of West Louisiana, Leesville, LA.
04/1999 – 06/2000	Outpatient Orthopedics, US Army and family including early intervention and developmental disability, US Army Medical Command, Heidelberg, Germany.

08/2001 – 05/2004	Outpatient Orthopedics, Hospice, Acute Care and Home Health, Cushing Memorial Hospital, Leavenworth, KS.
08/2004 – 11/2008	Outpatient Orthopedics, persistent pain and pelvic rehabilitation, St. Joseph Mercy Health System, Ann Arbor, MI.
05/2005 – 06/2010	Outpatient Orthopedics, persistent pain and pelvic rehabilitation, Healing in Motion (owner), Ann Arbor, MI.
06/2010 – 12/2012	Outpatient Orthopedics, persistent pain and pelvic rehabilitation, WoMen's Physical Therapy Institute, Crystal Lake, IL.
2011 – 2017	Director of Programming, Section on Women's Health, American Physical Therapy Association.
2015 – present	Pain Science and Sensibility Podcast, Co-Host. Produced monthly.
01/2013 – present	Outpatient Orthopedics, persistent pain and pelvic rehabilitation, Entropy Physiotherapy (Owner), Chicago, IL.
2017 – 2020	Secretary/Treasurer, Abdominal and Pelvic Health SIG of the International Association for the Study of Pain.
01/2017 – 05/2018	Associate Instructor, Physical Therapy Program, University of Illinois, Chicago, Chicago, IL.

Publicazioni di Revisione Paritaria:

1. Vandyken C, Hilton S. Physical therapy in the treatment of central pain mechanisms for female sexual pain. *Sex Med Rev.* 2016;8 (3) Epub ahead of print. Doi: 10.1016/j.sxmr.2016.06.004
2. Hilton S, Van Dyken C. The puzzle of pelvic pain - A rehabilitation framework for balancing tissue dysfunction and central sensitization, I: Pain physiology and evaluation for the physical therapist. *JWHPT.* 2011;35(3):103-113, doi: 10.1097/JWH.0b013e31823b0750
3. Hilton S, Van Dyken C. The puzzle of pelvic pain - A rehabilitation framework for balancing tissue dysfunction and central sensitization, II: Treatment Applications. . *JWHPT.* 2012;36(1):44-54.

Libri e capitoli di libri:

- 1) *Why Pelvic Pain Hurts* Louw, Hilton, Vandyken. OPTP. 2014

- 2) "Body, Mind and Brain in Pelvic Pain" in *Abdominal and Pelvic Pain* Messelink, Baranowski, Hughes. IASP Press. 2014.
- 3) "A Tale of Two Pain States: The Integrative Physical Therapy Approach to the Overactive Pelvic Floor" in *The Overactive Pelvic Floor* Padoa, Rosenbaum. Springer. 2016.

Presentazioni Scientifiche e Professionali di Revisione Paritaria:

1. **Hilton S.** "When Things Go Wrong." Pain Cloud Summit. Sunderland, UK. November 2018.
2. **Hilton S.** Invited Lecture "Treating Pelvic Pain". Queen Mary College, London UK. November 2018.
3. **Hilton S.** "Out from Behind the Curtain of Shame. Treating Pelvic Pain." Aarhus, DN. November 2018.
4. **Hilton S** "Options to Opioids in Pelvic Pain" AUGS, Chicago IL. October 2018.
5. **Hilton S.** "Pain, Science, and Pelvic Health" Exeter, UK. August 2018.
6. **Hilton S.** "Sex and Pain" Le Pub Scientifique, London UK. August 2018.
7. **Hilton S.** "Pain, Science, and Pelvic Health". Chicago, IL. July 2018.
8. **Hilton S, Hodges P, Haag S.** "Men's Health". 2-Day course. Chicago, IL. March 2018.
9. **Hilton S, Van Dyken C.** "Pelvic Health for all Health Practitioners" 2-Day Preconference course, San Diego Pain Summit, San Diego CA. February 2018.
10. **Hilton S, Durham J.** "Professionalism and Social Media". Graham Sessions, San Diego CA. January 2018.
11. **Hilton S.** Invited course "Pain, Science, and Manual Therapy" Valencia, Spain. November 2017.
12. **Hilton S, Tu F, Singh S** Lunch Symposium: Endometriosis. 3rd World Congress on Abdominal and Pelvic Pain. Washington DC, October 2017.
13. **Hilton, S.** Invited lecture: Pelvic Pain Across the Gender Spectrum. Pain Week 2017 of the American Pain Society. Las Vegas, NV September 2017.
14. **Hilton, S** Invited lecture: Interdisciplinary Interventions for Pelvic Pain. Surrey, British Columbia, Canada. July 2017
15. **Hilton S, Maxiac M.** "The Quagmire of De-Adopting" American Physical Therapy Association, Boston MA, June 2017.
16. **Hilton S.** Invited course "Pain, Science, and Manual Therapy" Victoria, British Columbia, Canada. April 2017.
17. **Hilton, S** Invited lecture at the Pain Cloud Summit, Oslo Norway "Clinical Application of Graded Imagery and Graded Exposure to Pelvic Pain". April 2017.
18. **Hilton S,** Invited course to Wisconsin pelvic health physical therapy group: "Pelvic Pain: a New Model of Care", and "Pelvic Neurodynamics and Manual Therapy". January, 2017.
19. **Hilton S,** Invited lecture on "Professional Boundaries" at the Women in Physical Therapy Summit, New York, NY, 2016.

20. **Hilton S**, Towfigh S. Round table presentation on “Abdominal and Pelvic Mesh” at the International Pelvic Pain Society, Chicago, IL 2016.
21. **Hilton S**, Invited lecture on “Using Evidence in Physical Therapy” at the Illinois Physical Therapy Association District Meeting, Chicago, IL, 2016.
22. **Hilton S**, Invited presentation on “Pelvic Pain for the Orthopedic Therapist” at the Women’s Health and Pelvic Summit, Birmingham, England, 2016.
23. **Hilton S**, Master Series on “Pelvic Neurodynamics and Manual Therapy” for the Australian Physiotherapy Association, Sydney, Melbourne, and Brisbane, Australia, 2016.
24. **Hilton S**, Invited lecture and post conference course on “The Importance of Pelvic Assessment in Complex Pelvic Pain Disorders in Women and Men” for the British Columbia Massage Therapy Association Scientific Meeting, Vancouver BC, Canada, 2016.
25. **Hilton S**, Invited lecture on “Pelvic Pain in Men and Women, A Biopsychosocial Approach to Care” at the San Diego Pain Summit, San Diego, CA, 2016.
26. **Hilton S**, Wendal, A, Dunn S, an invited panel presentation on “Women in Physical Therapy” at the Graham Sessions, Phoenix, AZ 2016.
27. **Hilton S**, Hibner, M, Invited round table presentation on “Neuralgia: Evaluation and Treatment” at the International Pelvic Pain Society, San Diego, CA, 2015.
28. **Hilton S**, presentation on “The Application of Pain Science to Pelvic Pain” at the American Physical Therapy Association annual meeting NEXT, Charlotte, NC, 2014.
29. **Hilton S**, Pagliano C, Mosely GL presentation on “Graded Motor Imagery and Pelvic Pain” at the American Physical Therapy Association, Combined Sections Meeting, Las Vegas, NV, 2014.
30. **Hilton S**, Van Dyken C, Invited presentation on “Applied Graded Motor Imagery for Pelvic Pain” at the NOI2012: Neurodynamics and the Neuromatrix conference, Adelaide, Australia, 2012.
31. **Hilton S**, Van Dyken C, Invited presentation on “Central Sensitization in Pelvic Pain” at the Ontario Physiotherapy Association meeting InterACTION 2012, Toronto, Canada, 2012.

Membro di Organizzazioni Scientifiche/Professionali:

04/1988 – present	American Physical Therapy Association
	Sections: Women’s Health, Orthopedics
06/2010 – present	Illinois Physical Therapy Association
2010 – present	International Association for the Study of Pain

Responsabilità didattiche nel programma di livello base per l'anno accademico 2016-2017

Spring 2017	PT 622 Psychosocial Theory and Practice 1
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