

Bertha X. Golem, PT, DPT

CURRICULUM VITAE

EDUCATION

- Doctor of Physical Therapy 2005
University of Illinois-Chicago
Chicago, IL
- Bachelor of Science, Exercise Physiology 2002
University of Illinois-Chicago
Chicago, IL

EXPERIENCE

Physical Therapist 2016- Present
Kotarinos Physical Therapy, Oakbrook Terrace, IL

Physical Therapist 2009- 2014
Florendo Physical Therapy, Chicago, IL

- *Evaluated and treated pelvic floor function and dysfunction in men and women.*
- *Participated in University of Chicago's Program in Integrative Sexual Medicine (PRISM) multi-disciplinary case conferences*
- *Mentored Northwestern DPT students during clinical observation program*

Senior Physical Therapist 2005- 2010
Loyola Medical Center, Maywood, IL

- *Provided direct patient care in an outpatient orthopedic environment to a diverse patient population, often with multiple medical co-morbidities*
- *Physical Therapist for MD-directed Pelvic Pain Program*
- *Mentored new staff, medical students and DPT students*
- *Organized and participated in Community Health Fairs, Loyola Health Fairs and Total Control Program*
- *Member of Sports Medicine Journal Club and Pelvic Floor Journal Club*
- *Led OP Rehab Team Meetings*
- *Instructed Total Joint Class*

Staff Physical Therapist 2006-2008
Pearl Home Care, Elmwood Park, IL

- *Provided direct care to home health patients*

POST-GRADUATE EDUCATION

Myofascial Trigger Point Therapy & Patient Self-Help Techniques: 2017
Correcting the Perpetuating Factors Behind Chronic Pain
Carla Hedtke, BS, MS, LMBT, TPT, CAAPM, CPFT
Naperville, IL

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Part A: Sex and Sexuality in Physical Therapy Practice Talli Rosenbaum, MSc, PT, IF AASECT Medbridge Education	2016
Female and Male Pelvic Pain Holly Tanner, DPT, PT, MA, OCS, LMP, PRPC, BCB-PMD, CCI Medbridge Education	2016
Caring for the Pregnant Patient Holly Tanner, DPT, PT, MA, OCS, LMP, PRPC, BCB-PMD, CCI Medbridge Education	2016
Part B: Sexuality for Pelvic Floor Practitioners Talli Rosenbaum, MSc, PT, IF AASECT Medbridge Education	2016
Ethics for Rehabilitation Professionals Ron Scott, PT, EdD, JD, LLM, MA, MSBA, MSPT, BS Medbridge Education	2016
Women & Autoimmune Disease Ginger Schirmer, PhD, RD, LD, CSSD Heather Brady, PhD RDN, LDN Oakbrook Terrace, IL	2015
Abdominal and Pelvic Health Symposium - 10th Annual Program RUSH University Medical Center Chicago, IL	2015
Therapeutic Exercise for the Aging Spine & Pelvis Jona Bollinger, MPT, PMA Oak Brook, IL	2015
Preventing and Managing Chronic Inflammation: Special Focus: Nutritional Interventions Nick R.S. Hall, PhD Skokie, IL	2015
Clinically-Proven Therapeutic Modalities: Achieving and Documenting Progressive Results Jon DeBord, MS, PT, ATC, SCS Naperville, IL	2014

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Part C: Clinical Tools for Treatment of Complex Sexual Pain Disorders Talli Rosenbaum, MSc, PT, IF AASECT Medbridge Education	2014
Evidence-Based Examination of the Hip Alexis Wright, PT, PhD, DPT, FAAOMPT Medbridge Education	2014
Functional Applications in Pelvic Rehabilitation: Part B Kathe Wallace, PT, BCB-PMD Medbridge Education	2014
Functional Applications in Pelvic Rehabilitation: Part A Kathe Wallace, PT, BCB-PMD Medbridge Education	2014
Abdominal and Pelvic Health Symposium – An Interdisciplinary Team Approach to the Pelvic Floor Function: Addressing Mobility and Motility Rush University Medical Center Chicago, IL	2013
APTA's Combined Sections Meeting Chicago, IL	2012
Functional Integrated Needling – A Biomedical Approach Mark Scappaticci, B.SC, D.C, D.A.P, FCCSS – FIT Institute Chicago, IL	2011
Gynecologic Visceral Manipulation Gail Wetzler, PT Chicago, IL	2010
Pelvic Floor Function, Dysfunction and Treatment – Advanced Lila Abbate, PT, DPT, OCS Hollis Herman, PT, DPT, OCS, BCB-PMD Chicago, IL	2010
Clinical Neurodynamics John Ragonese, PT, OCS, CSCS Maywood, IL	2010

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Pelvic Floor Function, Dysfunction and Treatment - Intermediate PF2A Stacey Futterman, MPT, BCIA-PMDB Holly Tanner, PT, MA, OCS, LMP, BCIA-PMDB Maywood, IL	2010
The Sacroiliac Joint: Anatomy, Mechanics, Examination, Evaluation and Treatment Mark D. Sleeper, PT, MS, OCS Maywood, IL	2009
Pelvic Floor Function, Dysfunction and Treatment - Intermediate PF 2B Elizabeth Hampton, PT, BCIA-PMDB Bridgid Ellingson MPT, OCS, BCIA-PMDB Chicago, IL	2009
Pelvic Floor Dysfunction – Multidisciplinary Issues, New Technologies and Innovative Treatments Rush University Medical Center Chicago, IL	2009
Physical Therapy for Pelvic Girdle Pain in Pregnancy and Post-partum Cynthia Neville, PT Chicago, IL	2008
Maitland Australian Physiotherapy Seminars: Examination and Treatment of the Sacroiliac Joint and Pelvis Marrow Burnette, PT, OCS, COMT Chicago, IL	2008
When the Feet Hit the Ground Everything Changes Lab Course Oakbrook, IL	2007
Richard Jackson Seminars: The Pelvic Girdle Lab Course Chicago, IL	2007
Female Pelvic Floor Function, Dysfunction and Treatment Level 1 Hollis Herman, MS, PT, OCS, BCIA-PMDB Kathe Wallace, PT, BICA-PMDB Oak Brook, IL	2006

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Functional Orthopedics I: Soft Tissue Mobilization, PNF and Joint Mobilization 2006
Kent Keyser, MS, PT, OCS, COMT, FFCFMT
Lake Forest, IL

Back Education and Training - Institute of Physical Art 2005
April Downie, MS, PT, IOC, CFMT
Algonquin, IL

Loyola Sports Medicine Update 2005
Lecture Course
Maywood, IL

LECTURES

Golem, BX (2016), "The Pelvic Floor (Spanish)." Women's Health Foundation

Golem, BX (2012), "Chronic Pelvic Pain." Northwestern Memorial Hospital
Urology Department.

Rivera, BX (2011 and 2012), "Urinary Incontinence and Pelvic Organ Prolapse."
University of Illinois at Chicago's Women's Health Elective - DPT program.

Rivera, BX (2007 and 2008), "Musculoskeletal Assessment and Lab." Loyola
Advanced Nurse Practitioners Program.

MEMBERSHIP

American Physical Therapy Association (APTA) - 2005-2010

International Pelvic Pain Society - Current

Chicagoland Pelvic Floor Research Consortium - Member 2005 - Current
Board of Directors - 2001-2014