

Lincoln Physical Therapist named to national think tank

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Michelle Spicka a physical therapist at Husker Rehab, a southeast Nebraska physical therapy firm, was named to the national Pelvic Physiotherapy Think Tank, which begins work in February to review current research in pelvic physical therapy and publish ideas for applying the research.

Spicka will join other pelvic physical therapy experts from around the nation for monthly forums on the topic via teleconference. The group is led by Beth Shelly, a well-known pelvic physical therapy expert from Moline, Illinois. Five other members of the group include nationally-recognized pelvic physical therapy and women's health professionals.

"Research in this area is developing at a fast pace, and it is difficult for one person to stay up to date and publish recommendations alone," Spicka said. "This format provides a structured discussion of research that will allow us to put our heads together to find new ways to apply the research to practice." The group plans to submit its recommendations to Hooked on Evidence, a respected online database of research concentrating on the effectiveness of physical therapy interventions.

Spicka, who attended the University of Nebraska in Lincoln and received a doctorate degree from Creighton University in Omaha, in addition to certification in pelvic physical therapy, has worked with the local physical therapy firm, Husker Rehabilitation and Wellness Centers, since 2006. She is a member of the American Physical Therapy Association and the Nebraska Physical Therapy Association.

Husker Rehab's meticulous expert therapeutic methods, along with a fun, positive atmosphere, plus devotion to patients and their individual needs, has earned them a reputation as the area's most dependable rehab solution, with well-documented customer satisfaction ratings of 98%. For more information visit www.huskerrehab.com.

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