

The PTs Guide to Hiring an OT in Pelvic Health

By Lindsey Vestal, OTR/L



This hiring guide was graciously peer-reviewed by the following PTs: Lynn Schulte, Tracy Sher, Susie Gronski, Jeanice Mitchell, Sara Reardon, and Susan Clinton.

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01



WHY THIS GUIDE
AND WHO WROTE
IT?



01

01 Why This Guide and Who Wrote it?

This guide aims to make it easier for PT clinic owners like you to hire an occupational therapist (OT) specializing in pelvic health.

If you've never hired an OT, or even considered it, you likely have a lot of questions.



The purpose of this guide is to answer those questions.

My name is Lindsey Vestal and I'm a proud OT who specializes in pelvic floor therapy. I started the first OT led private practice specializing in pelvic floor therapy in NYC in 2014 called The Functional Pelvis.

Since 2018, I have taught over 1,500 other OTs how to specialize in pelvic floor therapy through my continuing education courses. And, since 2016 my Facebook group called "OTs in Pelvic Health" has grown to over 7,300 members.

OTs have been practicing in pelvic health for a long time. It certainly isn't new (one of my mentors has been practicing for 30+ years!).

However, it isn't as well known as physical therapists practicing in pelvic floor therapy.

But, over the last 5 years, that has definitely been changing with more and more OTs choosing to specialize in what I consider the most rewarding field to be.

And this is great for the general public and future clients. We need more therapists qualified to see pelvic health clients.

So I put together this guide to:

- Help you understand OTs role in pelvic health (if you didn't already)
- Answer common questions you might have about hiring an OT
- Inspire you by showing you other PT clinics who have successfully hired OTs. This definitely isn't new, it just isn't talked about as much.

Lastly, this was a team effort.

In my NYC practice, I created an interdisciplinary networking group that helped me build a diverse healthcare team for my clients.

And once I started on this guide I knew it needed to be peer reviewed by PTs to ensure it was hitting the mark.

So, a huge thank you to the following PTs who graciously took the time to peer review this guide: Lynn Schulte, Tracy Sher, Susie Gronski, Jeanice Mitchell, Sara Reardon, and Susan Clinton.

02

WHY PT OWNERS
SHOULD CONSIDER
HIRING AN OT IN
PELVIC HEALTH

02

Why PT Owners Should Consider Hiring an OT in Pelvic Health

As a clinic owner, you understand the challenge of finding enough qualified therapists to meet the growing demand for pelvic health services. Expanding your team by hiring an OT can be a game-changer, allowing you to increase access to care while diversifying your service offerings.

OTs often use different CPT codes, which may offer higher reimbursement rates than those used by PTs, potentially benefiting your practice financially.

When it comes to Medicare, another key difference is that PTs and speech-language pathologists (SLPs) share the same therapy cap, while OTs have a separate cap entirely. This distinction could allow your clinic to serve more clients without hitting the reimbursement limits that often restrict other services.

Beyond the financial and access benefits, hiring an OT offers the chance to build a truly holistic healthcare team. OTs bring a unique skill set to pelvic health, often emphasizing functional, day-to-day tasks in their treatment plans. Collaborating with both PTs and OTs ensures that your clients receive comprehensive care that addresses all aspects of their well-being.

03

LIST OF PT
PRACTICES WHO'VE
HIRED OTS IN
PELVIC HEALTH

03

03 List of PT Practices Who've Hired OTs in Pelvic Health

By hiring an OT for your PT practice, you'll join a long list of PT practice owners who also employ OTs in their pelvic health clinics. Here is a short (but not comprehensive) list just to demonstrate how prevalent this hiring practice is:

Practice Name	Location	Website
Genesis PT	Dallas Fort Worth, TX	https://www.genesisptwellness.com
Aquacare	MD and DE	https://aquacarephysicaltherapy.com
Pelvic Foundations	Reading, PA	https://www.pelvicfoundations.com
Inspire Pelvic Therapy	Michigan	https://www.inspirepelvicpt.com
Physiopartners	Chicago, IL	https://www.physiopartners.com
Full Distance	Purcellville, VA	https://fulldistance.com
Empowered Pelvic Health	Montvale, NJ	https://www.empoweredpelvichealth.com

LIST OF PT PRACTICES WHO'VE HIRED OTS IN PELVIC HEALTH

Practice Name	Location	Website
Concept Pelvic Health and Wellness	Keller, TX	https://www.conceptpelvichealth.com
Dr. Susie Gronski & Team	Asheville, NC	https://drsusieg.com
Mountain View Therapy	Montrose, CO	https://montrosehealth.com
Method Physical Therapy	Albuquerque, NM	https://www.methodptnm.com
Sacred Roots Pelvic Health	Albuquerque, NM	https://www.sacredrootspelvichealth.com
Women's Advantage and Men's Optimal Health	Torrance and Long Beach, CA	https://womensadvantagept.com
Grace PT and Pelvic Health	Durham, NC	https://gracepelvichealth.com
FunctionSmart	San Diego, CA	https://www.functionsmart.com
Joint Ventures Physical Therapy	Boston area, MA	https://www.jointventurespt.com
Metro PT	Tristate area	https://www.metrophysicaltherapy.com

LIST OF PT PRACTICES WHO'VE HIRED OTS IN PELVIC HEALTH

Practice Name	Location	Website
Spear PT	Tristate area	https://spearcenter.com
Northeast Rehab	NH and MA	https://www.northeastrehab.com
Pregnancy and Postpartum PT	Westford, MA	https://pregnancyandpostpartumpt.com
Marathon PT	MA	https://www.marathonphysicaltherapy.com
Tri-Cities Pelvic Health	Tri-Cities area	www.tricitiespelvichealth.com/join-our-team
Fitzgerald PT	Woburn, MA	https://fitzgeraldpt.com
West Portland Physical Therapy	Portland, OR	https://wpptc.com
Novacare	Philadelphia, PA	https://www.novacare.com
Lyndhurst OBGYN	Winston Salem, NC	https://www.lyndhurstgyn.com
Rehab United	San Diego, CA	https://www.rehabunited.com

LIST OF PT PRACTICES WHO'VE HIRED OTS IN PELVIC HEALTH

Practice Name	Location	Website
Bloom Pelvic Therapy	MD	https://www.bloompelvictherapy.com
Results Physiotherapy	Various	https://www.resultspt.com
Anchor Pelvic Physical Therapy	Winter Park, FL	https://www.anchorpelvicpt.com
Partners in Physical Therapy	Lake Charles, LA	https://partnersinpt.com
Taylor PT & Wellness	Winston Salem, NC	https://taylorptandwellness.com
Plus One Pelvic Health	Franklin, TN	https://www.plusonepelvichealth.com
Spooner Physical Therapy	Phoenix, AZ	https://www.spoonerpt.com
Integrity Rehab	TX	https://integrityrehab.net
Vibrancy Pelvic Health	Portland, OR	https://www.vibrancypelvichealth.com
Essentia Health	Bismarck, ND	https://www.essentiahealth.org

LIST OF PT PRACTICES WHO'VE HIRED OTS IN PELVIC HEALTH

Practice Name	Location	Website
ATL Pelvic Health	Atlanta, GA	https://www.atlpelvichealth.com
Beach Mama Wellness PT	Redondo Beach, CA	https://www.beachmama-wellness.com
Elevation Physical and Occupational Therapy	Middlesboro, KY	https://elevationtherapy.net
Summit Pelvic Health	Frisco, CO	https://www.summitpelvichealth.com
Benchmark Physical Therapy/Upstream Rehab	Various	https://www.benchmarkpt.com
Auria Pelvic Health	Various	https://www.theaurialife.com
InHer Physique Pelvic Floor Therapy & Wellness	Pensacola, FL	https://www.inherphysique.com
Unconstipated Kids	Houston, TX	https://unconstipatedkids.com
East Tennessee Spine and Sport	Knoxville, TN	https://easttnspinesport.com
Kare Pelvic Health	Concord, OH	https://www.karepelvichealth.com

LIST OF PT PRACTICES WHO'VE HIRED OTS IN PELVIC HEALTH

Practice Name	Location	Website
360 PT	AZ	https://www.360physicaltherapy.com
Magic City PT	Birmingham, AL	https://magiccitypt.com
Pelvic Pride Physical Therapy + Wellness	Baltimore, MD	https://www.pelvicpride.com
N2 Physical Therapy	CO	https://n2physicaltherapy.com
Northern Iowa Therapy	Waverly, IA	https://nitherapy.com
Integrity Rehab	Multiple locations in TX	https://integrityrehab.net

04



HOW OTS ARE
QUALIFIED TO
TREAT THE PELVIC
FLOOR

04

How OTs are Qualified to Treat the Pelvic Floor

Occupational therapists (OTs) specializing in pelvic health are highly trained professionals, similar to physical therapists (PTs). While both graduate programs may not heavily cover pelvic health, OTs who pursue this specialty undergo extensive continuing education and some earn certifications to develop expertise in treating pelvic floor dysfunction.

The trajectory of an OT in pelvic health is very similar to that of a PT:

- Attend graduate school to receive a broad and foundational training
- Take entry level pelvic health courses which are recognized industry wide
- Take specialized pelvic health courses aligned to their interest and practice focus

At The Functional Pelvis, I've trained over 1,500 OTs in pelvic health since 2018 through various courses and certifications:

- OT Pioneers: introduction to Pelvic Floor Therapy for Occupational Therapists
- OT Elevate: The Biopsychosocial Approach To Colorectal Conditions
- The Trauma Informed Pelvic Health Certification
- The Functional Pelvic Health Certification

In addition, The Functional Pelvis offers the Level 1 Functional Pelvic Health Practitioner™ program which is an intensive 4 month long program covering OT Pioneers, OT Elevate, a 3 day hands-on lab (including colorectal work) and a skills based assessment at the end.

Aside from The Functional Pelvis, there are other continuing education providers that OTs take courses from. Some may be entry level courses (often with PTs also attending) while others go for even more specialized courses depending upon the population they are working with and the skills they want to develop (e.g. pediatrics, pre/post-partum, manual therapy, etc.).

The scope of practice for OTs in pelvic health is particularly broad. OTs are uniquely positioned to address not only the physical rehabilitation of pelvic floor muscles but also how pelvic floor issues impact essential activities of daily living (ADLs). This includes critical functions such as toileting, sexual health, and overall daily routines—areas where pelvic floor dysfunction can cause significant disruption. These ADLs are core components of the OT's scope of practice, allowing them to provide comprehensive, client-centered care that goes beyond musculoskeletal concerns.

Additionally, at the moment, there are three certifications for pelvic health:

- APTA (open to PTs but not OTs)
- Herman and Wallace (open to both PTs and OTs)
- The Certified Functional Pelvic Health Therapist (open to both PTs and OTs)

05



BILLING AND
REIMBURSEMENT



05



05 Billing and Reimbursement

One of the most common questions PT clinic owners have when considering hiring an OT is, “How do I bill for their services?” The good news is that billing for an OT’s services in a PT-owned clinic follows a similar process to PT billing.

Of course, ICD-10 codes would be the same regardless of whether or not a PT or OT is treating the client.

While CPT codes are the same, the difference often lies in the specific services OTs provide during sessions and how they are billed. The most common ones are listed below that OTs routinely use:

CPT Code	Name	Description
97110	Therapeutic Exercise	Strength, endurance, flexibility, range of motion exercises
97530	Therapeutic Activities	Functional activities to improve performance
97112	Neuromuscular Re-education	Movement, balance, coordination, proprioception
97140	Manual Therapy	Soft tissue and joint mobilization
97535	Self-Care/Home Management Training	Training on ADLs, e.g., toileting, incontinence
90901	Biofeedback Training	Muscle re-education for pelvic floor
97750	Physical Performance Test	Testing strength, endurance, functional capacity
97032	Electrical Stimulation (manual)	Used in pelvic floor rehabilitation
97760	Orthotic Management and Training	Pelvic orthotics or support devices

If you are contracted with insurance, then you'll have your agreed upon schedule for reimbursement per CPT code which you can easily look up. Reimbursement per CPT code is typically the same for both OTs and PTs. The difference comes from the focus in the sessions where OTs utilize 97112, 97530, and 97535 at most likely a more frequent rate.

For clinics that accept Medicare, the Medicare Physician Fee Schedule (MPFS) is publicly available and provides reimbursement rates based on CPT codes. This schedule is updated annually, and reimbursement rates are determined by region. You can look up the MPFS for your location to see what Medicare reimburses for each service.

- Medicare has separate reimbursement rates for PTs and OTs, and rates vary depending on whether the therapy services fall under the PT or OT cap.

06



UNDERSTANDING OT LICENSING



06



Understanding OT Licensing

Before hiring an occupational therapist (OT) for pelvic health services, ensuring they meet all state licensing requirements is crucial. Here's a step-by-step process for verifying the necessary credentials:

1. Check State Licensing

Every occupational therapist must be licensed to practice in the state where they will be working. You can verify an OT's license through your state's occupational therapy board or regulatory agency. Most states provide online verification tools where you can:

- Confirm the OT's license is active and in good standing.
- Check the expiration date of the license.
- Review any disciplinary actions or complaints that may have been filed against the OT.

Make sure the OT's license is valid and current before allowing them to practice in your clinic.

2. Verify National Certification (NBCOT)

The National Board for Certification in Occupational Therapy (NBCOT) administers the national certification exam that OTs must pass to be licensed.

While certification is not required in all states after initial licensure, it's still a mark of professional competency.

You can verify an OT's NBCOT certification through the NBCOT's website. Search their database by name or certification number to confirm their certification status.

3. Confirm Educational Background

Request a copy of the OT's academic transcripts or diploma to verify they have graduated from an accredited OT program. You can cross-check the institution with the Accreditation Council for Occupational Therapy Education (ACOTE) to ensure it's an accredited school.

Make sure the OT has completed the necessary coursework and clinical rotations for their professional training.

By following these steps, you can confidently ensure that the OT is fully licensed and prepared to provide high-quality pelvic health care in your clinic.

07



UNDERSTANDING
DIRECT ACCESS FOR
OTS IN PELVIC
HEALTH

07

07 Understanding Direct Access for OTs in Pelvic Health

Just like PT, direct access laws for OTs vary by state, and it's important to understand whether OTs in your state can treat pelvic health clients without a physician's referral. Here are key points to consider:

1. State-Specific Direct Access Laws

- Many states allow OTs to have direct access, meaning they can evaluate and treat patients without needing a physician's referral. This can help streamline care and reduce barriers to treatment.

2. Referral Requirements

- Some states require referrals after a specific number of visits or for certain types of services. It's crucial to verify if your state imposes these limitations for OTs practicing pelvic health.

3. State Licensing Board Information

- You can find direct access regulations through your state's occupational therapy licensing board or department of health. They provide the most up-to-date and specific information about direct access rights for OTs in your region.

4. Candidate Preparedness

- When interviewing an OT for a pelvic health position, it's important that the candidate comes prepared with a clear understanding of the direct access laws in your state. The OT should be able to articulate whether they can treat patients without a referral and under what conditions. As part of the interview process, ask the OT to provide documentation or references from the state's occupational therapy licensing board that confirm the direct access regulations. This ensures they are well-informed and can practice within the legal requirements of your state.

Understanding direct access laws in your state allows you to fully leverage your OT's ability to deliver pelvic health services efficiently, reducing delays in care and improving access for your clients.

08



UNDERSTANDING
INSURANCE, PLANS
OF CARE (POC) AND
SHARING CLIENTS
BETWEEN PT AND OT

08

Understanding Insurance, Plans of Care (POC) and Sharing Clients Between PT and OT

So, if you've got OTs and PTs all working together, how exactly does it work from an insurance perspective, POC perspective and what's the best practice for actually taking a team based approach?

There is an amazing synergy between OTs and PTs that really benefits our clients. However, there are a few things that each clinic owner (and their front desk staff) should be aware of so that you don't run into any issues.

Insurance Authorization

Most of the time, when you are requesting insurance authorization it is ONLY for the specialty listed (either OT or PT). That means that if you get authorized for PT, you don't automatically get authorized for OT, and vice-a-versa. It is very important to remember this if you have a client that wants to (or you feel should) switch disciplines. You'll need to receive a new authorization specific to that discipline.

Plans of Care (POC)

Likewise, it is equally important to know that if a PT establishes the POC for the client then a PT needs to complete that POC. It isn't possible for the client to switch back and forth (on the same POC) between two different disciplines. This is equally important to communicate to your front desk staff so that they don't try to schedule an "OT" client on a PT's schedule just because the OT didn't have any openings.

Sharing Clients Between OT and PT

The only way to formally share clients between OT and PT is that both the OT and PT need to do their own evaluation. This is because each discipline needs to perform an evaluation and come up with their own POC for that discipline. Of course, there will likely be overlap and this is a great time for the OT and PT to discuss their findings and agree on a team based approach and which goals each discipline is working towards.

Many clinics will take a more informal approach whereby just one discipline is seeing the client but the collaboration happens in between the sessions as the staff reviews clients during luncheons, special training, etc. This is a great way to infuse each discipline's and individual therapists expertise throughout the clinic without your client seeing two therapists at a time. And during these informal sessions it may be discovered that one client should be seeing a different discipline at which time that therapist would be brought in to do their evaluation.

This is something to ensure your front desk staff is aware of so they don't inadvertently book a client with an OT who has only received evaluation and vice versa.

09



DOCUMENTATION
AND EMR
COMPATIBILITY FOR
INTEGRATING OTS
IN PELVIC HEALTH

09

09 Documentation and EMR Compatibility for Integrating OTs in Pelvic Health

When integrating an OT into your pelvic health team, it's natural to wonder if their documentation will differ from that of your PTs. In general, OT documentation follows similar principles to PT documentation, focusing on evaluation, treatment plans, and progress notes.

However, there are a few distinctions to be aware of:

1. Differences in Documentation

- While the core elements of documentation are often similar between OTs and PTs, OTs may place a greater emphasis on functional activities and daily living skills (ADLs), especially in the context of pelvic health. For instance, OTs may document the impact of pelvic floor dysfunction on toileting, dressing, and sexual health—areas that fall within their scope of practice. PTs by comparison, may focus more on the physical rehabilitation of muscles and structures. This is of course an overly broad generalization with lots of gray, but it serves as a useful example to highlight potential differences depending upon the type of practice you have. It's important to allow for flexibility in documentation to account for these functional aspects.

2. EMR System Customization

- In most cases, your existing EMR system can be adapted for both OTs and PTs. Many clinics use shared templates for documentation, and these templates can be applied across disciplines. However, you may want to customize certain fields or templates to reflect the OT's focus on ADLs and functional outcomes. This can include sections for activities like toileting, self-care, and sexual health, which may be more prominent in OT documentation.

3. Specific Assessments and Outcome Measures

- OTs often use specific assessments that align with their holistic approach to pelvic health. Examples include:
 - Canadian Occupational Performance Measure (COPM): A tool used to assess a patient's self-perception of their performance in daily activities.
 - Pelvic Floor Impact Questionnaire (PFIQ): An outcome measure that assesses how pelvic floor dysfunction impacts daily activities.
 - Occupational Performance History Interview (OPHI-II): A comprehensive interview tool that explores a patient's life history, focusing on occupational performance areas.



10

MARKETING AND
CLIENT EDUCATION



10

Marketing and Client Education

As a practice owner, you already know that clients aren't looking for “sessions” or even “therapy” itself—they want the outcomes that lie on the other side of pelvic floor therapy. They want relief from pain, control over their bodies, and the ability to enjoy their lives without limitations. The focus should always be on the results and benefits your clients seek, not the specific titles or professions of the therapists. Whether the care is provided by an occupational therapist (OT) or physical therapist (PT), what clients ultimately care about is finding solutions for their pelvic health issues, such as stopping leakage or eliminating discomfort.

1. **Focus on Results, Not Specific Providers**

- While many clients may search for "pelvic floor physical therapy" because of referrals or doctor recommendations, your clinic's focus should remain on providing high-quality pelvic floor therapy, regardless of whether it's delivered by an OT or PT. There's typically no need for rebranding—listing your OT alongside your PT on your website allows clients to find your clinic through existing SEO. However, if you're hiring an OT to expand your services (for example to address more complex conditions), it's a great opportunity to issue a press release, highlighting how your clinic is growing and bringing in new expertise. The key is to focus your messaging on the outcomes clients want: pain relief, stopping leakage, and restoring function.

2. Client Education: Benefits of Pelvic Floor Therapy

- When educating clients, emphasize the effectiveness of pelvic floor therapy as a whole, regardless of whether the care comes from an OT or PT. Focus on how pelvic floor therapy helps clients regain control over their body, reduces discomfort, and improves day-to-day functioning. Highlight how pelvic floor therapy can address common conditions like incontinence, pelvic pain, and postpartum recovery. The message should always reassure clients that your clinic provides comprehensive solutions tailored to their needs.

3. Holistic Care: Pelvic Health as a Team Effort

- Instead of highlighting OT vs. PT, emphasize that your clinic takes a holistic and collaborative approach to pelvic health care. Your team of specialists, whether OTs or PTs, works together to provide the most effective treatment plan for each client. The goal is always the same: helping clients return to the activities they love without pain or discomfort.

By shifting the focus from the provider's profession to the tangible benefits of pelvic floor therapy, you help clients understand that your clinic is committed to delivering the results they're seeking. Your messaging will resonate more deeply with potential clients when it focuses on improving their lives, rather than explaining professional roles.



11

SCRIPTS FOR YOUR
FRONT DESK STAFF
ON COMMON
QUESTIONS



11

11 Scripts for Your Front Desk Staff on Common Questions

Your front desk staff is often the first point of contact for clients, so it's important they feel prepared to address common questions about OT and PT services. These scripts are starting points, designed to help explain the overlap between OT and PT, address concerns about insurance or referrals, and reassure clients about the quality of care they'll receive.

Feel free to customize these responses to fit the unique needs and messaging of your clinic, ensuring your team communicates clearly and confidently with every client interaction.

"Wait...I thought I was going to see a PT?"

Reply:

"You're scheduled with an occupational therapist who, like physical therapists, is highly trained in pelvic health. Both OTs and PTs can effectively treat pelvic floor issues, and there's a lot of overlap in the care they provide. You're in great hands with either, and the focus is always on providing the best care for your specific needs."

"What's the difference between an OT and a PT in pelvic health?"

Reply:

"Both OTs and PTs are qualified to treat pelvic health conditions, and there's quite a bit of overlap between the two. Both professions approach pelvic health with a focus on improving your quality of life. Ultimately, the care you receive will be tailored to your needs, regardless of whether you're seeing an OT or a PT."

- Note to Practice Owner: Your clinic may have distinct differences in the ways in which PTs and OTs treat pelvic health clients. If that is the case, adjust the above script to fit the nature of your practice and clinicians.

“Will my insurance cover seeing an OT?”

Reply:

"Yes, most insurance plans cover occupational therapy in the same way they do physical therapy. We can check your specific coverage for you to make sure you're all set, but OTs are usually covered just like PTs."

“Do I need a referral to see the OT?”

Reply:

"That depends on your insurance and state laws. Some plans allow direct access to both OTs and PTs without a referral, while others may require one. We'll check your coverage to make sure you're getting the care you need."

“Can I switch to a PT instead of an OT?”

Reply:

"Of course, if you feel more comfortable with a PT, we can adjust your appointment. That said, both OTs and PTs are well-trained in pelvic health, and we always aim to provide the highest level of care regardless of which professional you're seeing. It's all about what works best for you!"

- Make sure your front desk staff is trained that a client can't switch between provider type (OT to PT, or PT to OT) without also getting an evaluation from that specific discipline.



12



HOW TO FIND AN OT
IN PELVIC HEALTH
FOR YOUR CLINIC



12



How To Find an OT in Pelvic Health for Your Clinic

Just like no two PTs are going to practice the same, no two OTs will practice the same. You can have two OTs with the exact same “qualifications” on paper who treat completely different ways due to their unique backgrounds and viewpoints.

That’s why this guide has been focused so much on the practical aspect of hiring an OT (billing, documentation, etc.) rather than skills. Just like PTs, you’ll find OTs have a range of different skills and areas of expertise depending upon the specialized training they’ve completed. You’ll have some that are more manual focused while others are more mental health focused - and everything in between.

That’s why interviewing them as individuals is super important.

So, here are some steps you can take to find an OT for your clinic:

1. Make sure to update your job description to state that it could be filled by either a PT or OT. This will help expand the reach of your job post and make sure OTs know you are willing to receive their resume.
2. Make sure the person reviewing the initial resumes includes those resumes from OTs and doesn’t filter them out.
3. Join the OTs in Pelvic Health Facebook group which has over 7,000 members where you can post that you are hiring. With that many members, it is likely an OT is already based in your area that you can connect with directly.



13



ABOUT THE
FUNCTIONAL PELVIS



13

13 About The Functional Pelvis



When I founded The Functional Pelvis in NYC in 2014, I had a simple but powerful vision: to bring the unique lens of occupational therapy to pelvic health. What started as the first OT-owned private pelvic floor therapy practice in NYC has grown into something much bigger than I ever imagined.

My father's experience with post-prostate cancer incontinence opened my eyes to a crucial gap in healthcare - the need to treat the whole person, not just their symptoms.

This personal journey sparked my mission to empower other OTs to transform lives through pelvic health.

Since 2018, I've had the privilege of supporting over 1,500 occupational therapists in bringing their invaluable OT perspective to pelvic health. Together, we're creating a movement that combines clinical excellence with the heart of occupational therapy - helping people reclaim the daily activities that matter most to them.

I'm humbled by how our community has grown:



Co-founding the OTs in Pelvic Health Summit, which has sold out every year for the past 4+ years



Creating "The OTs for Pelvic Health with Lindsey Vestal" Facebook group, now over 7,300 members strong



Hosting the "OTs in Pelvic Health" podcast, with 100+ episodes and consistently ranking in the top 5 of its category



Developing the only Trauma-Informed Pelvic Health Certification available to both PTs and OTs

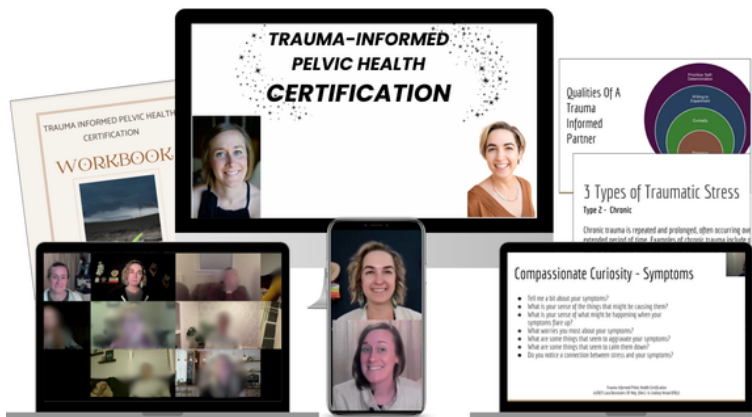


Establishing the first pelvic health certification aligned with over 200 objectives in the Occupational Therapy Practice Framework

Most importantly, we're establishing occupational therapy's vital role in pelvic health by showing how perfectly suited OTs are to address the most fundamental occupations of daily living.

To learn more about joining this growing community of OTs transforming pelvic health care, visit www.functionalpelvis.com

Explore The Functional Pelvis Programs



The Functional Pelvis Levels + Certification

