

ELTHEIA SHIOZAKI
PT, BCB-PMD



- BACHELOR OF SCIENCE** Physical Therapy, California State University Long Beach, 1987
- CERTIFIED** Pelvic Muscle Dysfunction Biofeedback, Biofeedback Certification Institute of America, 2014
- CERTIFIED** Pilates instructor, Stott Pilates Training Program, 2010
- MEMBER** American Physical Therapy Association,
Women's Health Section
- National Vulvodynia Association
- Pelvic Floor Sexual Medicine Health Care Professionals
of Southern California
- TEACHING ASSISTANT** Herman Wallace Pelvic Rehab Institute
Pelvic Floor Series of Evaluation and Treatment



WOMEN'S ADVANTAGE
MEN'S OPTIMAL HEALTH
specialized pelvic physical therapy



Looking back at my 27 years of clinical practice, I am filled with gratitude for every person that I have encountered who has helped me to grow as a physical therapist. This breadth of experience has allowed me to build a strong foundation of knowledge and methods of treatment to help my patients achieve their individual goals.

It wasn't until a colleague encouraged me to focus my studies on pelvic health that I found my true passion and motivation to learn. Women's and Men's Pelvic Health is a specialty that has allowed me to integrate my knowledge and have a multi-faceted approach that includes physiology and biomechanics for treatment of any musculoskeletal problem and help empower patients to learn ways to achieve their optimal health.

My recent study interests have included the Visceral Manipulation techniques developed from a gifted osteopathic physician, Jean Pierre Barral. His method focuses on listening to the body/tissues and letting the body speak; which helps to direct treatment. This has caused me to pause and look at each patient and allow their anatomy and physiology to speak to me and spurred me to listen not just to the body but to the whole person. My other great area of interest has been learning more about the influence of clinical nutrition on many of the bowel and bladder dysfunctions that we address as pelvic rehab specialists. So many of our patients come to us with chronic medical and physical issues and for complete healing to occur, all systems and parts of the body must be addressed. Having the privilege of attending excellent courses dealing with coccyx pain, pudendal neuralgia, advanced bowel /pelvic floor dysfunction and oncology has only added more depth and dimension to my approach when working with patients.

Every patient who comes to our clinic has a unique and personal story. My hope and mission is that they will entrust their care to me, provide the compassionate care that they deserve and help educate them on how they can achieve their optimal level of function.



WOMEN'S ADVANTAGE
MEN'S OPTIMAL HEALTH
specialized pelvic physical therapy

