**ANN FROST, PT**

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 **Professional Summary**

Excellent clinical and communication skills, passion for my work, and connection with my patients. Avid interest in multidisciplinary collaboration, continuing education, and thinking outside of the box.

Twenty-four years of physical therapy experience in California and Hawaii. Significant experience in women’s health, oncology, and complex/chronic pain.

**Certifications**

**Women’s Health Clinical Specialist**, 2015-present. American Board of Physical Therapy Specialties.

**Certified Lymphedema Therapist**. RIM Medical with Linda Miller, PT 2001, and Comprehensive Lymphedema Management for American Health Care, 2006.

## Work History

**QUEEN’S WOMEN’S HEALTH CENTER**, Honolulu, HI, 2004-2019.

Staff Physical Therapist. Started Women’s Health Physical Therapy Program. Patient population: breast and pelvic cancers, breast cancer-related lymphedema, fecal and urinary incontinence, pelvic organ prolapse, pelvic pain, sexual dysfunction, pregnancy and postpartum, osteoporosis.

**QUEEN’S MEDICAL CENTER, Rehabilitation Department**, Honolulu, HI, 2001-2004. Staff Physical Therapist. Started Outpatient Physical Therapy Program for the hospital.

**SANTA CRUZ MEDICAL CLINIC**, Santa Cruz, CA, 1997-2001.

Staff Physical Therapist. Outpatient orthopedic clientele; began a lymphedema treatment program for breast cancer patients/survivors. Burgeoning interest in working with patients with complex/chronic pain.

**GUARDIAN OF SALINAS**, Salinas, CA, 1996-1997.

Staff Physical Therapist. Skilled nursing, long term care, and outpatient facility. Neurologic, orthopedic, and general medical population.

**SALINAS VALLEY MEMORIAL HOSPITAL**, Salinas, CA, 1995-1996.

Intern, Staff Physical Therapist. Acute orthopedic, neurologic, cardiac, and general medical inpatient and outpatient care.

# Education

**Master of Physical Therapy** Samuel Merritt College, Oakland, CA. Feb. 1996.

**B.A in French** University of Illinois, Champaign-Urbana, IL. 1981.

**Certificate of Study,** University of Paris IV, Paris, France. 1977.

# Research

*Physical Therapists’ Perceptions of the Skills, Attitudes, and Information Which Facilitate Effective Treatment of Patients with Chronic Pain.* Frost A., July, 1995, Samuel Merritt College.

*The Effect of Written and Verbal Instruction in Pelvic Floor Muscle Exercises in the Immediate Postpartum Period.* Frost A, Trankel D, Shannon M. The Queen’s Medical Center, Honolulu, HI

# Publications

*Taking Care of Yourself After Mastectomy or Lumpectomy,* 2007. Frost A. Queen’s Medical Center, Honolulu, HI.

*The Incredible Neck Book,* 1999. Frost A, Austin B. Santa Cruz Medical Clinic, Santa Cruz, CA.

## Professional Memberships

Member, American Physical Therapy Association, 1993-present.

President, Hawaii Chapter of the American Physical Therapy Association, 2008-2012. Achieved patient direct access to physical therapy during my tenure.

Member, Chairperson Legislative Committee of the Hawaii Chapter of the American Physical Therapy Association, 2003-2013.

Hawaii State Representative to Section on Women’s Health, APTA, 2006-2008.

Member, American Association of Sex Educators, Counselors, and Teachers. 2012-2017.

Member, International Urogynecological Association

Member, International Society of Sexual Medicine.

Member, International Continence Society.

**Languages**

Fluent in French