

Ann Frost, PT, MPT, CLT, WCS

Continuing Competence

Integrating Science and Practice in the Rehabilitation of the Neurologically Involved Patient. Chuck Leonard, PT, PhD. San Diego, CA. April 12-13, 1996.

PNF Gait, Chris Pappas, PT, Marin, CA, April 26, 1996.

Motor Learning Principles Applied to PNF. Linda Treml, MHS, PT, Gail Widener, PhD, PT. Oakland, CA. April 20-23, 1996.

Using NDT Principles to Improve Gait for Adults with Hemiplegia, Bonnie Jenkins-Close, PT, Diane Conti Pacholski, PT, Los Gatos, Nov. 7-9, 1996.

Mobilization of the Nervous System, David Butler, PT, GDAMT, Torrence, CA, May 10-11, 1996.

Craniosacral Therapy I, Signy Erickson, DC, CST-D, San Francisco, May 7-10, 1997.

Maitland Australian Spinal Workshop, Level 2, Robert Sprague, PT, PhD, GDAMT, San Francisco, CA, May 29-31, 1997.

Strain/Counterstrain I for the Spine, Randall Kusonose, PT, OCS, Soutoh Lake Tahoe, CA, March 27-30, 1999.

Lumbo-Pelvic Integration, Kent Keyser, PT, OCS, San Francisco, CA, Aug. 19-22, 1999.

Complex Regional Pain Syndromes, Russell Foley, PT, Hayward, CA, Sept. 25-26, 1999.

The Lymphatic System, Level One: Congestion Therapy; Sharon Weiselfish-Giammatteo, PhD, PT; San Francisco, Mar. 31-April 2, 2000.

Visceral Manipulation IA, Dee Ahern, PT, San Francisco, CA, Oct. 1-4, 2000.

An Introduction to the Management of Breast Cancer Lymphedema: An Integrated Approach, Linda Miller, PT, Chicago, Nov. 30-Dec. 3, 2000.

Visceral Manipulation IB, Gail Wetzler, PT, San Francisco, CA, Jan. 6-9, 2001.

Advanced Breast Cancer Lymphedema Management: Taking Treatment One Step Further, Linda Miller, PT, Philadelphia, June 28-July 1, 2001.

The Complicated Patient—Treatment Strategies to Successfully Manage Difficult Patients; Kevin Wilk, PT, Honolulu, Nov. 16-17, 2002. 13 hours

Advances and Controversies in Breast Cancer, multiple presenters: Della Lin, Lynn Hartmann, John Lederer, R. James Brenner, D. Thompson, Charles Balch, MD, Honolulu, Nov. 23, 2002. 4 hours

Advances and Controversies in Breast Cancer Prevention and Treatment, Honolulu; multiple presenters; Oct 2-3, 2003. 15.8 hours

Mulligan Concept—An Introductory Course on Mobilizations with Movement, Nags, Snags, and More; Brian Mulligan, FNZSP; Nov. 22-23, 2003; Honolulu.

Female Pelvic Floor Function, Dysfunction, and Treatment, Level 1, Hollis Herman, PT and Kathe Wallace, PT, Sacramento, Jan. 23-25, 2004.

APTA Combined Sections Meeting; various presenters; women's health focus. 2005.

Safe Yoga for Osteoporosis; Sara Meeks, PT, MS, GCS, Union City, CA, March 13-14, 2005.

The Thorax; Diane Lee, PT, Honolulu, April 14-15, 2005. 16 hours

Lymph Drainage Therapy I; Bruno Chikly MD. Maui, July 22-25, 2005. 24 hours

Lymph Drainage Therapy II; Molly Clark, PT, Big Sur, CA, Oct. 11-15, 2005. 24 hours

Clinical Application of Real Time Ultrasound Imaging: Lumbopelvic Dysfunction; Jackie Whittaker, BscPT, Feb. 23, 2005: New Orleans. 6.5 hours

APTA Combined Sections Meeting, Feb. 24-27, 2005: New Orleans, 25 hours

Female Pelvic Floor Function, Dysfunction and Treatment, Level 2; Hollis Herman, PT, Kathe Wallace, PT, Apr. 21-23, 2005: Honolulu, 20 hours.

Myofascial Mapping, Sharon Giammatteo, PT, Aug. 30, 2005: Honolulu, 6.5 hours

Visceral Manipulation IV, the Thorax, A. J. de Koning, Sept. 8-11, 2005; San Francisco, CA 26 hours

Solving the Mystery of Adhesive Capsulitis, Dora Partridge, PT, Apr. 7-8, 2006. Milpitas, CA. 14 hours

Certification Course for Lymphedema; Ann Elise Kryszak, OTR, Comprehensive Lymphedema Management for American Health Care, Sept. 9-12, 2006: Honolulu, HI. 32 hours.

Gynecologic Visceral Manipulation, Gail Wetzler, PT, Oct. 5-8, 2006: Pomona, CA

Pelvic Floor III: Function, Dysfunction, and Treatment; Hollis Hermann, PT and Kathe Wallace, PT; Jan. 26-28, 2007: Seattle, WA

APTA State Gov't Affairs Forum, Aug. 23-25, 2007: Santa Fe, 14.5 hours

Visceral Manipulation IV: The Thorax; Seattle; Lisa Brant-Grady. D.C., Oct. 4-7, 2007: 26 hours

Advanced Medical Screening, Robert Duvall, PT; Oct. 20-21, 2007: Honolulu. 12 hours

Leadership and Strategic Planning Workshop with Janet Peterson APTA BOD, HAPTA, Jan. 19, 2008

APTA Combined Sections Meeting, Nashville, Leadership Track; Feb. 6-9, 2008: 18 hours.

Urogynecology Update, QCC, Dr. John DeLancey, Feb. 29, 2008. 6.5 hours

Visceral Manipulation Listening Techniques, Gail Wetzler, PT, San Francisco, Sept. 12-14, 2008. 19.5 hours

Evidence-Based Neuropathic Pain, Walk the Line: Managing Pain, Dr. Daniel Fischberg, Nov. 11, 2008, QMC

Discover the Sports Pelvis: The Role of the Pelvis in Recurrent Groin, Knee, and Hamstring Pain and Injury, Diane Lee, PT, Nov. 15-17, 2008: 2.0 hours

Combined Sections Meeting, APTA, leadership track, Feb 9-12, 2009

Gene-Environment Interaction and Immunotherapy; multiple presenters, Honolulu, Feb. 17-18, 2009: 13.75 hours

Annual Conference, APTA leadership track, June, Baltimore, June 7-8, 2009

APTA State Government Affairs Forum, Phoenix, AZ. APTA, 14.6 hours

APTA Combined Sections Meeting, Leadership Track 2/17-2/18, 2010. Women's Health lectures 2/19, San Diego, CA, 12 hrs

Queen's Conference on Geriatric Medicine, "Sex, Drugs, and Rocking Chairs", multiple speakers, 4/22/10: 6.75 hours

Breast Imaging Biopsy Lecture Series, Dr. John Pearce, QMC WHC, 4/30-5/28/10: 4 hours.

Diagnosis and Treatment of Movement Impairment Syndromes of the Lower Quarter, Dr. Shirley Sahrman, Honolulu, May 15-16, 2010; 12 hours

APTA Combined Sections Meeting, Feb. 9-11, 2011. New Orleans, LA: multiple on leadership and women's health

Application of Movement Impairment Syndrome Concepts, Shirley Sahrman, PT, PhD, FAPTA, May 14-15, 2011. Honolulu, HI. 14 hours

Sex in the City: What's Working, ONS Annual Conference, multiple presenters, Aug. 20, 2011. Honolulu, HI.

West Hawaii Cancer Symposium, multiple presenters, Sept. 2-3, 2011. Kona, HI.

APTA State Policy and Payment Forum: Legislative Track, Oct. 14, 2011. Austin, TX. Multiple speakers. 13 hours.

Pregnancy and Postpartum, Oct. 5-6, 2011. Honolulu, HI. Hollis Herman, PT. 15 hours.

Linked: Breathing, Posture, and the Pelvic Floor, Feb. 6-7, 2012. Chicago, IL. Mary Massery, PT. 15 hours.

APTA Combined Sections Meeting, Feb 9-11, 2012. Multiple speakers. Chicago, IL.

Gynecologic Oncology Conference, April 20, 2012. Honolulu, HI. Multiple speakers. 5.75 hours.

Application of Movement Impairment Syndrome Concepts, May 5-6, 2012. Shirley Sahrman, PT, PhD, FAPTA. Honolulu, HI. 12 hours.

AASECT Annual Conference, American Association of Sexuality Educators, Counselors and Therapists, June 7-10, 2012, Austin, TX. 20 hours.

World Meeting on Sexual Medicine, Aug. 26-30, 2012. Chicago, IL 15.5 hours.

Digestive Diseases Conference, Sept. 22, 2012. Honolulu, HI. 6 contact hours.

Annual Meeting of Women's Health Physical Therapists, Oct. 27-28, 2012. Including Talli Rosenbaum on Mindfulness and Sexuality. Lisbon, Portugal. 14.25 hours.

Gynecologic Surgical Complications: Prevention, Recognition, and Management, April 26-27, 2013. Multiple speakers. Honolulu, HI. 6.5 hours.

First Annual Cancer Rehabilitation Symposium, May 31-June 1, 2013. Multiple speakers. Memorial Sloan-Kettering Cancer Center, New York, NY. 14 hours.

45th Annual Meeting of the International Continence Society, Aug. 26-30, 2013. Multiple speakers. Barcelona, Spain.

The Pelvic Girdle—Understanding the Role of the Pelvis in Whole Body Function using the Integrated Systems Model for Pain and Disability, Feb. 7-9, 2014. Diane Lee, PT. Honolulu, HI.

Manual Therapy for the Oncology Patient, Jan. 1, 2015. APTA Learning Center. 3 hours.

47th Annual Meeting of the International Continence Society, Oct. 6-9, 2015. Multiple speakers. Quebec, Montreal. 19 hours.

Visceral Manipulation III: the Pelvis, Nov. 12-15, 2015. Gail Wetzler, PT. San Francisco, CA. 24 hours.

New Advances in Management of Male Continence, Feb. 17, 2016. Paul Hodges. Combined Sections Meeting, Anaheim, CA. 7.5 hours.

APTA Combined Sections Meeting, Feb. 18-20, 2016. Various speakers. Anaheim, CA. 18 hours.

Female Pelvic Girdle and Pelvic Floor Connections: External Exam and Treatment Techniques for Orthopedic Patients, Oct. 29-30, 2016. Kathe Wallace, PT. Honolulu, HI. 15 hours.

Annual Conference American Academy of Sexuality Educators, Counselors, and Teachers, June 15-18, 2017, Las Vegas, NV. 12.5 hours.

Oncologist's Approach to Palliative Treatment in Older Adults with Breast Cancer, April 13, 2017. Arti Huria, MD. Honolulu, HI. 1 hour.

Scrape, Tape, and Move, Jul. 29, 2017. Barbara Wan, PT. Honolulu, HI 8.5 hours.

Manual Therapy for the Pelvis, May 25-27, 2018. Paris, France. Nessia Fellman, PT. 21 hours.

The Importance of the Gut Microbiome and the Impact That It Can Have on Our Patients, July 31, 2018. APTA Online course. 2 hours.

Hawaii Physical Therapy Ethics and Jurisprudence, Nov. 27, 2018. AdvantageCEU's.com. 2 hours.

Endometriosis: What Physical Therapists Need to Know, Jan. 23, 2019. Michelle Lyons, PT. Washington, DC. 10 hours.

APTA Combined Sections Meeting, Jan. 23-26, 2019. Women's health, oncology, and orthopedic programming. Washington, DC. 18 hours

Trauma Informed Care, May 14, 2020. Lauren Mansell DPT. 7.5 hours.

Clinical Implications of COVID-19 for the Pelvic Floor Physical Therapist, July 30, 2020. Carina Siracusa PT and Amelia Gray PT, online webinar.

Doing What's Best and What's Right: Ethical Decision Making in Physical Therapy, Aug. 1, 2020, Terry Nordstrom, DPT. 2 hours.

IUGA Annual Conference, International Urogynecology Association, Aug. 29-Sept. 4, 2020, 14.75 hours.

Physical Therapy in Gender-Affirming Care: Transgender Health Webinar, April 10-11, 2021, Sandra Gallagher, PT, 15 contact hours.

Sexual Pain: Navigating Care for Cisgender Men, Sept. 11-12, 2021, Dr. Susie Gronski, 16 contact hours.

International Continence Society Annual Conference, Oct. 14-17, 10 contact hours.

Coccydynia and Painful Sitting, Oct. 18, 2021, Dr. Lila Abbate, 5.5 contact hours.

