

Ann Frost, PT, CLT, WCS

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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-five years of physical therapy experience in California and Hawaii.

Significant experience in women's health, oncology, pelvic health, and complex/chronic pain conditions.

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.

PROFESSIONAL EXPERIENCE

5 ELEMENTS PELVIC HEALTH AND WOMEN'S PHYSICAL THERAPY,

San Luis Obispo, CA. Owner/PT. 2021--. Pelvic rehab and oncology rehab for men and women, women's health physical therapy.

QUEEN'S WOMEN'S HEALTH CENTER, Honolulu, HI, 2004-present.

Staff Physical Therapist. Started Women's Health Physical Therapy Program. Provide physical therapy, community outreach and education, link with medical center programs.

QUEEN'S MEDICAL CENTER, Rehabilitation Department, Honolulu, HI,

2001-2004. Staff Physical Therapist. Started Outpatient Physical Therapy Program.

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

Staff Physical Therapist. Orthopedic and neurologic outpatient clientele. Developed lymphedema program. Co-authored The Incredible Neck Book with Beth Austen, PT.

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. 1981
Certificate of Study, Sorbonne, 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, 2014, The Queen's Medical Center, Honolulu, HI.

PUBLICATIONS/BOOKLETS

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

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

PROFESSIONAL MEMBERSHIP

Member, American Physical Therapy Association, 1993-present, with memberships in Section on Women's Health, Orthopedic Section, and Oncology Section.

President, Hawaii Chapter of the American Physical Therapy Association, 2008-2012.

Member, Chairperson Legislative Committee of HAPTA, 2002-2013.

Delegate, Chief Delegate, APTA House of Delegates, 2003-2007.

Member, Queen's Breast Cancer Leadership Committee 2006-2018

Member, Women's Health and Maternity Services Committee, Queen's Medical Center 2015-2018

Member, National Vulvodynia Association

Member, International Continence Society

Member, International Urogynecology Association

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

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

LANGUAGES

Fluent in French