

Susannah Jayne Britnell

BSc (Hons) P.T., Registered Physiotherapist, FCAMPT



Education

2001 **Diploma of Advanced Manual and Manipulative Therapy**, Orthopaedic Division of the Canadian Physiotherapy Association

1997 **BSc Honours Physiotherapy**, Manchester School of Physiotherapy, UK

1991 **BA International Relations**, University of British Columbia, Canada

Employment/Self Employment

2016-present Urban Healing, Self-Employed Pelvic Health Physiotherapist, www.urbanhealingvancouver.ca

2018-present, casual for BC Women's Centre for Pelvic Pain & Endometriosis, Continence Clinic, and BC Women's Hospital- Peri-natal Physiotherapy.

2011-2018 BC Women's Centre for Pelvic Pain & Endometriosis, BC Women's Hospital and Health Centre, Vancouver BC, Physiotherapist at Interdisciplinary Clinic
Direct patient care, individual and group education, program and resource development

2010- 2014 Dayan Physiotherapy and Pelvic Floor Clinic, Self-Employed Orthopedic and Pelvic Floor Physiotherapist

2006-2011 BC Women's Hospital, Vancouver, BC, Staff Physiotherapist, Obstetrics

2002-2006 BC Women's Hospital, Vancouver, BC, Obstetrics, Clinical Coordinator of Physiotherapy Department

2001-2002 BC Women's Hospital, Vancouver, BC, Physiotherapy Department, Obstetrics, Physiotherapist

1998-2000 Locums and Self Employed Positions in Private Practice in Canada and UK

Professional Development

- 2021- Trauma and the PF in the Age of Covid- Lisa Aldworth, PHS
- 2021-The Nuts & Bolts of Peyronie's Disease in Men's Health Physiotherapy - Dr Jo Milios
- The Nuts & Bolts of Pelvic Floor Training & Exercise in Prostate Cancer- Dr Jo Milios
- The Nuts & Bolts of Penile Rehabilitation and Sexual Health in Men's Physiotherapy- Dr Jo Milios
- 2021- MasterSession with Lorimer Moseley - NOI
- 2021- Pessaries: The Science and the Art- Pelvic Rehab Courses
- 2020- Pelvic Physiotherapy in Trans Health- Céleste Corkery, Physiotherapist, Embodia
- 2020- Intensive Sex Therapy Training Program- University of Guelph
- 2019- Julie Wiebe Piston Approach
- 2018- Innovative Exercises for a Sensitive Nervous System-NOI
- 2018- Pediatric Pelvic Floor- Urosante
- 2018- Bowel Pelvic floor Physiotherapy Course- Urosante
- 2018 SARs- Sexual Attitudes Reassessment - through Opt- Vancouver BC
- 2017-8 -Explain Pain Supercharged- 1 year small group mentoring experience
- 2017 IPPS and post congress course: Moseley and Hodges: From Biology to Behavior: Integrating Current Biology and Biopsychosocial Principles in the Management of Pelvic Pain
- 2017 World Congress Endometriosis
- 2015 IPPS and post congress course Talking about Sexual Health with your Patients: A Healthcare Professionals' Guide, Herman, DPT, Herman & Wallace Pelvic Rehab Institute, Milspaw, PhD, LPC, Tracy Sher, MPT, CSC, CSCS
- 2015 San Diego Pain Summit
- 2014 Chronic Pain Masterclass; Innovative Best Practice Pain Management for Physiotherapists
- 2013 PABC Pain Science and Innovative Physiotherapy for People in Pain-Neil Pearson
- 2013 Mobilization of the Nervous System- NOI
- 2012 The Brain, Mind, and Body in Chronic Pelvic Pain- Lorimer Moseley and Paul Hodges
- 2012 Myofascial Release for the Treatment of Pelvic Dysfunction- Herman & Wallace Pelvic Rehab Institute
- 2012 Explain Pain- Adrian Louw
- 2012 IMS Gunn Institute ISTOP
- 2011 The Clinical Application of Rehabilitative Ultrasound Imaging, Jackie Whittaker
- 2011 Split down the middle: PABC Diane Lee; Diastasis Abdominis
- 2011 CPA Virtual Symposium on Pain
- 2009-2010: 6 month mentorship with Marcy Dayan: Vancouver Pelvic Health Physiotherapist
- 2009 Continence & Pelvic Floor Re-education in the Female Patient, Penny Wilson and Pat Lieblich
- 2008 Rost Therapy- Relieving Pelvic Pain before and after Pregnancy, Cecile Rost PT
- 2008 Physical Medicine, Rehabilitation and Exercise in Pregnancy and Postpartum Women's Health Rehabilitation Symposium, Rehabilitation Institute of Chicago
- 2008 Physiotherapy World Congress, Vancouver BC
- 2005 The Pelvis, Diane Lee
- 2004 Instructional Skills Workshop, C&W
- 2004 Leadership in Everyday Practice C&W
- 2004 Sahrman Movement Impairment Level 1

- 2004 Sahrman Hip Movement Impairment Syndromes
- 2003 Physiotherapy for Pelvic Floor Dysfunction and Incontinence, Kari Bo
- 2002 The Pelvic Floor - Julie Gerhardt
- 2002 Kinetic Control Comerford Movement Dysfunction Course- Thoracic Spine
- 2002 Kinetic Control Comerford Movement Dysfunction Course-Pelvis
- 2002 How to practice evidence based medicine, C&W
- 2001 Part B, Orthopaedic Manipulative Therapy Exams
- 2001 Exercise Prescription for the patient with cervical spine dysfunction, Carol Kennedy
- 2000 V4- Vertebral Level 4, Orthopaedic Division
- 2000 Part A, Orthopaedic Manipulative Therapy Exams
- 2000 National Orthopedic Symposium, Ottawa
- 1999 Sport Physiotherapy National Symposium-Shoulder
- 1999 Intermediate Manual Therapy Course, Orthopaedic Division
- 1999 E2V2, Orthopaedic Division
- 1998 Sports Trainer Course
- 1998 E1V1, Orthopaedic Division
- 1998 Mulligan Lower Quadrant, Kelowna, BC

Publications

- Catherine Allaire, Tuba Aksoy, Mohamed Bedaiwy, Susannah Britnell, Heather L. Noga, Holly Yager, Paul J. Yong. **An interdisciplinary approach to endometriosis-associated persistent pelvic pain.** J Endometr Pelvic Pain Disord 2017; 9(2): 77 - 86
- Yong PJ, J Mui, C Allaire, C Williams, S Britnell. **Pilot Study of Pelvic Girdle Pain in Women with and Without Laparoscopically Diagnosed Endometriosis.** J Sur Res Pract 2014, 1:2.
- Yong PJ, Williams C, Houlihan E, Maurer C, Yager H, Britnell S, Lau B, Allaire C. **Development of an Interdisciplinary Pelvic Pain and Endometriosis Clinic.** BCMJ 2013; 55(5).
- P. Wilson, BSR, BA, P. Lieblisch, BPT, C. Cossenias, BA(Hons)PE, BSc(PT),Dipl. Sport Physio, S. Burgi, BSR, S. Britnell, BSc(Hons)PT, FCAMT **The Role of the Physiotherapist in Preventing Postpartum Complications.** Women's Health Division, The Interdivisional Review. CPA. 2011, Vol 1, No. 1 pp. 115-133.
- Contributor to Baby's Best Chance 2005 6th Edition
- Britnell, S, G. Cole, L. Isherwood and M Sran. **Postural Health in Women: The Role of Physiotherapy.** No 158, May 2005

Presenting/Talks/Webinars

- 2021-Rost Therapy Webinar Embodia: Introduction to Coccydynia and Pelvic Girdle Pain
- 2021- Rost Therapy Webinar with Dr Lucy Tinning
- May 2017- World Congress on Endometriosis- Speaker at "Exercise, Function and Physiotherapy at **Empowering patients and the role of allied health professionals**" half day session
- October 2016- IPPS round table host with Dr Allaire MD FRCSC: "**Pelvic Girdle Pain: A Missed Opportunity? Screening Techniques for Physicians and Physiotherapists.**"
- October 2015- IPPS: **Poster: "Evaluation of a Chronic Pelvic Pain Education Workshop: What**

Do Patients Think?” Susannah Britnell, BSc(Hons)PT, Holly Yager, MEd (CounsPsych), Shabnam Ziabakhsh, PhD (Psych), Caitlin Johnston, MSc PPH, Catherine Allaire, MD FRCSC and Paul Young, MD PhD FRCSC. BC Women's Centre for Pelvic Pain & Endometriosis

- February 2016- Quality Forum **“BCW’s Chronic Pelvic Pain Program: Supporting patients after their program is complete”** Susannah Britnell PT, Holly Yager RCC, Caitlin Johnston.
- October 25, 2014-Pain BC Interdisciplinary Pain Conference- **“Pelvic Pain, Thinking Outside the Box”**- part of interdisciplinary team presenting session.
- 2014 DA Boyles Society Meeting for Physicians - **“Musculoskeletal Causes of Chronic Pelvic Pain”**-- co-presenting with Dr. Paul Yong
- 2005-present Annual Guest Lecturer UBC School of Rehabilitation, Obstetrics
- 2014 Guest Blogger - **“Interdisciplinary Pelvic Rehabilitation”**, Herman and Wallace Pelvic Rehabilitation Institute
- 2014 Fit 4 Two Conference **“6 Myths about Pregnant and Postpartum Bodies Debunked”**
- 2014 PABC Evening Lecture-**“Case Studies in Female Pelvic Pain- What all Physios Can do to Help”**
- 2014 **PSP Pain Management Module- BC Physician Practice Support** - part of interdisciplinary team presenting in afternoon breakout sessions
- 2013 Speaker at NAOMT Manual Therapy Symposium in Leiden, Holland- **“Chronic Pelvic Pain in the Female Patient: Neuro-musculoskeletal considerations”**, also organized and hosted 2 practical workshops
- 2013 Research Rounds BC Women’s Hospital and Healthcare Centre - **“Musculoskeletal Considerations of Pelvic Pain”**
- 2013 Fit 4 Two Conference **“Pelvic Girdle Pain and Abdominal Diastasis- What Every Trainer Needs to Know”**
- 2012 UBC Obstetrics and Gynecology Residents Education- **“Pregnancy Related Pelvic Girdle Pain”**
- 2012 Western Society for Pelvic Medicine-**“Considerations for Management of Female Persistent Pelvic Pain”**
- 2012 Fit 4 Two Conference **“Pelvic Girdle Pain- What to do, What not to Do”**
- 2011 Westcoast Women’s Clinic, Pelvic Floor Lecture
- 2011 Commercial Drive Midwives, Pelvic Floor Presentations
- 2010 Speaker for BC Pelvic Floor Physiotherapy Interest Group, **“Pelvic Girdle Pain Rost Therapy”**

Teaching

Rost Therapy: Relieving Sacro-iliac and Pubic Pain During and After Pregnancy with Cecile Rost,
2-3 days course for physiotherapists across Canada

Instructor/co Instructor for Pelvic Health Solutions 2017-present

Post graduate Pelvic Health Courses Level 1-female and male incontinence, 2-pelvic pain, Pelvic Girdle, Pregnancy and Pelvic Floor. www.pelvichealthsolutions.ca

Kangatraining: teach Functional Anatomy and Obstetric urogynecology components

Adjunct Professor at School of Rehabilitation at University of British Columbia

Content development and teaching: Peri-natal Physiotherapy, Continence, Pelvic Floor Lab yearly

Resources

www.bcwomens.ca search for Centre for Pelvic Pain & Endometriosis

Video Education for Centre for Pelvic Pain & Endometriosis

Written by and vocals- Susannah Britnell PT and Holly Yager RCC

- Interdisciplinary Program
- After the Program
- How to Support
- Sexual Pain

Rost Therapy: co-developed

- Rost Moves Mamas app for Pelvic Girdle Pain Google Play and IOS
- **www.rosttherapy.com** website- launch in near future
- Rost Therapy online course curriculum development
- Rost Therapy practical course curriculum

Peer Reviewer for CPA Physiotherapy Journal

Memberships

- Canadian Physiotherapy Association, Pain Science, Women's Health and Orthopaedic Divisions
- Fellow of the Canadian Academy of Manipulative Physical Therapists, FCAMPT
- College of BC Physical Therapists
- Certified Gunn IMS Practitioner GCIMS

Volunteer

- 2014-current Member of Pain Science Division Communications Committee
- 2011-2014 Organizer of the Pelvic Floor Interest Group, BC Pelvic Floor Physiotherapists
- 2001 Member at Large, BC Women's Health Division