

Professionals in

# 2018 Pelvic Health



## Growing Your Practice in Partnership With Opinion Leaders in Pelvic Health

**Allison Ariail, PT, DPT, CLT-LANA, BCB-PMD, PRPC**

Allison Ariail, PT, DPT, CLT-LANA, BCB-PMD has been a physical therapist since 1999. She graduated with a BS in physical therapy from the University of Florida and earned a Doctor of Physical Therapy from Boston University in 2007. Also in 2007, Dr. Ariail qualified as a Certified Lymphatic Therapist. She became board certified by the Lymphology Association of North America in 2011 and board certified in Biofeedback Pelvic Muscle Dysfunction by the Biofeedback Certification International Alliance in 2012. In 2014, Allison earned her board certification as a Pelvic Rehabilitation Practitioner.

Allison specializes in treatment of the pelvic ring and back using manual therapy and ultrasound imaging for instruction in a stabilization program. She also specializes in women's and men's health including conditions of chronic pelvic pain, bowel and bladder disorders and coccyx pain. Lastly, Allison has a passion to help oncology patients, particularly gynecological, urological, and head and neck cancer patients.

In 2009, Allison collaborated with the Primal Pictures team for the release of the Pelvic Floor DVD program. Allison publications include: "The Use of Transabdominal Ultrasound Imaging in Retraining the Pelvic-Floor Muscles of a Woman Postpartum." Physical Therapy. Vol. 88, No. 10, October 2008, pp 1208-1217. (PMID: 18772276), "Beyond the Abstract" for Urotoday.com in October 2008, "Posters to Go" from APTA combined section meeting poster presentation in February 2009 and 2013. She co-authored a chapter Healing in Urology: Clinical Guidebook to Herbal and Alternative Therapies.

Allison works in the Denver metro area in her practice, Inspire Physical Therapy and Wellness, providing a more holistic setting than traditional therapy clinics. In addition to instructing for Herman and Wallace on pelvic floor related topics, Allison lectures nationally on lymphedema, cancer related changes to the pelvic floor and the sacroiliac joint. Allison serves as a consultant to medical companies, and physicians.

Outside of work, Allison enjoys cooking, reading, exercising and most importantly of all, being a mom! She lives in the Denver metro area with her family.



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### ❖ Company Name:

Inspire Physical Therapy and Wellness  
www.inspireptwellness.com  
info@inspireptwellness.com

### ❖ Institution You Instruct For?

Herman & Wallace Pelvic  
Rehabilitation Institute

### ❖ What Courses Do You Instruct?

- Pelvic Floor Level 1
- Pelvic Floor Level 2A
- Pelvic Floor Level 2B
- Pelvic Floor Series Capstone
- Rehabilitative Ultrasound Imaging:  
Women's Health and Orthopedic Topics
- Care of the Pregnant Patient
- Care of the Postpartum Patient
- Peripartum Special Topics

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- Allison Ariail, PT, DPT, CLT-LANA, BCB-PMD, PRPC

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