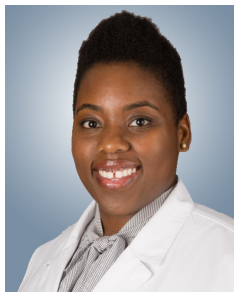


PELVIC HEALTH PHYSICAL THERAPY TEAM



UCHENNA OSSAI, PT, DPT, WCS, CLT

Program Manager, Pelvic Health Rehabilitation Program, Houston Methodist Hospital

Uchenna Ossai created and developed the Pelvic Health Rehabilitation Program in 2013 in collaboration with the Center for Restorative Pelvic Medicine, the Department of Obstetrics & Gynecology and Department of Urology. She is a board-certified women's health physical therapist who specializes in the treatment of female and male pelvic floor dysfunction.

Specialties

- Bowel and bladder dysfunction
- Chronic pelvic and genital pain
- Male and female sexual dysfunction
- Pregnancy and postpartum pelvic girdle pain and weakness
- Pelvic organ prolapse
- Pelvic floor dysfunction among specific populations including: athletes, individuals with cancer, and LGBTQ

Education and Training

- BS in Rehabilitation and Human Services, Boston University
- Doctor of Physical Therapy, University of Illinois at Chicago
- Residency in Women's/Pelvic Health, Washington University in St. Louis
- Sexuality Education and Counseling Certification Program, University of Michigan at Ann Arbor

Certifications:

- ABPTS Board Certified Women's Health Specialist
- Certified Lymphedema Therapist



JULIE BREWER, PT, DPT, WCS, BCB-PMD

Pelvic Health Physical Therapist, Houston Methodist West Hospital

Julie Brewer is a pelvic health physical therapist who is board certified by the Biofeedback Certification International Alliance (BCIA) and the American Board of Physical Therapy Specialties (ABPTS). Brewer is an active participant in the American Physical Therapy Association's Section of Women's Health, and is passionate about educating medical professionals and the community on the benefits of pelvic physical therapy.

Specialties

- Bowel and bladder dysfunction
- Male and female pelvic floor dysfunction
- Pelvic pain
- Pelvic organ prolapse
- Postpartum rehabilitation
- Post-prostatectomy urinary incontinence
- Pelvic floor dysfunction in athletes
- Sexual dysfunction

Education and Training

- BA in Spanish Language and Literature, University of Houston
- Doctor of Physical Therapy, Texas Women's University, Houston

Certifications:

- ABPTS Board Certified Women's Health Specialist
- BCIA Board Certified in Pelvic Muscle Dysfunction



CARLA CZERVENNY, PT

Pelvic Health Physical Therapist, Houston Methodist Hospital (Women's Clinic) and Houston Methodist Orthopedics & Sports Medicine at Clear Lake

Carla Czervenny is a pelvic health physical therapist who specializes in the treatment of female and male pelvic dysfunction. She earned her bachelor's degree in physical therapy in 1995 from the University of Marilia in Brazil, and completed her post-graduate studies in physical therapy at the University of Sao Paulo.

Specialties

- Bowel and bladder dysfunction
- Female sexual dysfunction
- Chronic pelvic pain

Education and Training

- BA in Physical Therapy, University of Marilia (Brazil)
- Post-graduate studies in Physical Therapy, University of Sao Paulo



ALBINA T. HEIDEBRECHT, PT, DPT, CLT

Pelvic Health Physical Therapist, Houston Methodist Hospital

Albina T. Heidebrecht is a residency-trained women's health physical therapist who specializes in the treatment of male and female pelvic floor dysfunction. She treats patients primarily for bowel, bladder, and sexual dysfunction related to the pelvic floor, and has advanced training in oncology, lymphedema, osteoporosis, falls prevention, and menopause.

Specialties

- Chronic pelvic pain
- Constipation
- Diastasis Recti
- Fecal incontinence
- Male and female sexual dysfunction and pain
- Pelvic organ prolapse
- Pregnancy and postpartum low back & pelvic girdle pain
- Urinary frequency/urgency
- Urinary incontinence
- Urinary retention and difficulty voiding

Education and Training

- BA in Economics, Wellesley College, Wellesley, MA
- Doctor of Physical Therapy, Texas Woman's University, Houston
- Residency in Women's Health Physical Therapy, Texas Woman's University and Baylor Institute for Rehabilitation, Dallas
- Certificate in Women's Health Physical Therapy, Texas Woman's University, Dallas

Certifications:

- Certified Lymphedema Therapist



MOLLY MAREK, PT, DPT

Pelvic Health Physical Therapist, Houston Methodist Willowbrook Hospital

Molly Marek is a board-certified physical therapist who specializes in the treatment of perinatal and pelvic health dysfunction. She has a special interest in pregnancy and postpartum-related pelvic floor and musculoskeletal dysfunctions, urinary and fecal incontinence, constipation, pelvic pain, and pelvic organ prolapse.

Specialties

- Chronic pelvic pain syndrome
- Constipation
- Dyspareunia
- Overactive bladder
- Pelvic organ prolapse
- Pregnancy and postpartum pelvic girdle pain and musculoskeletal dysfunction
- Urinary and fecal incontinence

Education and Training

- BS in Kinesiology, University of Houston
- Doctor of Physical Therapy, University of Texas Medical Branch, Galveston