

ELIZABETH ANN MAKOUS, MSPT, CLT, PRPC, CES
24525 Town Center Drive
Valencia, CA. 91355

wk: (661) 200-1550

Email: emakousThePelvicWhisperer@gmail.com

SUMMARY OF QUALIFICATIONS:

General Manual/Orthopedic Outpatient PT-

TMJ, spine, sacroiliac and extremities

Specialty PT-

Lymphedema: Primary and Secondary.

Lipodema, Venous Insufficiency Edema, Dependent Edema, Arterial Insufficiency edema, orthopedic related edema.

Pelvic pain disorders:

Including chronic constipation, Endometriosis, Interstitial Cystitis, Bladder Pain Syndromes, abdominal and pelvic post- surgical scars, coccygodynia, as well as vulvar, testicular and penis pain syndromes

Other Pelvic floor dysfunctions:

Fecal and urinary incontinence, urgency and frequency, pelvic floor atrophy, Pelvic Organ Prolapse, pre and post natal issues, obstetrical issues, prostate issues, Erectile Dysfunction, female loss of sexual sensation.

Chronic pain/Central Sensitization syndromes of all types:

Including fibromyalgia and CRPS

Training includes-

The Institute of Physical Art, McKenzie Institute, Maitland-Australian Physiotherapy Seminars, Jones Institute, Norton School of Lymphatic Studies, Herman and Wallace Pelvic Rehabilitation Institute, Mulligan Concepts, Alcove Education, Lymphedema Seminars, North American Seminars, EDUCATA, The Upledger Institute, Northeast Seminar

EDUCATION:

Bachelor of Science in Physical Therapy

University of Florida, 1992 (Highest Honors, 4.0)
Masters of Exercise and Sports Sciences in Exercise Physiology
University of Florida, 1990 (4.0)
Bachelor of Science in Neurobiological Sciences
University of Florida, 1987 (3.4)

CERTIFICATION:

Certified Lymphedema Therapist (CLT)-
Norton School of Lymphology, 2012
Pelvic Rehabilitation Practitioner Certification (PRPC)-
Herman and Wallace Pelvic Rehabilitation Institute, 2014
Certified Edema Specialist-
North Americans Seminars, 2018
Clinical Instructor, 2017
APTA

EMPLOYMENT:

2002-present	Physical Therapy Coordinator Pelvic Health and Lymphedema Specialty Programs Henry Mayo Newhall Hospital 24525 Town Center Drive Valencia, CA 91355 661-200-1550
1999 - 2002 (Full-time)	Physical Therapist Carrola Physical Therapy 1740 Marco Polo Way, Ste. 3 Burlingame, CA 94010 650-552-9355
1998 – 1999 (Full-time)	Physical Therapist Mills-Peninsula Hospital San Mateo, CA
1996 – 1998 (Full-time)	Physical Therapist – Facility Coordinator TeamRehab Physical Therapy St. Louis, MO
1993 – 1996 (Full-time)	Physical Therapist Meg Wheadon-Tayler Physical Therapy East Syracuse, NY

1992 – 1993 Physical Therapist
(Full-time) North Florida Regional Hospital Achievement Center
Gainesville, FL

TEACHING EXPERIENCE :

Assistant teacher for Lymphedema Certification Course
Norton School of Lymphatic Studies

Assistant teaching for Herman and Wallace Pelvic Rehabilitation Institute

PUBLICATIONS:

Makous, E.A. (2001) Weeding: A Unique Use for a Physioball.
Advance Vol. 12(24), pp. 6-7.

Makous, E.A. (2000) The Missing Link in Unresolved Back Pain:
An exploration for the non-pelvic floor specialist.
Advance Vol. 11 (14), pp. 11-12.

Makous, E.A. (1995) Treating Temporomandibular Joint Disorders with a
Unique Intraoral Approach. Advance Vol. 6(25), pp. 6-7.

CONSULTANT: Pelvic Therapies, Wise-Anderson Protocol Clinics

INVITED PRESENTATIONS:

The Pelvic Floor: The missing link in unresolved back and pelvic pain.
American Back Society, December 11, 1999.

HONORS and AWARDS:

- Outstanding Scholastic Achievement Award,
University of Florida, Department of Physical Therapy
- Alpha Epsilon Delta Honor Society
- Phi Kappa Phi Honor Society

PROFESSIONAL ASSOCIATIONS:

American Physical Therapy Association-Oncology and Women's Health Section
National Lymphedema Network
International Pelvic Pain Society
International Continence Society
National Vulvodynia Association

