

RAMONA C. HORTON, MPT, DPT
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EDUCATION:

Doctorate in Physical Therapy (2019) A.T. Still University, Mesa, AZ
Masters in Physical Therapy (1986) Baylor University, Waco, TX
Certificate in Physical Therapy (1985) U.S. Army Academy of Health Sciences, San Antonio, TX
Bachelor of Science in Biology (1983) Idaho State University, Pocatello, ID

PROFESSIONAL EXPERIENCE:

1992-Present Asante Rehabilitation Service, Medford, OR • Lead therapist for outpatient based physical therapy pelvic dysfunction program; Specialist in manual therapy
2011-Present RC Horton MPT, Medford, OR • Principal developer and educator of fascial based manual therapy continuing education courses
2015-Present Pelvic Health Research Initiative, Inc. • Secretary and Trustee for the board of directors of a not-for-profit organization dedicated to research and education in the field of pelvic dysfunction
2007-Present Herman and Wallace Pelvic Rehab Institute, Seattle, WA • Faculty and developer of the visceral and fascial mobilization curriculum
2003-2005 Therapeutic Systems Inc., Sarasota, FL • Teaching Assistant for the courses of Muscle Energy Technique and Fascial Release Technique
2000-2004 Upledger Institute, Palm Beach Gardens, FL • Teaching Assistant, Visceral Manipulation curriculum
1990-92 Village Therapy Center, Fayetteville, NC • Staff Physical Therapist in private orthopedic and sports medicine practice
1985-89 Tripler Army Medical Center, HI • United States Army Physical Therapist, rank of Captain, in a 400-bed military medical center serving the Pacific Rim

PHYSICAL THERAPY LICENSURE:

Oregon: # 2403, Current; North Carolina: # 4216 (inactive); Hawaii: # PT738 (inactive)

PUBLICATIONS:

Horton R.C. (2016) Physical Therapy Management of Chronic Testicular Pain. *Topics in Geriatric Rehabilitation*. 32(3):182-187.
Horton R.C. (2015) The anatomy, biological plausibility and efficacy of visceral mobilization in the treatment of pelvic floor dysfunction. *Journal of Pelvic, Obstetric and Gynaecological Physiotherapy*, ISSN 2057-598X, Number 117 pages 5-18.

PROFESSIONAL PRESENTATIONS_- Continuing Education Courses:

Mobilization of the Myofascial Layer: Pelvis and Lower Extremity • 2012-present, this ongoing course has been presented in multiple US and international locations

Mobilization of Visceral Fascia: The Reproductive System • 2008-present, this ongoing course has been presented in multiple US and international locations

Mobilization of Visceral Fascia: The Urinary System • 2007- present, this ongoing course has been presented in multiple US and international locations

Fascial Mobilization of the Face, Neck and Thorax for Speech-Language Pathologists • Medford Oregon, 2011

PROFESSIONAL PRESENTATIONS_- Conferences and Meetings:

Complex Case Presentation: Clitorodinia Following Total Hip Arthroplasty • American Physical Therapy Assn. Combined Sections Meeting, Denver, CO, 2020

Complex Case Presentation: Vulvodynia and Painful Bladder Syndrome in an Ultra Marathon Runner • American Physical Therapy Assn. Combined Sections Meeting, New Orleans, LA, 2018

The Connection Between Visceral Fascia and The Somatic Frame • International Pelvic Pain Society. 3rd World Congress on Abdominal and Pelvic Pain, Washington, DC, 2017

Ultrasound Imaging to Objectify Tissue Changes Following Physical Therapy Interventions • American Physical Therapy Assn. Combined Sections Meeting, San Antonio, TX, 2017

Management of Chronic Testicular Pain • American Physical Therapy Assn. Combined Sections Meeting, Anaheim, CA, 2016

Visceral Manipulation: Fact and Fantasy • American Physical Therapy Assn. Combined Sections Meeting, Indianapolis IN, 2015

Visceral Mobility: Examining the Missing Link in Lumbar and Pelvic Dysfunction • Women's Health Physiotherapy, London UK, 2014

Pelvic Dysfunction From The Physical Therapist Perspective • La Clinica Health Care, Medford OR, 2014

Bladder Fitness: Secrets Your Mother Didn't Tell You and Lies She Did • Bill Young Conference for Women & Children's Health, Medford OR, 2011

Musculoskeletal Components of Chronic Pelvic Pain • Women's Health Symposium, Medford OR, 2005

Physical Therapy for Women's Health Issues • Oregon Society of Physician Assistants Spring Medical Update, Salem OR, 2005

Differential Diagnosis and Conservative Management of Urinary Incontinence • Rogue Valley Nurse Practitioners' Association, Medford OR, 2005

Hip and Pelvis Biomechanics in Diagnosis and Treatment of Chronic Pelvic Pain • Rogue Valley OB/GYN Rounds, Medford OR, 2004

Physical Therapy Approach to Abdominal Adhesions/Chronic Pelvic Pain • Rogue Valley Gastroenterology Journal Group, Medford OR, 2003

Urinary Incontinence, Conservative Management and Alternatives •

Southern Oregon Public Television, 2nd Annual Women's Health Forum, 2001

Wellness After 55 Lecture Series, Rogue Valley Medical Center, 2000, 1997

Senior Lecture Series, Asante Health System, 1998

American Association of Medical Assistants, quarterly CME program, 1998

Embracing Midlife II, A Menopause Conference, All Women's Health Services, 1997

Topics in Women's Health Lecture Series, Rogue Valley Medical Center, 1995

Treatment of the Overactive Bladder • Southern Oregon Pharmacists' Association 2000

Pelvic Floor Dysfunction & Treatment • Rogue Valley Nurse Practitioners' Association, 2000
Fibromyalgia • American Association of Medical Transcriptionists, quarterly CME program, 1999
Urinary Incontinence: Behavior Modification for the Rehabilitation Patient • Occupational Therapy Department, Asante Health System, 1998
Biofeedback and Incontinence • American Association of Medical Transcriptionists, Quarterly CME program, 1996
Pelvic Floor Dysfunction • Brown Bag Lecture Series, Rogue Valley Medical Center, 1995

CONTINUING EDUCATION ATTENDED:

Annual continuing education over the past 30 years, consisting of more than 45 courses with emphasis on pelvic dysfunction to include bowel, bladder and pain issues for men, women and children; additional emphasis on osteopathic manual therapy techniques and treatment of orthopedic movement impairment syndromes. A comprehensive list of continuing education is available upon request.

HONORS and AWARDS:

The Academy of Pelvic Health Elizabeth Noble Award, 2020
Over twenty Values in Action Awards from Asante Health System
The Army Accommodation Medal, 1988
The Army Achievement Medal, 1987
Who's-Who Among American College and University Students, 1982
Outstanding young Women of America, 1982

PROFESSIONAL SERVICE:

OPTA Pub Night leader, Southern Oregon, Feb 2013-2015
Nominee: Oregon Physical Therapy Licensing Board, 2013
Oregon Physical Therapist Licensing Board, Administrative Rules Advisory Committee, 2011
Tripler Army Medical Center, Community Health Education Committee, Chair Health Education Fair, 1987-1988

COMMUNITY SERVICE:

Rogue Valley Chorale Association Board of Directors, Trustee, 2014-2018
Hearts & Vines Foundation Board of Directors, Trustee, 2007-2014, Secretary 2011-2012
Advisory Committee, 25th Anniversary celebration, Community Works, 2007
Oregon Idaho Conference First United Methodist Church, Camp Latgawa, Dean of Family Camp, 1995-1997
Womack Army Community Hospital Officers Wives Club, Fort Bragg North Carolina, 1989-1992
Idaho State University Pan-Hellenic Council, 1981-1983; Secretary, Vice President and President
Idaho State University Ambassador, 1979-1983