

## **Mary Ruth Velicki PT, MSPT, DPT**

www.maryvelicki.com

### **Western Medicine Background**

#### **Education**

Marquette University  
Department of Physical Therapy  
Milwaukee, Wisconsin  
Bachelor of Science 5/1984

University of Southern California  
Department of Biokinesiology and Physical Therapy  
Los Angeles, California  
Master of Science 1/1994

Western University of Health Sciences  
Department of Physical Therapy Education  
Pomona, California  
Transitional Doctor of Physical Therapy 7/2006

#### **Teaching Positions**

Instructor-Transitional DPT program  
Western University; Pomona, CA  
Fall Semesters 2003-2006  
Course: Advanced Differential Diagnosis III- Neurologic Pathologies

Adjunct Lecturer  
Department of Physical Therapy  
Azusa Pacific University; Azusa, CA  
Spring Semesters 2000-2006  
Course: Physical Therapy Differential Diagnosis and Treatment

Part-time Lecturer  
Department of Physical Therapy  
California State University; Long Beach, CA  
Spring and Fall Semesters 8/2000–5/2003  
Courses: Management of the Neuromuscular System; Seminar in Clinical Decision Making II.

Clinical Instructor of Physical Therapy  
Department of Biokinesiology and Physical Therapy  
University of Southern California; Los Angeles, CA  
Fall Semesters 1991-1994  
Course: Clinical Pathokinesiology for Neurological Disorders

Physical Therapy Instructor  
Physical Therapy Assistant Program  
Cerritos College; Norwalk, CA  
Fall Semesters 1988 and 1989  
Courses: Prosthetics and Orthotics; Therapeutic Exercise for the Neurologically Impaired Adult

#### **Clinical Positions**

Private Practice  
In-home rehabilitation for neurologically involved adults  
10/2005 to 7/2007

Resource Physical Therapist  
Long Beach Memorial Medical Center  
Long Beach, CA  
10/1996 - 8/2003

Resource Physical Therapist  
USC University Hospital  
Los Angeles, CA  
7/1992 -12/1994

Clinical Instructor of Physical Therapy  
USC University Hospital  
Los Angeles, CA  
1/1992 - 7/1992

Physical Therapist  
Rancho Los Amigos National Rehabilitation Center  
Downey, CA  
8/1984 - 9/1990

### **Publications**

- Gait Instruction Handbook Contributor (1989) The Professional Staff Association, Rancho Los Amigos National Rehabilitation Center
- Velicki MR, Winstein CJ, Altman K, Pohl PS (1993) Trajectory parameter specification in subjects post stroke. Society for Neuroscience Abstracts 19:546
- Fisher BE, Winstein CJ, Velicki MR (1996) Evidence for feed forward processing in the control of rapid aiming when time to program is constrained. Society for Neuroscience Abstracts 22:2041
- Fisher BE, Winstein CJ, Velicki MR (1998) Amplitude scaling in rapid aiming movements is impaired after unilateral sensori-motor area damage. Society for Neuroscience Abstracts 24:1663
- Velicki MR, Winstein CJ, Pohl PS (2000) Impaired direction and extent specification of aimed arm movements in humans with stroke-related brain damage. Experimental Brain Research 130(3): 362-374
- Fisher BE, Winstein CJ, Velicki MR (2000) Deficits in compensatory trajectory adjustments after unilateral sensorimotor stroke. Experimental Brain Research 132(3): 328-344.

### **Complementary Medicine Continuing Education**

- Reiki I; Christine Hernandez RMT; 4/2009
- Reiki II; Iben Larssen RMT; 6/2011
- Reiki Master; Christine Hernandez RMT: 5/2014
- Fascial-Pelvis; John Barnes PT; 10/2011
- Myofascial Release 1; John Barnes PT; 12/2012
- Myofascial Release 2; John Barnes PT; 3/2012
- Myofascial Unwinding; John Barnes PT; 3/2012
- CranioSacral Therapy 1; The Upledger Institute; 11/2011
- CranioSacral Therapy 2; The Upledger Institute; 2/2012
- Somato-Emotional Release I; The Upledger Institute; 6/2012
- Somato-Emotional Release II; The Upledger Institute; 11/2015

## **Clinical Practice**

Owner: Holistic Bodywork and Physical Therapy, PC  
6/2014 to present  
Physical Therapy License: CA 12330  
NPI: 1841663697

## **Publications**

Healing Through Chronic Pain. A Physical Therapist's Personal Journey of Body, Mind, Spirit Transformation. Memoir. 9/22/2013

Five Ways to Find Comfort When Struggling with Bladder or Pelvic Pain. Magazine article. IC Optimist 11:1 Winter 2014. 3/12/2014

Neurological Considerations and Direct Experiences of the Mind/Body Connection. Guest Blog Post. International Pelvic Pain Society. 11/24/2014

Voices of Hope. Guest Blog Post. Interstitial Cystitis Association. 3/4/2014

## **Webinars**

Ways to empower clients with pelvic pain. Integrative Pelvic Health Institute. 10/15/14

IC Hope. Interstitial Cystitis Association. 9/25/14

## **Presentations**

Energy Work and Physical Therapy  
Chapman Doctorate of Physical Therapy Program. 8/24/16, 4/31/16

Considering the Body-Mind-Spirit Connection  
CSUN Doctorate of Physical Therapy Program. 3/17/16, 4/02/15

IC and the Body-Mind-Spirit Connection  
IC Orange County Support Group. 9/18/16

Complementary Treatment for IC/Painful Bladder Syndrome  
Pelvic Floor and Sexual Medicine Professional Association. 11/15/14

Management Considerations for the Client with Pelvic Pain  
Loma Linda U, Doctorate of Physical Therapy Program. 3/4/14

## **Services/Workshops**

The Transformative Power of Love  
7/16/17 Unitarian Universalist Church of Long Beach

Demystifying Intuition  
5/29/16 Unitarian Universalist Church of Long Beach

The Body Electric- Tuning into the Body to Heal the Mind and Spirit  
8/2/15 Unitarian Universalist Church of Long Beach

Post-traumatic Growth. How Suffering Can Be a Catalyst for Transformation  
8/3/14 Unitarian Universalist Church; Long Beach, CA  
2/16/16 Orange Coast Unitarian Universalist Church; Costa Mesa, CA  
4/10/16 Unitarian Universalist Congregation; Fullerton, CA  
6/26/16 Unitarian Universalist Fellowship; Laguna Beach, CA

Experiencing the Body-Mind-Spirit Connection. 3-hour workshop  
1/25/14 Unitarian Universalist Church of Long Beach