

# RACHEL SOBCZAK

Doctor of Physical Therapy

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## CONTINUING EDUCATION

EVALUATION AND TREATMENT of Temporomandibular Disorder and Craniofacial Pain (TMD)

Nov 2023 | 16 hrs

Normal and abnormal anatomy, biomechanics and pathophysiological mechanics of the TMJ for accurate differential diagnosis and management.

HERMAN & WALLACE HWConnect 2023 - Pelvic Floor Physical Therapy Conference

Oct 2023 | 12.25 hrs

Eight Keynote lectures from pioneers in the pelvic physical therapy field.

HERMAN & WALLACE Breathing & The Diaphragm

Nov 2022 | 14 hrs

Assessment of pathophysiological, biochemical, psychological and biomechanical effects of breathing and the diaphragm on pelvic health.

MINI RESIDENCY Temporomandibular Joint Dysfunction with Dr. Jeffrey Mannheimer

Mar 2022 | 40 hrs

Comprehensive Evaluation & Treatment of the Sub-Occipital, Craniofacial & Temporomandibular Complex.

HERMAN & WALLACE 2B - Urogynecologic Examination and Treatment Interventions

Aug 2021 | 22.5 hrs

Management of urogynecologic conditions, pelvic pain diagnoses, and abdominal wall rehabilitation.

HERMAN & WALLACE 1A - An Introduction to Female Pelvic Floor Function, Dysfunction and Treatment

Sep 2020 | 23.75 hrs

Introduction to female pelvic floor function, dysfunction and treatment interventions.

UPLDGER CRANIOSACRAL Therapy

2020 | 32 hrs

Assessment of central nervous system and fascia for full body treatments.

ADVANCED YOGA TRAINING With Jules Mitchell, MS

2019 | 300 hrs

A comprehensive look at Yoga through the lens of biomechanics and scientific evidence.

SAFE STRIDES: Vestibular Course

2019 | 20 hrs

A comprehensive balance & vestibular course with a focus on identifying and treating balance deficits.

## SPEAKING ENGAGEMENTS

GUEST SPEAKER - Pelvic Collective Group for Pelvic Health Providers including DPT, MD, ND, OT, LAc, LMT

January 2024

“The TMJ and Pelvic Floor Connection”

GUEST LECTURER - Portland Dental Study Group

March 2022

“A Physical Therapy Approach to Temporomandibular Dysfunction.”

GRAND ROUNDS SPEAKER - National University of Natural Medicine [NUNM]

Jan 2022

“A Physical Therapy Approach to Temporomandibular Dysfunction.”

GRAND ROUNDS SPEAKER - National University of Natural Medicine [NUNM]

Mar 2020

“An Evidence Based Approach to Applying Yoga Principles and Techniques for Pain Management, Injury Prevention and General Patient Well-Being.”