

# Pelvic Floor Physical Therapists

## Charlottesville Area

### Physical Therapy @ ACAC:

(in network provider)

Judy Zacharia, MSPT- judyz@acacpt.com

- Urinary incontinence

504 Albemarle Square

Charlottesville, VA 22901

Phone: 434-817-7848

Fax: 434-465-6834

www.acacpt.com

\*Kid zone access available

### Lewis Pelvic Floor Therapy:

(out-of-network provider)

Lisa Lewis, PT, MS

3040 Berkmar Drive, Suite A

Charlottesville, VA 22901

Phone: 434-960-4434

Fax: 434-260-8681

www.lewispt.com

### PT Plus:

(in-network provider)

Lauren Poole, MPT

5690 Three Notch'd Rd., Suite 107

Crozet, VA 22932

Phone: 434-823-7628

Fax: 434-422-5601

www.ptplushealth.com

### Women in Motion Physical Therapy LLC

(out-of-network)

Michelle Little, PT, DPT, OCS -

mlittle@WomenInMotionPT.com

- Orthopedic Clinical Specialist

- Obstetrics and Pelvic Health

1747 Allied Street, Suite I,

Charlottesville, VA 22903

Phone: 434-202-4118

Fax: (434) 329-7484

www.WomenInMotionPT.com

### UVA Emcompass Health:

(in network provider)

Lauren Silvey, PT- Lfs8r@virginia.edu

515 Ray C. Hunt Drive

Charlottesville, VA 22903

Phone: 434-244-2015

Fax: 434-297-9707

www.encompasshealth.com

### Passages Physical Therapy:

(out-of-network)

Pat Huston, PT, MSPT, BCB-PMD, PYT-C

Laura Panzarella, PT, DPT

1110 Rose Hill Drive, Suite 101

Charlottesville, VA 22903

Phone: 434-979-5559

Fax: 434-979-0747

https://www.passagespt.com/

## Fishersville/Waynesboro/Staun ton Area

### Augusta Health Physical Therapy:

(in-network provider)

Ashley Kane, PT, DPT

Gretchen Cassell, PT, DPT

107 Medical Center Circle

Fishersville, VA 22939

Phone: 540-932-5935

Fax: 540-932-5945

www.augustahealth.com/therapy/outpatient/  
physical-therapy

### Horizons Physical Therapy:

(in-network provider)

Valerie Staple, PT

Kathy Werner, PTA

Amy Hildebrand, PTA

201 Osage Lane, Suite 3

Waynesboro, VA 22980

www.horizonsphysicaltherapy.com

(Fishersville/Waynesboro/Staunton  
Area cont.)

Valley Pelvic Health & Physical Therapy:  
(out-of-network provider)

Brittany Wilmoth, DPT

1600 N. Coalter Street, Suite 302  
Staunton, VA 24401  
Phone: 540-294-2566  
Fax: 540885-1766

**Front Royal Area**

Rapid Rehabilitation PC:  
(in-network provider)

Carla Rivera, DPT

101 West 14<sup>th</sup> Street  
Front Royal, VA 22630  
Phone: 540-636-3500

Fax: 530-636-3502

[www.rapidrehabilitation.com](http://www.rapidrehabilitation.com)

Rapid Rehabilitation PC:  
(in-network provider)

Sherisue Barber, PT, DPT, CLT, ASTYM,  
CGFI

1808 W. Plaza Drive  
Winchester, VA 22601  
Phone: 540-665-2750

Fax: 540-665-2749

[www.rapidrehabilitation.com](http://www.rapidrehabilitation.com)

Rapid Rehabilitation PC:  
(in-network provider)

Michelle Beamer, PT, DPT, Cert. MDT,  
ASTYM

14370 Lee Highway, Suite 104  
Gainesville, VA 20155  
Phone: 703-754-4450

Fax: 703-754-4454

[www.rapidrehabilitation.com](http://www.rapidrehabilitation.com)

PRO Motion Physical Therapy:  
(in-network provider)

Amanda Keatts, MPT

3127 Valley Avenue, Creekside Station  
Winchester, VA 22601

Phone: 540-667-1800

Fax: 540-636-8753

[www.mypropt.com](http://www.mypropt.com)

Dynamic Physical Therapy:  
(in-network provider)

Jennifer Dison, DPT

7210 Heritage Village Plaza #101  
Gainesville, VA, 20155

Phone: 703-754-0394

Fax: 703-754-0254

[www.dynamicsphysicaltherapt.com](http://www.dynamicsphysicaltherapt.com)

Roanoke Area

Back to Basics Family Physical Therapy:  
(in-network provider)

Francine Noel-Ford PT, DPT, OCS, MBA,  
MTC, PHD -

[francine@backtobasicsPT.com](mailto:francine@backtobasicsPT.com)

7768 Williamson Road  
Roanoke, VA 24019

Phone: 540.985.0500

Fax: 540.985.0529

[www.backtobasicsPT.com](http://www.backtobasicsPT.com)

Carilion Clinic Urogynecology- Roanoke  
(in-network provider)

Ranessa Gibson, PT, DPT

Kerry Ann Conrad, DPT, CWS, CLT

101 Elm Avenue, Suite 400  
Roanoke, VA 24013

Phone: 540-985-4099

Fax: 540-985-4061

[www.carilionclinic.org](http://www.carilionclinic.org)

## Culpepper Area

Novant Health Rehabilitation-Powell  
Wellness Center/UVA Culpepper Medical  
Center:

(in-network provider)

Stacy Kiser, PT

1005 Golf Drive

Culpepper, VA 22701

Phone: 540-829-4162

Fax: 540-727-9634

<https://www.novanthealthuva.org/services/rehabilitation/physical-therapy.aspx>

## Madison Area

Novant Health Rehabilitation/UVA  
Culpepper Medical Center:

(in-network provider)

Yelena Sholomitskiy, PT

1480 N. Main Street, Suite B

Madison, VA 22727

Phone: 540-948-3620

Fax: 540-948-6753

<https://www.novanthealthuva.org/services/rehabilitation/physical-therapy.aspx>

## Lynchburg Area

Centra Rehabilitation Center for Pelvic  
Health:

(in-network provider)

Brandy Wilson

Kelsey Wood

3300 Rivermont Avenue

Lynchburg, VA 24503

Phone: 434-200-7600

Fax: 434-200-1294 / 434-200-2045

<https://www.centrahealth.com/RehabServices/locations>

## Richmond Area

Women's Health Physical Therapy &

Men's Pelvic Health:

(in-network provider)

Cora Huitt, PT, DPT, MACT, BCB-PMD, IF

Casey Smith, PT, DPT, WCS, CSCS

Ashleigh Scott, PT, DPT

Emily Driscoll, PT, DPT

Angela Thomas, PT, OCS

2002 Bremono Road, Suite 202

Richmond, VA 23226

Phone: 804-282-3500

Fax: 804-282-3533

[www.obgyn-physicaltherapy.com](http://www.obgyn-physicaltherapy.com)

Progressive Physical Therapy:

(in-network provider)

Myra Pumphrey, PT, DPT

Shawna Mayers, PT

5300 Hickory Park Drive, #110

Glen Allen, VA 23059

Phone: 804-270-7754

Fax: 804-270-7756

[www.progressivephysicaltherapy.com](http://www.progressivephysicaltherapy.com)

VCU Pelvic Health/Stoney Point:

Megan Swenck, PT, DPT, WCS

8700 Stony Point Parkway

Richmond, VA 23235

Phone: 804-330-9105

Fax: 804-323-1011

<https://www.vcuhealth.org/services/pelvic-health/pelvic-health>

VCU Pelvic Health/North Hospital:

Laura Theone, DPT

Kelley Ryan, PT, DPT, WCS

Lisa Cole, DPT

1300 E. Marshall Street

Richmond, VA 23298

Phone: 804-828-0246

Fax: 804-237-6612

<https://www.vcuhealth.org/services/pelvic-health/pelvic-health>

**Mindful Movement Physical Therapy & Yoga:**

Kailee Karst, DPT

112 N. Arthur Ashe Blvd.

Richmond, VA 23220

Phone: 804-396-2549

Fax: 804-404-9556

[www.mindfulmovement-pt.com](http://www.mindfulmovement-pt.com)

**Sheltering Arms- Reynolds Center:**

(in-network provider)

Amy Stuart, PT, MPT

6627 W. Broad Street

Richmond, VA 23230

Phone: 804-764-1000

Fax: 804-764-5710

**Sheltering Arms- Hull St. Center:**

(in-network provider)

Deborah Marchese, PT, DPT, OCS, Cert. DN

13530 Hull Street Road

Midlothian, VA 23114

Phone: 804-764-1000

Fax: 804-764-5710

**Sheltering Arms- Hanover Rehab Center:**

(in-network provider)

Lisa Edwards-Valad, PT

8226 Meadowbridge Road

Mechanicsville, VA 23116

Phone: 804-764-1000

Fax: 804-764-5710

[www.shelteringarms.com](http://www.shelteringarms.com)

**Virginia Urology- Reynolds Crossing:**

(in-network provider)

Laura Broman, PT, MS, ATC

6900 Forest Avenue, Suite 200

Richmond, VA 23230

Phone: 804-330-9105

Fax: 804-521-1061

**Virginia Urology- Stony Point:**

(in-network provider)

Katherine M. Oxford, DPT, OCS

9101 Stony Point Drive

Richmond, VA 23235

Phone: 804-330-9105

Fax: 804-521-1061

<https://www.uro.com/services/physical-therapy/>

**Harrisonburg Area**

**Appalachian Pelvic PT**

Colleen Whiteford, DPT, OCS

2035-45 E Market Street

Harrisonburg, VA 22801

Phone 540-209-9877

MV called and spoke with her; she has some training in pelvic PT but mainly focuses on external approach. Has special training in some sort of fascial release. Does not usually do internal work.

**Sentara RMH Therapy Services**

Linda McKenney Larsen, PT

1790-64B East Market Street

Harrisonburg, VA 22801

Phone: 540-564-5559

Fax: 540-433-2839

<https://www.balladhealth.org/outpatient-rehab/physical-therapy-abingdon-va>

## Southwest VA Area

State of Franklin OB/Gyn

Melanie Abbott, PT, DPT

Noelle Eads, PT, DPT

Gracie Baker, PT, DPT

301 Med Tech Parkway, Suite 200

Johnson City, TN

Phone: 423-794-1300

Fax: 423-794-1820

<https://www.sofhaobgyn.net>

Benchmark Physical Therapy

Jennifer Hammitt, PT

2913 Boones Creek Road, Suite 1

Johnson City, TN 37615

Phone: 423-232-0688

Fax: 423-232-0687

<https://benchmark.urpt.com>

Norton Community Hospital

Bess Mathisen, DPT

100 15<sup>th</sup> Street NW

Norton, VA 24273

Phone: 276-439-1450

Fax:

<https://www.balladhealth.org/outpatient-rehab/norton-community-park-ave>

Result Physical Therapy

Amanda Price, PT

2312 Knob Creek Road, Suite 200

Johnson City, TN 37604

Phone: 423-232-8302

Fax: 423-794-1485

<https://www.resultspt.com/johnson-city-tennessee>

Sullivan Center

Janet Hall, PT

103 W. Stone Drive

Kingsport, TN 37660

Phone: 423-224-5751

Fax: 423-224-5776

<https://www.balladhealth.org/outpatient-rehab/sullivan-center-kingsport>

Can also search these websites for other certified/qualified pelvic PTs:

<https://aptapelvichealth.org/>

<http://www.apta.org/>

<https://pelvicrehab.com>

Johnston Memorial Hospital

Kim Lovett, PT

445 Porterfield Hwy SW, Suite B

Abingdon, VA 24210

Phone: 276-623-0153

Fax: 276-623-1672