

**Uchenna Ossai PT, DPT, WCS, CSC**  
[uossai@gmail.com](mailto:uossai@gmail.com)  
617-792-1386

**Education:**

Doctorate of Physical Therapy May 2010  
University of Illinois in Chicago; Chicago, IL, USA  
Advisor: Demetra John PT, PhD

Bachelor of Science in Rehabilitation and Human Services May 2005  
Boston University; Boston, MA, USA

**Postdoctoral Training:**

Sexual Health Certificate Program March 2015 – April 2016  
Sexuality Educator and Counselor Track  
University of Michigan; Ann Arbor, MI, USA  
Advisor/Program Director: Sallie Foley, LMSW

Women's Health Residency Program January – December 2011  
Washington University School of Medicine: Program in Physical Therapy  
St. Louis, MO, USA  
Advisor/Program Director: Theresa Spitznagle, PT, DPT, WCS

**License/Certificates:**

Licensed Physical Therapist, (#1201090), Texas Expiration: November 2022

**Board Certification:**

Certified Lymphedema Therapist July 2010  
Klose Training & Consulting

Board Certified Specialist in Women's Health Physical Therapy July 2013  
(WCS); American Physical Therapy Association Board of Certified Specialties

Board Certified Sexuality Counselor (CSC); Sept 2017  
American Association of Sexual Educators, Counselors, and Therapists (AASECT)

**Academic and Leadership Appointments:**

Assistant Professor October 2022 – Present  
Department of Physical Therapy and Athletic Training: University of Utah  
Salt Lake City, UT, USA

Adjunct Faculty February 2018 – Present  
University of Michigan School of Social Work  
Sexual Health Certificate Program  
Ann Arbor, MI, USA

Assistant Professor June 2017 – August 2022  
Department of Women's Health: University of Texas Dell Medical School  
Austin, TX, USA

**Other Relevant Clinical and Employment Activities:**

Pelvic Health Program Manager June 2017 – August 2022  
University of Texas Health Austin, Department of Women's Health: Integrated Practice Unit  
Austin, TX, USA

Clinical Education Rotation Director June 2017 – August 2022  
University of Texas Health Austin, Department of Women’s Health: Integrated Practice Unit  
Austin, TX, USA

Youseeologic, LLC October 2016 to Present  
Founder and Owner  
Sexual health and intersectionality platform focused on sexual health education of adults as well  
as community-driven social justice education.  
Houston, TX

Pelvic Health Program Manager May 2013-June 2017  
Houston Methodist Hospital: Center for Restorative Pelvic Medicine  
Houston, TX, USA

Physical Therapist (PRN – Weekends) August 2013 – April 2016  
West Houston Medical Center, Houston, TX, USA

Physical Therapist (PRN) August 2012 – April 2013  
St. David’s Medical Center; Round Rock, TX, USA

Pelvic Health Physical Therapist June – November 2012  
Select Rehabilitation/Urology Austin; Round Rock and Austin, TX, USA

Pelvic Health Physical Therapist (PRN) February – June 2012; Oct-Dec 2010  
The Women’s Hospital of Texas; Houston, TX, USA

Women’s Health Resident/Physical Therapist January – December 2011  
Washington University School of Medicine: Program in Physical Therapy  
St. Louis, MO, USA

Women’s Health Resident/Physical Therapist January – December 2011  
Legacy Physical Therapy; St. Louis, MO, USA

**Honors and Awards:**

University of Texas Dell Medical School March 2022  
Excellence in Teaching Awards Term 2

University of Texas Dell Medical School September 2020  
GME Clinical Learning Environment Award (Residents); Austin, TX

The Association of Professors of Gynecology & Obstetrics (APGO) June 2020  
Medical Student Excellence in Teaching Award

University of Texas Dell Medical School September 2019  
GME Clinical Learning Environment Award (Medical students); Austin, TX

University of Texas Dell Medical School Excellence in Teach Award, Term 6 September 2019  
Austin, TX

National Albert Schweitzer Fellowship Award; Chicago, IL USA May 2010

University of Illinois Chicago (UIC): Urban Allied Health Academy Fellow May 2010  
Chicago, IL, USA

Best Doctoral Student Clinical Performance May 2010  
UIC Department of Physical Therapy; Chicago, IL, USA

Gold Award Recipient May 2001  
Girl Scouts of America; Dallas, TX USA

**Professional Memberships and Activities with Leadership Positions:**

Dame Products January 2022 – Present  
Medical Advisory Board

Origin January 2022 – Present  
Clinical Advisory Board

O.School August 2019 – Present  
Medical Advisory Board

University of Texas, Dell Medical School Fall 2017 – August 2022  
Department of Women's Health  
Diversity Committee Member and Workgroup

Female Pelvic Medicine and Reconstructive Surgery Fellowship July 2018 – August 2022  
University of Texas, Dell Medical School: Department of Women's Health  
Fellowship Faculty

University of Texas, Dell Medical School June 2019 – December 2019  
2020 Research Pop-Up Institute Co-Chair for Sexual Health

American Physical Therapy Association: Section on Women's Health January 2015 to April 2019  
Executive Board of Directors: Treasurer (2 years)  
Terms: 2015-2018 (appointed), 2018-2021 (elected)

American Physical Therapy Association: Section on Women's Health June 2017 to June 2018  
Minority Health Task Force Initiative  
Chair and creator

American Association of Sexuality Educators, Counselors, and Therapists December 2015  
(AASECT)  
Member (2 years)

Albert Schweitzer Fellowship May 2010 to Present  
Lifetime fellow (11 years)

Planned Parenthood Young Leaders Council August 2013 – December 2015  
Volunteer Member (2 years)

American Physical Therapy Association August 2007  
Member (10 years)

- Section of Women's Health (8 years)
- Section of Research (4 years)

**Educational Activities:**

**Teaching Activities**

June, August, December, 2020; February and April 2021, and \*June 2021

Intersections of Racism and Power: Healthcare Redefined Course  
Youseologic, LLC (Dr. Uchenna Ossai); Austin, TX \*Virtual\*

Created and developed a 6-hour course giving a comprehensive review on the history of racism and White Supremacy and its impact on healthcare education, treatment, and patient outcomes. This course closely examines the impact on LGBTQIA communities, intersectionality, as well as specific interventions on how to dismantle racism in the personal and medical/professional spaces. Course also includes one-hour office hour focused on debriefing content in the course.  
**CEU credits available for PTs licensed in the state of Texas for 24 months.**

Racism and Leadership

March 2021

3-hour course developed to identify how to address racism within leadership spaces in healthcare, fitness, beauty, and wellness industries. Course delivered over 2 weeks (90 minutes each week). Participants were provided with frameworks on self-reflection, systems audit, hiring practices, etc. Audience: 30+ participants in the health and wellness industries.  
Topics: Whiteness and professionalism, community wealth, creating equitable and inclusive work environments, courageous leaderships, etc.

December 2020 to present

Theories and Methods Sex-Related Psychotherapy: Couples and Individual Approaches

University of Michigan, Ann Arbor

School of Social Work, Sexual Health Certification Program

17-hour course addressed to sexuality counselor cohort. Focused on intervention and assessment planning for clients and patients of all genders presenting with common sexual dysfunction. \*Instruction done on Saturday and Sunday. 10 participants (MDs, PhDs, DPTs, DNPs, and Master's level clinicians).

Topics: Male/Female/Trans sexual function and dysfunction; scope of practice, transference/countertransference, diversity within sexual functioning; sexual counseling interventions for ED, PME, CPP, Vaginismus, Vulvodynia, etc.

Beyond Basics Anti-Racism Program Series: Black Womxn's Health

October 2020

2-hour course + 1 hour guided discussion office hour providing comprehensive education on the role of racism on the health of Black women. Reviewed concepts of Black female archetypes, colorism, gendered racism, coping mechanisms, and techniques on how to disrupt systemic racism, particularly in the medical setting. Discovery call was done with leadership regarding session goals and expected outcomes. Pre and post-course survey was created to assess participant experience. Audience: New York-based pelvic health multi-location pelvic health PT group called Beyond Basics. 20+ participants, primarily physical therapists, OTs, aides, and front desk.

Biopsychosocial Approach to Pelvic Floor and Sexual Dysfunction

July 2020

Modern Sex Therapy Institute; Miami, FL \*Virtual\*

9-hour course designed to introduce pelvic floor and sexual dysfunction to 50+ participants (MDs, DPTs, NPs, PhDs, and Master's level clinicians) in a sexuality certification program.

Topics: anatomy and physiology of the pelvic floor, sexual dysfunction associate with the pelvic floor, case review, assessment and treatment from physical therapy perspective, multidisciplinary approach, and common conditions associated with sexual dysfunction persons of all genders.

Cultural Considerations in Sexual Functioning

July 2020

Modern Sex Therapy Institute; Miami, FL \*Virtual\*

4-hour course designed to introduce and address issues of racism, colorism, sexism, and bias in sexual dysfunction. Students were presented with key concepts and frameworks to address racism at all three levels (systemic, interpersonal, and internal) within the clinical and academic space. Case presentations were utilized to facilitate real-time learning.

UME Didactic Session for Sexuality and Sexual Expression

July 2018 to present

University of Texas at Austin, Dell Medical School

60 minute didactic session for 2<sup>nd</sup> year medical student on female sexuality and sexual expression to achieve the following goals: obtain a sexual history; including sexual function and sexual orientation, describe the physiology of the female sexual response, describe the common patterns of female sexual dysfunction, and identify the physical, psychological and societal impact on female sexual function. Course taught every 6 weeks.

March 2018 to present

Theory and Method of Assessment and Treatment of Psychosexual Disorders and Chronic Illness  
Adjunct Faculty; Co-instruction with Lisa Chism, DNP (adjunct faculty)  
University of Michigan, Ann Arbor; School of Social Work, Sexual Health Certification Program  
8-hour course on sexual counseling and sex therapy with medically related sexual problems; techniques and interdisciplinary collaboration. Treating sexual health problems in the face of chronic illness and lifespan changes. \*Instruction done twice on Saturday (Cohort 1) and Sunday (Cohort 2). 70 participants (MDs, PhDs, DNPs, Master's and Bachelor's level clinicians).  
Topics: Cardiac dysfunction, diabetes, cancer treatment, pelvic floor dysfunction, psychiatric illness, etc.

Pelvic and Sexual Health Considerations in Physical Therapy June 2020  
Guest Lecturer

Texas State University: Department of Physical Therapy  
4 hour course on pelvic and gender health specific to musculoskeletal interventions. 50 students (3<sup>rd</sup> year doctoral students); considerations in general PT practice.  
Topics: LGBTQIA, sexual function and dysfunction, racism in healthcare, pelvic floor anatomy, chronic pelvic floor disorders. Lecture and discussion.

Sexuality, Pelvic Health, and Everything In-Between November 2019  
Invited Plenary Speaker

Rocky Mountain Sexuality Summit Salt Lake City, UT  
3-hour course that provides a comprehensive review on the role of the pelvic floor in the sexual function of all genders, with a special emphasis on women and uterus owners. The lecture will review the fundamental function of the pelvic floor, common sexual disorders, the impact of chronic illness on sexual and pelvic health, as well as evidence-based intervention strategies. The lecture will be conducted through a biopsychosocial framework; where we will exam how certain sociocultural factors (racism, religion, etc.) and chronic stigma can impact pelvic floor and sexual functioning.

The Pelvic Floor, Sex, and the Impact of Race March 2018  
Invited Lecturer

Southwest Sexual Health Alliance Conference; Houston, TX  
4 hour course on pelvic floor dysfunction in the context of sexuality, sex, and sexual health to psychology graduate students, psychologists, psychiatry, and other mental health/sexual health professionals. 10 participants.  
Topics: Sexual health, sexuality, pelvic floor function and dysfunction. Lecture and discussion only.

Pelvic and Sexual Health Considerations in Physical Therapy March 2018  
Community Education Series; Dell Medical School Department of Women's Health

Austin, TX  
Grand rounds presentation (1 hr) on pelvic, gender, and sexual health considerations in PT practice.

Pelvic and Sexual Health Considerations in Physical Therapy May 2016, 2017, April 2018  
Guest Lecturer

Texas State University: Department of Physical Therapy  
50 students (3<sup>rd</sup> year doctoral students); 8 hour course on pelvic and gender health considerations in general PT practice.

Topics: LGBTQIA, sexual function and dysfunction, pelvic floor anatomy, chronic pelvic floor disorders. Lecture, lab, discussion.

Introduction to Pelvic PT September 2016

Guest Lecturer

Texas Women's University: Department of Physical Therapy

60 students (2<sup>nd</sup> year doctoral students), 2 hour lecture

Topics: Pelvic floor anatomy, dysfunction and disorders, common treatment approaches

Physical Therapy Management of Sexual Dysfunction April 2015

Guest lecturer

Houston Methodist Hospital/Cornell School of Medicine; Houston, TX

15 residents (2<sup>nd</sup> and 3<sup>rd</sup> years), 60 minute lecture to OB-GYN residents

Topic: Musculoskeletal and movement systems components involved in sexual function and dysfunction.

Physical Therapy Management of Complex Pelvic Pain October 2014

Guest Lecturer

Houston Methodist Hospital/Cornell School of Medicine; Houston, TX

15 residents (2<sup>nd</sup> and 3<sup>rd</sup> years), 60 minute lecture to OB-GYN residents

Topic: Physical therapists' role in management complex pelvic pain.

Orthopedic Considerations for Pelvic Health Physical Therapy January 2014

Guest Lecturer

Orthopedic and Sports Residency Program: Houston Methodist Hospital; Sugarland, TX

15 students; 3 hour lecture and lab to Orthopedic and Sports Physical Therapy Residents,

Directors/Professors, and Staff Physical Therapists

### **Clinical Teaching and Supervision**

Integrated Practice Units (IPU) Residency Rotation Director January 2018 to present

Directs the clinical education for the FPRMS fellows, OB-GYN residents, and medical students within the Women's Health IPU clinical rotations.

Clinical Instructor Feb-April 2015; Sept-November 2015

Houston Methodist Hospital: Department of Pelvic Health Rehabilitation Houston, TX

Primary instructor, mentor, and clinical advisor for 3<sup>rd</sup> year doctoral physical therapy students during their required 8 week clinical rotations. Students require 100% clinical supervision from clinical instructor during this rotation. Level of effort: High

Teaching Assistant April, 2014, June 2011

Herman and Wallace Pelvic Rehab Institute St. Louis, MO and Houston, TX

Movement Systems Level 1: Intro to Movement System Approach to Pelvic Pain

(Lumbar/Thoracic) Course

Teaching Assistant October 2013

International Pelvic Pain Society (IPPS) National Conference

"Movement System Approach: Hip and SIJ Diagnosis and Treatment" Post Conference Course; Orlando, FL

### **Development of Curricula and Educational Materials**

UCSF Department of Physical Therapy

May 2021, \*June 2021

Dismantling Microaggressions in the Workplace

Created and developed two, 1-hour education sessions for the Department of Physical Therapy at UCSF. Based on the outcomes of their culture climate survey, educational intervention was

designed specific to the needs of the department and based on feedback of the faculty, staff, and learners. Designed curriculum and post-course survey. \*Evaluation results available, per request. Topics: Recognizing microaggressions, Health impact of microaggressions, skill-building in addressing microaggressions with patients, faculty, students, etc.

Intersections of Racism and Power: Healthcare Redefined Course  
June, August, December, 2020; February and April 2021, and \*June 2021  
Youseologic, LLC (Dr. Uchenna Ossai); Austin, TX

Created and developed a 6-hour course giving a comprehensive review on the history of racism and White Supremacy and its impact on healthcare education, treatment, and patient outcomes. This course closely examines the impact on LGBTQIA communities, intersectionality, as well as specific interventions on how to dismantle racism in personal, educational, and medical/professional spaces. Course also includes one-hour office hour focused on debriefing content in the course. **CEU credits available for PTs licensed in the state of Texas for the next 24 months.**

Racism, Leadership, and Design April 2021  
The Design Institute at Dell Medical School; Master's of Art and Design Program  
2-hour course developed to identify the historical roots of colonialism and marginalization of BIPOC. This was brought into focus in the community of Austin and ways to address systemic oppression in the design of health systems.

Racism and Leadership March 2021  
Forward Movement Physio, LLC  
3-hour course developed to identify how to address racism within leadership spaces in healthcare, fitness, beauty, and wellness industries. Course delivered over 2 weeks (90 minutes each week). Participants were provided with frameworks on self-reflection, systems audit, hiring practices, etc. Audience: 30+ participants in the health and wellness industries.  
Topics: Whiteness and professionalism, community wealth, creating equitable and inclusive work environments, courageous leaderships, etc.

Beyond Basics Anti-Racism Program Series: Black Womxn's Health October 2020  
2-hour course + 1 hour guided discussion office hour providing comprehensive education on the role of racism on the health of Black women. Reviewed concepts of Black female archetypes, colorism, gendered racism, coping mechanisms, and techniques on how to disrupt systemic racism, particularly in the medical setting. Discovery call was done with leadership regarding session goals and expected outcomes. Pre and post-course survey was created to assess participant experience. Audience: New York-based pelvic health multi-location pelvic health PT group called Beyond Basics. 20+ participants, primarily physical therapists, OTs, aides, and front desk.

Biopsychosocial Approach to Pelvic Floor and Sexual Dysfunction July 2020  
Adjunct Faculty  
Modern Sex Therapy Training Institutes  
8-hour course providing a comprehensive review on the role of the pelvic floor in the sexual function of all genders. The lecture reviewed the fundamental function of the pelvic floor, common sexual and pelvic floor disorders, the impact of chronic illness on sexual and pelvic health, as well as evidence-based intervention strategies.

Cultural Considerations in Pelvic Floor and Sexual Dysfunction July 2020  
Adjunct Faculty  
Modern Sex Therapy Training Institutes

4-hour course examining systems of oppression, specifically racism, within a historical and intersectional framework on how it impacts sexual development, expression, and general function.

Theory and Methods of Sex-Related Psychotherapy-Couples and Individual Approaches  
Adjunct Faculty December 2020 to present

University of Michigan, Ann Arbor; School of Social Work: Sexual Health Certification Program  
17-hour course that examines the integration of sex therapy and couples therapy looking at complexities such as intimacy intolerance, expectation discrepancy, inhibition, and performance problems. We discuss when to use individual as opposed to conjoint treatment for sexual dysfunction.

UME Didactic Session for Sexuality and Sexual Expression July 2018 to present  
University of Texas at Austin, Dell Medical School

60-minute didactic session for 2<sup>nd</sup> year medical student on female sexuality and sexual expression to achieve the following goals: obtain a sexual history; including sexual function and sexual orientation, describe the physiology of the female sexual response, describe the common patterns of female sexual dysfunction, and identify the physical, psychological and societal impact on female sexual function.

March 2018 to Present

Theory and Method of Assessment and Treatment of Psychosexual Disorders and Chronic Illness  
Adjunct Faculty; Co-instruction with Lisa Chism, DNP (adjunct faculty)

University of Michigan, Ann Arbor; School of Social Work, Sexual Health Certification Program  
8-hour course on sexual counseling and sex therapy with medically related sexual problems; techniques and interdisciplinary collaboration. Treating sexual health problems in the face of chronic illness and lifespan changes. \*Instruction done twice on Saturday (Cohort 1) and Sunday (Cohort 2). 70 participants (MDs, PhDs, DNPs, Master's and Bachelor's level clinicians).  
Topics: Cardiac dysfunction, diabetes, cancer treatment, pelvic floor dysfunction, psychiatric illness, etc.

Sexual Health Curriculum for Pelvic Health Physical Therapy: 2-day course 2018-2019  
Creating a 2-day course on sex, sexuality, and sexual health. This course will address a paucity of clinical and didactic education on sexual function and dysfunction for pelvic health physical therapists. \*\*Completed, in the proposal process\*\*

Transgender Health in the Scope of Physical Therapy Practice Course October 2018

Co-created with Rena McDaniel, MS, LPC  
Rutgers University, Department of Physical Therapy.  
Creation of a course to educate on managing transgender health in an intersectional context.  
The course is meant to be a 1-day course, 8 hrs.

Female Pelvic Medicine and Reconstructive Surgery Fellowship Fall 2016  
Houston Methodist Hospital; Houston, TX  
Development of pelvic physical therapy and sexual health components of the fellowship curriculum

## Academic Research

### Active Projects

Brandt B and Ossai U. April 2021

#### **Decrease Sexual Desire and Everyday Discrimination**

Study is looking to investigate if perceived discrimination and racism are primary factors that impact female sexual function. Prospective study used validated survey tools of Female Sexual Function Index and Daily Discrimination Scale.



UT Dell Medical School IRB Approval March 2021.  
*Study completed.*

### **Published Projects**

Caldwell, Lauren MD; Halder, Gabriela E. MD, MPH; Dunivan, Gena MD; White, Amanda B. MD; Ossai, Uchenna DPT; Rogers, Rebecca G. MD Women's Experience of Their First Sexual Encounter After Pelvic Reconstructive Surgery, *Obstetrics & Gynecology*: September 2021 - Volume 138 - Issue 3 - p 353-360 doi: 10.1097/AOG.0000000000004486

### **Invited Presentations, Posters, and Abstracts**

#### **International**

Ossai, U September 2022  
Panel Chair, "Long COVID, Disability, and Bias"  
Long COVID Physio International Forum  
\*Virtual\*

\*Setchell J, Shoiab M, Busuttill MJ, **Ossai U**, Tracy B May 2019  
"Diversity and Inclusion: What It Means for Physiotherapy"  
Accepted: World Confederation of Physical Therapy Congress Meeting  
Geneva, Switzerland

Brown, D, Kandelin D, Miciak M, **Ossai U**, and Setchell J. July 2-4, 2017  
"LGBTQI Issues: Increasing Awareness and Action in Physical Therapy Practice"  
World Confederation of Physical Therapy Congress Meeting  
Cape Town, South Africa

#### **National**

Kellog-Spadt S, Faught B, Kingsberg S, **Ossai U**, Rubin R, Vignozzi L March 2022  
"Sexual Health Interventions"  
Invited Speaker  
Accepted: International Society for the Study of Women's Sexual Health (ISSWSH)  
ISSWSH National Conference Programming: Preconference Course

**Ossai, U** February 2022  
"The Chronic Pain of Racism in Leadership"  
Invited Keynote Speaker  
Accepted: San Diego Pain Summit  
Annual Conference

**Ossai, U** October 2021  
"Racism and Sexual Health"  
Invited Plenary Speaker  
Accepted: International Pelvic Pain Society (IPPS)  
Annual National Conference

Anand M, Bergeron S, Iglesias C, **Ossai U** October 2021  
"Sexual Medicine for the Urogynecologist"  
Invited Speaker  
Accepted: American Urogynecologic Society (AUGS)  
AUGS National Conference Programming: PFD Week 2021, Pre-Conference Course

**Ossai, U** October 2021  
"Sexual Health and Racism"  
Invited Speaker  
Accepted: Mid-Atlantic Gynecological Oncology Society

Annual Conference

Rogers R, Antosh D, Carberry C, **Ossai U** November 2020  
“Sex and Surgery”  
Invited Speaker  
Accepted: American Urogynecologic Society (AUGS)  
Virtual Session; Winter Course

**Ossai, U** October 2020  
“Management of the Hypertonic Pelvic Floor”  
Accepted: American Urogynecologic Society (AUGS)  
Nominated/Invited Speaker  
Virtual Session: AUGS National Conference Programming: PFD Week 2020

Hilton S, Milligan M, Miciak M, **Ossai U** February 2020  
“Transforming the Way We Think and Do Health and Healthcare for the Good of All”  
Invited speaker  
San Diego Pain Summit  
San Diego, CA

**Ossai, U** November 2019  
“Sexuality, Pelvic Health, and Everything In-Between”  
Invited Plenary Speaker  
Rocky Mountain Sexuality Summit  
Salt Lake City, UT

**Ossai, U** April 2019  
“Sexual Health and Multidisciplinary Care”  
Invited Keynote Speaker  
Interdisciplinary Health Summit: St. Catherine University  
St. Paul, MN

Rogers R, Antosh D, Carberry C, **Ossai U** March 2019  
“Sex and Surgery”  
75 minute presentation.  
Accepted: Society of Gynecologic Surgeons 45<sup>th</sup> Annual Scientific Meeting  
Tucson, AZ

**Ossai, U** February 2019  
“Intersectionality and the LGBTQIA Health”  
Invited Plenary Speaker  
University of California at San Francisco LGBTQIA 8<sup>th</sup> Annual Health Forum  
San Francisco, CA

**Ossai, U** September 2018  
Invited Speaker for “Power Talks”: 15 minute TED-style talk about women in leadership  
Women in PT Summit  
New York, NY

**Ossai, U** February 2018  
“CSM After Dark: Addressing the Diversity Problem in Physical Therapy”  
Accepted: American Physical Therapy Association (APTA) 2018 Combined Sections Meeting (CSM); Peer-reviewed educational programming  
Panel Discussion  
New Orleans, LA

- Ossai, U** January 2018  
 “Diversity and Inclusion in the PT Profession”  
 Accepted: Graham Sessions; Institute of Private Practice in Physical Therapy (APTA)  
 15 minute presentation discussion the economic, healthcare, and physiological cost of implicit bias in the context of race.  
 Panel discussion.  
 San Diego, CA
- McDaniel R and **Ossai U.** February 2017  
 “Sexuality, Race, and Transgender Health: Implications for Physical Therapy Practice”  
 Accepted: American Physical Therapy Association (APTA) 2017 Combined Sections Meeting;  
 Peer-reviewed educational programming  
 1 hour presentation and Q&A.  
 San Antonio, TX.
- Ossai, U** January 2013  
 “A Day in the Life of a Women’s Health Resident”  
 Accepted: American Physical Therapy Association (APTA) 2013 Combined Sections Meeting;  
 Peer-reviewed educational programming; Panel Discussion; San Diego, CA.
- Regional**  
**Ossai, U** February 2018  
 “Sexual Health Considerations in the LGBTQIA Community”  
 Accepted: OUT for Health Summit  
 Peer-reviewed educational programming; Austin, TX; UT Dell Medical School
- Ossai, U** August 2017  
 Keynote Speaker  
 “Intersections in Sexuality and Pelvic Health”  
 Accepted: Sexual Health Alliance; Southwest Chapter, Houston, TX
- Ossai, U.** October 2016  
 “Sexual Education for Adult: Implications for Physical Therapy”  
 Accepted: Texas Physical Therapy Association (TPTA) Annual Conference  
 Peer-reviewed educational programming; Ft. Worth, TX
- Ossai, U** March 2015  
 “Physical Therapy Considerations for Pelvic Floor and Sexual Dysfunction”  
 Accepted: Texas Physical Therapy Association (TPTA) Southeastern District Meeting
- Ossai, U** February 2015  
 “Pelvic Health Physical Therapy and Pelvic Floor Dysfunction”  
 Accepted: Below the Beltline: 2015 Insider’s Guide to Pelvic Health Conference 2015, Houston, TX
- Antosh, D and **Ossai, U** February 2015  
 “Female Sexual Function and Dysfunction”  
 Accepted: Kaleidoscope Nursing Conference 2015, Peer-reviewed educational programming  
 Keynote presentation; Galveston, TX
- Antosh, D and **Ossai, U** August 2014  
 “Let’s Talk About Sex: Recent Advances in Female Sexual Dysfunction”  
 Accepted: Houston Methodist Hospital: OB-GYN Grand Rounds; Houston, TX
- Ossai, U** February 2014

“Management of Musculoskeletal Dysfunction in Pregnancy: Antepartum, Labor/Delivery, and Postpartum”  
Accepted: Kaleidoscope Nursing Conference 2014, Peer-reviewed educational programming Galveston, TX

**Ossai, U** August 2013  
“Vaginismus and other Pelvic Floor Disorders: The Role of the Pelvic Health Physical Therapist”  
Accepted: Houston Methodist Hospital: OB-GYN Grand Rounds; Houston, TX

**Community Service**

YouSeelogic, LLC October 2016 to Present  
As part of the business model; 2-5x/weekly free videos and written content using evidence-based sexual health education on Instagram and Facebook for community learning and engagement.  
Currently social media following: 12.5k (Instagram)

Ignited Women’s Summit \*October 2021  
Seattle, WA  
1 hour presentation/discussion to community participants with pelvic floor and sexual dysfunction.  
Current registration is 50 participants.

UT-Southwestern: Department of Oncology May 2021  
Cancer Survivor Support Group  
1 hour discussion on sexual function after cancer. Discussed the range of sexual dysfunction that can occur in cancer survivorship. 30 participants in attendance.

University of Texas San Antonio: Womxn in Medicine Association November 2020  
Student Organization Discussion  
“Sexytime, Health Practice, and Clinical Practice”  
1 hour presentation and discussion on the role of sexual health in medicine and the clinical indications of sexual dysfunction in people of all genders. 80 students in attendance.

St. Catherine University Interdisciplinary Health Summit April 2019  
Student Roundtable Discussion  
“Sex Ed for Grownfolk”  
1 hour presentation and discussion on the importance of sexual health inquiry within the intersectional healthcare model and how to increase sexual health competency

Melanin and Mental Health Community Talk; Houston TX October 2017  
“Race, Sex, and Empowerment”  
2.5 hour presentation on sexual dysfunction, race, gender, and sexual orientation.  
\*Online and community platform that connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

Project Row Houses; Houston, TX May 2017  
“Black Women Sex, Joy, and Health”  
2.5 hour presentation on black women, sexuality, and pelvic health  
\*Non-profit art and culture organization focused on the African American community

The Art League of Houston; Houston, TX June 2015  
Demystifying the Mask: Panel Presentation  
2 hour panel discussion designed to address the stigmas and challenges associated with the mental and physical health of African American women in hopes to extend the conversation beyond “the protective mask” and the walls of the gallery.

Barnes Jewish Hospital/Washington University; St. Louis, MO January – December 2011

Teen Pregnancy Clinic; Program Organizer/Mentor

Designed and implemented weekly teen pregnancy exercise and health education programming.

National Albert Schweitzer Fellowship: Chicago Fellow

April 2009 – June 2010

The Night Ministry/Broadway Youth Center; Chicago, IL

Designed and implemented twice weekly healthcare workshops targeting health issues of homeless youth (ages 12 to 20) in Chicago. Special focus on improving healthcare literacy and outcomes among the African-American and LGBT population.