

Mary Ruth Velicki BSPT, MSPT, DPT
Physical Therapy License: CA 12330
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Physical Therapy 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

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
Visceral Mobilization 1; The Barral Institute; 3/2018
Neurac 1; Redcord AS; 4/2018

Integrative Physical Therapy Practice

Focus on Health. Newport Beach, CA. 2/2018 – 4/2020
Owner: Holistic Bodywork and Physical Therapy, PC. Garden Grove, CA. 6/2014 - 12/2017

Publications

Books

- Healing Through Chronic Pain. A Physical Therapist's Personal Journey of Body-Mind-Spirit Transformation. 9/22/2013
- Healing with Awareness. Activating the Body-Mind-Spirit Connection to Restore Health and Well-Being. 5/14/2019
- Healing with Spirit. Opening Up to Receive Spiritual Information and Support. Scheduled release: 2020

Articles

- Interstitial Cystitis: A Holistic Perspective. Magazine article. IC Optimist 16:2 Spring-Summer 2019.
- Five Ways to Find Comfort When Struggling with Bladder or Pelvic Pain. Magazine article. IC Optimist 11:1 Winter 2014.
- Neurological Considerations and Direct Experiences of the Mind/Body Connection. Guest Blog Post. International Pelvic Pain Society. 11/24/2014
- Healing through Chronic Pain. Voices of Hope Guest Blog Post. Interstitial Cystitis Association. 3/4/2014

Presentations

Webinars

- Ways to empower clients with pelvic pain. Integrative Pelvic Health Institute. 10/14
- IC Hope. Interstitial Cystitis Association. 9/14

Lectures

- Holistic Healing. Chapman University DPT Program. 4/16, 3/16, 4/17, 4/18, 2/19, 9/19, 2/20
- Considering the Body-Mind-Spirit Connection. CSUN DPT Program. 4/15, 3/16, 2/17
- IC and the Body-Mind-Spirit Connection. IC Orange County Support Group. 9/16
- Complementary Treatment for IC/Painful Bladder Syndrome. Pelvic Floor and Sexual Medicine Professional Association. 11/14
- Management Considerations for the Client with Pelvic Pain. Loma Linda U, DPT Program. 3/14

Services/Workshops

- Healing with Awareness. Unitarian Universalist Church Santa Clarita. 10/19
- The Transformative Power of Love. Unitarian Universalist Churches in Fullerton, Long Beach and Los Angeles. 6/17, 7/17, 12/18
- Demystifying Intuition. Unitarian Universalist Churches in Long Beach and Los Angeles. 5/16, 10/18
- The Body Electric- Tuning into the Body to Heal the Mind and Spirit. Unitarian Universalist Church of Long Beach 8/15
- Post-traumatic Growth. How Suffering Can Be a Catalyst for Transformation. Unitarian Universalist Churches in Long Beach, Costa Mesa, Fullerton, Laguna Beach. 8/14, 2/16, 4/16, 6/16
- Healing with Awareness- 4-hour workshop. Unitarian Universalist Church of Long Beach. 1/18
- Experiencing the Body-Mind-Spirit Connection. 3-hour workshop. Unitarian Universalist Church of Long Beach. 1/17

Past Professional Experience in Neurologic Physical Therapy

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. 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

- Resource Physical Therapist. Long Beach Memorial Medical Center. 10/1996 - 8/2003
- Resource Physical Therapist. USC University Hospital. 7/1992 -12/1994
- Clinical Instructor of Physical Therapy. USC University Hospital. 1/1992 - 7/1992
- Physical Therapist. Rancho Los Amigos National Rehabilitation Center. 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.