

Patricia Ladis, PT CBBA

Author of *Wise Woman's Guide to Your Healthiest Pregnancy & Birth*



Patricia Ladis, PT, CBBA received her degree in Physical Therapy from New York University and graduated in 1999 with valedictory honors. In addition she is a Certified Behavioral Breathing Analyst which allows her to help people with chronic pain or breathing dysfunctions, performance issues, or pregnant/postpartum women eliminate symptoms for good.

Patricia is the founder of WiseBody Physical Therapy, and previously co-founded KIMA Center for Physiotherapy & Wellness one of NY's most prestigious physical therapy & wellness centers. Patricia is also the co-founder of First 1000 Days of Wellness. She is the author of *The Wise Woman's Guide to Your Healthiest Pregnancy & Birth*. This book aims to empower women to listen to their WISE intuition during preconception, pregnancy and post-partum so that they may feel good and return to high level function/performance after pregnancy. Patricia also chairs the "The First 1000 Days" initiative for the Global Wellness Institute.

Patricia's methodology includes specialized biomechanical analysis, hands on manual orthopedic PT to get to the ROOT CAUSE of someone's pain/ailments/inefficient mechanics in a holistic way. Patricia works with professional dancers, professional tennis players, Olympians, collegiate and junior athletes. She has been an on-site physical therapist for The Rockettes and various Broadway shows including *The Producers*, *Lion King* and *Movin' Out*. She was also a PT for American Ballet Theatre and prestigious ballet and modern dance companies such as Alvin Ailey, Cedar Lake Ensemble, Paul Taylor and many more. She works with tennis professionals and juniors throughout the year at the U.S. Open and beyond. Patricia has worked with various players like Serena & Venus Williams, Mike Bryan and Jenny Brady at various tournaments such as U.S. Open, Wimbledon, Miami Open, Indian Wells and Fed Cup (BJK Cup). She was the U.S. Tennis Team's Physical Therapist at the Athens 2004 Olympics. Patricia performed Musculoskeletal and Injury Prevention Screenings for the USTA and has screened many up and coming tennis players at the USTA or Olympics Headquarters. Patricia is proud to be part of the HOLOGIC + WTA Women's Health Task Force to support the female athlete and active females globally.

Patricia has appeared on NBC News and Fox News as commentator on various orthopedic issues including shoulder injury and rehabilitation and back pain. She has been featured on ESPN during the US Open about player comebacks. She consulted and is featured in two chapters of Avery's, *The New Rules of Running*. In addition, she consulted on the book *Golf RX* and appears in the DVD accompaniment to Dr. Vijay Vad's *Back RX*. She has been featured on numerous podcasts, and published in *FORBES*, *VOGUE*, *Men's Health* and *Ladies' Home Journal* in articles on lower back pain, hip pain and performance.

Patricia is certified in Kinetic Control's Performance Matrix Screen (TPM) and is working toward her Visceral Manipulation Certification. She is certified in the Integrative Systems Model (Diane Lee, LJ Lee) (for root-cause diagnosis), Peri-natal Mood Disorders (PSI) and is working toward her Visceral Manipulation Certification. She has international post-graduate certificates focused on orthopedic manual therapy, biomechanical assessment, nerve pain (including neurodynamics), chronic pain, tennis rehab, sports PT, real-time ultrasound neuromuscular re-education, injury prevention, prenatal/postpartum wellness, nutrition and holistic health.

Patricia designed the exercise program for the first ever early-return-to-exercise following cesarean section study with Weil Cornell + HSS (ACTIVE Mom). The pilot study was a success as women who followed her exercise program to restore their core and breathing from 2 weeks – 12 weeks post c-section, had higher scores for overall wellbeing, mental health and lower pain. The official study is launching in 2024.

As a former professional dancer, Patricia has knowledge of the body that makes her attentive to detail. She is passionate about prevention and aids individuals to live a pain-free, active lifestyle. Her treatment caters specifically to each patient's needs. Her specialized skills and positive energy help her patients avoid surgery and return to prior or higher levels of function and activity.