



### **Dr. Angela Dobinsky – PT, DPT, WHC**

Angela practices as a Licensed Physical Therapist and Certified Women's Health Coach. She received her physical therapy degrees through Texas State University (MSPT) and Shenandoah University (DPT) and her health coaching training through IWHI.

Angela is the Lead Physical Therapist at a pelvic health clinic in Austin, TX where she treats both men and women for a variety of conditions including pelvic pain, bladder and bowel dysfunction, pregnancy and postpartum. Additionally, her position allows the opportunity to train and mentor other physical therapists and students, which she really enjoys.

Angela's interest in becoming a Certified Women's Health Coach originated from the desire to offer a more holistic treatment approach to her patients. Furthermore, she wanted to gain skills in order to more effectively motivate and empower her patients to make lasting health changes that fit with their lifestyle. She uses coaching skills on a daily basis in her physical therapy practice. Additionally, Angela has a virtual health coaching practice that supports women suffering from pelvic pain.

In her spare time, Angela enjoys spending time with her husband and two boys, hiking, listening to live music, traveling, and reading.

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**Specialties:**

- Pelvic Pain
- Pelvic Health
- Endometriosis

**Professional History:**

- Women's Health Coach Certification (2018), The Integrative Women's Health Institute
- Doctor of Physical Therapy with emphasis in Women's Health (2012), Shenandoah University
- Master of Science in Physical Therapy (2008), Texas State University
- Bachelor of Arts in Healthcare Administration (2003), Texas State University

**Certifications and Licensures:**

- Endometriosis Coach Program – The Integrative Women's Health Institute (2020)
- Women's Health Coach Program – The Integrative Women's Health Institute (2018)
- Endometriosis Master Class – The Integrative Women's Health Institute (2018)
- Hormones 101 – The Integrative Women's Health Institute (2018)
- Functional Nutrition for Chronic Pelvic Pain – The Integrative Women's Health Institute (2017)

