

SARAH LEVITT MPT, PRPC



Master of Science
Degree in Physical
Therapy, Oakland
University, 2004

Pelvic Rehabilitation
Practitioner Certification,
2015

Member of:

- APTA
- APTA Section on Women's Health
- International Pelvic Pain Society
- International Continence Society

Specializes in:

- Pelvic Floor Rehabilitation

Continuing Education:

- Physical therapy pertaining to pelvic & urogynecological cancer
- Visceral manipulation
- Yoga for Pelvic Pain

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As a certified pelvic rehabilitation practitioner, Sarah Levitt's passion is helping people overcome the day-to-day challenges in relation to pelvic floor dysfunction. Many patients can be embarrassed or uncomfortable, Sarah puts patients at ease within their first meeting. "One of my first priorities is to build trust and a good rapport right from the beginning. I try to get as much subjective information as possible on the first day to avoid surprises. I want to make sure they are comfortable with the evaluation and treatment plan. A patient having all the information can play an active role in their recovery," says Sarah.

Sarah's passion in pelvic health began in 2005 when she took an introductory course in pelvic floor rehabilitation. "I was very excited about what I learned and eager to get started in helping patients with these issues. After hearing the huge impact it had on my patients' lives and seeing that their goals were being met, I quickly fell in love with this specialty," said Sarah. After a decade of working within this patient population, she received her certification in pelvic floor rehabilitation in 2015. This professional distinction signifies that she is an expert in pelvic health rehabilitation and has passed rigorous testing to demonstrate her expertise. She is a member of the International Pelvic Pain Society, which is a health organization established to help educate medical professionals on how to diagnose and manage chronic pelvic pain and to help raise awareness of this condition. She is a member of the International Continence Society as well as a member of the American Physical Therapy Association and the APTA, Section on Women's Health.

She received her master's degree in physical therapy from Oakland University in 2004. In addition to pelvic floor rehabilitation, her post-graduate education includes visceral manipulation, which is a gentle manual therapy that aids the body's own ability to release restrictions and unhealthy compensations that cause pain and dysfunction. She also completed a course in physical therapy pertaining to pelvic & urogynecological cancer. In her practice, she utilizes various other techniques and modalities, such as the Graston Technique, kinesiology taping, Muscle Energy Technique, myofascial release, and strain/counter-strain.

Sarah practices out of Advanced Physical Therapy Center's Waterford and Clarkston locations and since joining the team, has greatly expanded our pelvic floor rehab program by bringing a tremendous amount of knowledge and experience. When Sarah is not busy treating patients, she enjoys spending time with her husband and two children kayaking, paddle boarding, boating, water skiing, and snow skiing.

