



Department of Physical Therapy and Rehabilitation Science

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Physical Therapist

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EDUCATION

- BA, English Literature, University of California, Berkeley, CA, 1999
 - DPT, Physical Therapy, University of California, San Francisco, 2016
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BOARD CERTIFICATIONS

- Physical Therapist ^[2] (PT)
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BIOGRAPHY

Dr. Yogis is currently splitting her time between the Women's Pelvic Health Service at the Mount Zion Faculty Practice, the Mission Bay Faculty Practice, and the practice at Lakeshore. She obtained her B.A. from University of California, Berkeley and her Doctor of Physical Therapy from University of California, San Francisco.

CLINICAL EXPERTISE

Dr. Yogis has a wide range of experience treating patients with pelvic floor disorders. She worked at The Pelvic Health and Rehabilitation Center in Berkeley and San Francisco where she developed a multi-faceted, hands-on approach to working with complex female and male pelvic pain. She has over 10 years of experience in movement education through the Pilates Method, and adds this expertise to her wide range of fascial manipulation techniques that she

uses to treat orthopedic patients as well as female and male pelvic health patients.

CLINICAL & RESEARCH INTERESTS

- Complex pelvic pain and the relationship to fascial restrictions and muscular compensation
- Interdisciplinary care for pelvic health patients with focus on improving quality of life

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