

Hello

# I'm Dr. Adriana Potter, PT DPT Cert DN

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Dr. Potter earned her Doctorate in Physical Therapy from Northwestern University in 2007. She has become an expert in treating pelvic floor and abdominal health and hypermobility disorders, such as Ehlers-Danlos Syndrome (EDS) and Hypermobility Spectrum Disorders (HSD).

## Professional Development

FEBRUARY 2025

**Dry Needling for Lumbopelvic and LE Conditions - Dry Needling**

*Institute, American Academy of Manipulative Therapy*

OCTOBER 2024

**EDS – FFF Pelvis Proprioception and Stabilization - EDS ECHO Allied Professionals Program, North America**

OCTOBER 2024

**EDS – FFF Gait Re-education - EDS ECHO Allied Professionals Program, North America**

OCTOBER 2024

**EDS – FFF Posture Re-education and Proprioception - EDS ECHO Allied Professionals Program, North America**

OCTOBER 2024

**Dry Needling for Craniofacial, Cervicothoracic, and UE Conditions - Dry Needling**

*Institute, American Academy of Manipulative Therapy*

OCTOBER 2024

**EDS - Urological Concerns - EDS ECHO Allied Professionals Program, North America**

SEPTEMBER 2024

**EDS - Mast Cell Activation Disorder - EDS ECHO Allied Professionals Program, North America**

SEPTEMBER 2024

**EDS - Neurological Concerns - EDS ECHO Allied Professionals Program, North America**

SEPTEMBER 2024

**EDS - Autonomic Dysfunction - EDS ECHO Allied Professionals Program, North America**

SEPTEMBER 2024

**EDS - Pain Management - EDS ECHO Allied Professionals Program, North America**

JUNE 2024

**EDS - Psychological Health - EDS ECHO Allied Professionals Program, North America**

MAY 2024

**EDS - Managing Musculoskeletal Concerns with Physical Therapy - EDS ECHO Allied Professionals Program, North America**

MAY 2024

**EDS - Special Circumstances for the Management of Musculoskeletal Pain in Patients - EDS ECHO Allied Professionals Program, North America**

MAY 2024

**EDS - Rarer Type of EDS and Differential Diagnosis - EDS ECHO Allied Professionals Program, North America**

MARCH 2024

**Pelvic Floor Rehabilitation Telehealth** - American Physical Therapy Association

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MARCH 2024

**EDS - Emergency Care** - Project ECHO Institute

JUNE 2023

**EDS – Gynecological Concerns** - EDS ECHO Allied Professionals Program, North America

MAY 2023

**Medical Errors** - Florida Physical Therapy Association

MAY 2023

**EDS Autonomic Dysfunction** - EDS ECHO Allied Professionals Program, North America

MAY 2023

**EDS Gastrointestinal Concerns** - EDS ECHO Allied Professionals Program, North America

JANUARY 2023

**Medical Errors** - Continuing Education International

JANUARY 2023

**EDS Managing Musculoskeletal Concerns** - EDS ECHO Allied Professionals Program, North America

JANUARY 2023

**EDS Pain Management** - EDS ECHO Allied Professionals Program, North America

MARCH 2022

**Lumbar Nerve Manual Assessment and Treatment** - Herman and Wallace Inc. Pelvic Rehabilitation Institute

OCTOBER 2021

**2020 Virtual EDS ECHO Summit** - Project ECHO Institute

SEPTEMBER 2021

**Prevention of Medical Errors** - Echelon/ Advent Health University

APRIL 2021

**Food as Medicine** - Continuing Education International

MARCH 2021

**HIV/AIDS: Diet, Nutrition & Food Safety** - Continuing Education International

JANUARY 2021

**Fluid and Electrolyte Balance** - Continuing Education International

DECEMBER 2020

**Human Trafficking** - Continuing Education International

JANUARY 2020

**An Evolution in Medication Education and Care Delivery** - EDS ECHO Allied Professionals Program, North America

DECEMBER 2019

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**Sacral Nerve Manual Assessment and Treatment** - Herman and Wallace Inc. Pelvic Rehabilitation Institute

OCTOBER 2019

**Nutrition Perspective for the Pelvic Rehab Therapist** - Herman and Wallace Inc. Pelvic Rehabilitation Institute

AUGUST 2019

**2019 Ehlers-Danlos Society Global Learning Conference Nashville** - Ehlers-Danlos Society

APRIL 2019

**Pelvic Health Symposium: Quality of life for patients with Pelvic Floor Disorders** - Knapp Center for Biomedical Discovery

FEBRUARY 2019

**Vestibular Rehabilitation: An Intro Course - Evidence CEU**

APRIL 2018

**Credentialed Clinical Instructor Program - American Physical Therapy Association**

February 2018

**Intermediate Cranio-Facial – University of St. Augustine**

November 2018

**Joseph Bodyworks Dysfunction of the Spine, Shoulder & Upper Extremity – Advocate Health Care**

January 2018

**Illinois Physical Therapy Ethics – Advantage CEUS.**

August 2017

**Basis Cranio-Facial – University of St. Augustine**

April 2017

**Current Issues in Sports Medical 2017 – NorthShore University Health Systems**

February 2017

**Lumbar Spine Evaluation and Treatment – Advocate Health Care**

January 2017

**Utilizing Pilates Principles to Enhance Rehabilitation Outcomes – North American Seminar, Inc.**

January 2016

**Practical Ethics – Northwestern University Physical Therapy Alumni Association**

May 2016

**Evaluation and Treatment of Temporomandibular Disorders – Steve Krauss, PT, OCS, MTC, CCTT, CODN**

September 2015

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**Mulligan Concept for Upper Quadrant, Mobilizations w/ Movements, NAGS, SNAGS and more – Northeast Seminars**

November 2015

**Hot Topics in Neurologic and Orthopedic Care for the Primary Care Physician –**

*Advocate Health Care*

November 2015

**Heart Failure: What Do We Need to Know as Physical and Occupational Therapists –**

*Advocate Health Care*

November 2015

**Kinesiology Tapping for the Upper Extremity – Advocate Health Care**

September 2013

**Pelvic Physical Therapy Level III – CAPP, Section on Women's Health, APTA**

June 2014

**Fundamentals and Advanced KT1 and KT2 – Kinesiotape Association International**

April 2012

**Pregnancy And Post Partum Care - Herman and Wallace Inc. Pelvic Rehabilitation Institute**

June 2011

**An Evidence-Based Approach to the Assessment and Treatment of Edemas –**

*Marianjoy Rehabilitation Services at EMH*

December 2008

**Male Pelvic Function, Dysfunction and Treatment - Herman and Wallace Inc. Pelvic Rehabilitation Institute**

April 2009

**Intra-Articular Hip Disorders: Understanding Structure, Function and Participation**

*– Northwestern University Physical Therapy Alumni Association*

April 2009

**The Illinois State COPD Plan – Northwestern University Physical Therapy Alumni Association**

May 2008

**Female Chain Reaction - Gary Gray Institute**

September 2008

**Pelvic Physical Therapy Level II – CAPP, Section on Women's Health, APTA**

March 2008

**Pelvic Physical Therapy Level I – CAPP, Section on Women's Health, APTA**

## **Education**

2003 - 2007

**Northwestern University, Chicago**