

To:
Subject: Online Form Submittal: Advisory Group Application
Date: Sunday, June 15, 2025 11:56:33 PM

Advisory Group Application

Step 1

Application for Appointment to Whatcom County Advisory Groups

Public Statement

THIS IS A PUBLIC DOCUMENT: As a candidate for a public advisory group, the information provided will be available to the County Council, County Executive, and the public. All advisory group members are expected to be fair, impartial, and respectful of the public, County staff, and each other. Failure to abide by these expectations may result in revocation of appointment and removal from the appointive position.

Title	Dr.
First Name	Elizabeth
Last Name	Hampton
Today's Date	6/9/2025
Street Address	
City	
Zip	
Do you live in Whatcom County?	Yes
Do you have a different mailing address?	Field not completed.
Primary Telephone	
Secondary Telephone	Field not completed.
Email Address	

Step 2

1. Name of Advisory	Business and Commerce Advisory Committee
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Group

Business and
Commerce Advisory
Committee Positions

Health care

2. Do you meet the
residency,
employment, and/or
affiliation requirements
of the position for
which you're applying?

Yes

3. Which Council
district do you live in?

District 1

4. Have you ever been
a member of this
Advisory Group

No

5. Do you or your
spouse have a financial
interest in or are you
an employee or officer
of any business or
agency that does
business with
Whatcom County?

No

6. Have you declared
candidacy (as defined
by RCW 42.17A.055)
for a paid elected office
in any jurisdiction
within the county?

No

You may attach a
resume or detailed
summary of
experience,
qualifications, &
interest in response to
the following questions

Attached

7. Please describe your
occupation (or former
occupation if retired),
qualifications,
professional and/or

For the past 21 years of my 38 year career as a physical therapist, I have owned CorePhysio, a private practice physical therapy and personal training company located in Bellingham. During my career I worked for a large hospital system, multiple locally owned PT private practices as well as home care. I

community activities,
and education

completed my private practice management certificate in 2015 which was a deep dive into the business and financial management of a healthcare private practice in the US. My experience provides insight into the unique business challenges of privately owned, for profit healthcare small businesses, as well as national trends in practice acquisitions by private equity backed firms and its influence on economies of scale, employee retention and care delivery patterns.

8. Please describe why
you're interested in
serving on this
Advisory Group.

This committee advises the County Council on issues that include regulations and policies that could impact local businesses, industry, or economic development. Access to quality healthcare, and the success of local, for profit healthcare businesses, is relevant to every employer, employee, and constituent in Whatcom County. Therefore, efforts to improve business conditions, environment and infrastructure, including that of healthcare businesses, is in everyone's best interest to support access to evidence-based, compassionate healthcare in Whatcom County. According to the Bellingham Chamber of Commerce, health care is the largest industry in Whatcom County and as such, is appropriate to have a voice on the business advisory committee. Healthcare entities are unique in that, if they accept insurance, they are largely unable to adjust their fees to accommodate changes in costs of doing business due to capped reimbursement rates by insurers. Although this is unique to healthcare businesses, the economic requirement of all businesses to have a healthy workforce is universal. As such, access to affordable, high quality healthcare in Whatcom County is of universal interest to all of its residents and business owners. A significant number of practices are going out of network with insurance carriers, selling to larger entities, or reducing client support services. This is resulting in reduced access to insurance-funded quality care, longer wait times for clients, larger out of pocket costs for consumers, and escalating challenges to healthcare providers to do business in Whatcom County. Additionally with the federal cuts in Medicare and Medicaid, there will be drastic impacts on access to care for those who receive healthcare through those programs.

Innovations for employer-based healthcare contracts have the potential for cost savings for small businesses. Housing costs and housing shortages negative impact recruiting efforts. Additionally, hospital outpatient services are being paid at 3-4 times the rate of outpatient physical therapy services simply due to contractual, rather than service, differences. That being said, PeaceHealth's mission (as I understand it) is to serve our community, and they (as well as Interfaith's Unity Care) are the majority providers for Medicaid participants, and significant providers for Medicare participants. Any action steps that can be taken to reduce the cost of doing business in Whatcom County will help healthcare entities across the board, as well as all health

care consumers in our community.

Thank you for your consideration.

References (please
include daytime
telephone number):

Sarah Rothenbuehler: 360-815-6241

Appointment
Requirements

I understand and agree

Signature of applicant:

Elizabeth Hampton

Place Signed /
Submitted



(Section Break)

Elizabeth Hampton PT, DPT, WCS, PRPC, BCB-PMD

CorePhysio



Objective: To lead an entrepreneurial, evidence-based, dynamic physical therapy and fitness company staffed by engaged employees to further the profession of physical therapy, fitness forward care, evidence-based clinical excellence, clinical education and exceptional client outcomes.

Education: Doctorate in Physical Therapy
Evidence in Motion, 2016

Certificate in Private Practice Management
Evidence in Motion, 2015

Bachelor's of Science in Physical Therapy
Marquette University, 1987

Board Certified Clinical Specialist in Women's Health Physical Therapy (WCS)
American Board of Physical Therapy Specialties, 2009
Recertified 2019

Board Certified in Pelvic Rehabilitation (PRPC)
Herman Wallace Pelvic Rehabilitation Institute 2019

Board Certification in Pelvic Muscle Dysfunction Biofeedback (BCB-PMD) 2005

Pilates Rehabilitation Certification
Polestar Pilates Education, 2003

Certificate in Women's Health Physical Therapy
Texas Women's University, 2002

Professional Experience:

- 2004 - Present **Owner, CEO, Senior Clinical Specialist, CorePhysio**
- Responsible for all financial, HR and operational functions for this sports, spine, neuro, amputee and pelvic health clinic. Clinical mentor for pelvic health and continence education for all staff. Provider of physical therapy services specializing in the physical therapy treatment of lumbo-pelvic dysfunction including pelvic pain, pre-natal, post-partum, the female athlete and pelvic health & continence in all ages and genders.
 - CorePhysio earned Certified B Corporation status in 2021
- 2005 - Present **Faculty, Herman and Wallace Pelvic Rehabilitation Institute**
- Instructor for in person 3 day courses throughout the US up to 6 times per year. Responsible for being a content expert, delivering a consistent and up-to-date evidence based continuing education product.
 - 2018-2020 Lead Faculty presenting Herman Wallace Urogynecologic and Colorectal Educational content in Israel at University of Tel Aviv through Activix

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2019 – Present	Owner, Uberspace LLC <ul style="list-style-type: none"> Commercial real estate holdings in Bellingham.
2025 – Present	Owner, Compass Physio LLC <ul style="list-style-type: none"> Cash-based Physical Therapy practice start up out of network with all insurances in order to directly meet the needs of physical therapy clients.
2005-2011	Course Content Expert and Curriculum updates Herman and Wallace Pelvic Rehabilitation Institute <ul style="list-style-type: none"> Worked with Founders to update course content 3x/year for the Urogynecologic Evaluation and Treatment course.
1999 - Present	Owner, CEO, CoreWise <ul style="list-style-type: none"> Design and delivery of evidence-based, multi-disciplinary continuing education content relating to PT evaluation and treatment of lumbopelvic, pelvic health and continence. Designing and implementing wellness-based community education programs focused on pelvic health issues such as incontinence, prolapse and pelvic floor and abdominal strengthening; professional writing, and public speaking.
2007	Specialization Academy of Content Experts (SACE) <ul style="list-style-type: none"> Clinical contributor for the committee writing the national physical therapy women's health board certification exam.
2007	Primal Pictures Ltd. <ul style="list-style-type: none"> Consultant for development of market-specific Primal Anatomy Software product for Pilates Instructors and Women's Health specialists.
2002 - 2004	Performance Physical Therapy, Bellingham, WA <ul style="list-style-type: none"> <i>Physical Therapist</i> Provider of orthopedic and women's health physical therapy services to clients with pelvic pain, fecal and urinary incontinence, prolapse, low back pain in pregnancy and lumbo-pelvic dysfunction; active marketing through community education; emphasis on manual therapy, exercise and movement re-education in a progressive outpatient sports and spine clinic.
1997 - 2002	Lynden Therapy Specialists, Lynden/Bellingham, WA <ul style="list-style-type: none"> <i>Director of Women's Health Physical Therapy Services, '99-'02</i> <i>Staff Physical Therapist: 1997 – 1999</i> Provider of comprehensive physical therapy services in an outpatient multi-disciplinary setting, focusing on women's health and musculoskeletal dysfunction.
1996 - 1997	On-call/Part-time Physical Therapist, WA <ul style="list-style-type: none"> Performance Physical Therapy, Bellingham, WA Affiliated Health Services, Home Health Care, Bellingham, WA Therapists Unlimited, Seattle, WA Lynden Therapy Specialists, Lynden/Bellingham, WA Angeles Therapy Services, Port Angeles, WA
1993 - 1996	Veterans Administration Medical Center, Seattle, WA <ul style="list-style-type: none"> <i>Senior Staff Physical Therapist</i>

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- Implemented rehabilitation services for a variety of inpatient and outpatient orthopedic, cardiac and neurological diagnoses; participated in research and program development.

1991 - 1993

Cascade Orthopedic and Sport Therapy (COAST), Seattle, WA

- *Staff Physical Therapist*
- Provided outpatient therapy services in a progressive and dynamic sports and spine clinic with emphasis on manual therapy, exercise and movement re-education.

1987- 1991

Veterans Administration Medical Center, Seattle, WA

- *Staff Physical Therapist*
- Provided inpatient and outpatient therapy services for a variety of orthopedic, cardiac and neurological diagnoses, including Phases 1-3 Cardiac Rehabilitation.

Courses Presented:

2005-Present

All Foundational Courses for Herman and Wallace Pelvic Rehabilitation Institute

Senior faculty for US National and International (Israel) foundational pelvic floor course series including lecture, labs and lab assistant supervision for up to 40 multidisciplinary participants (RN, PA, ARNP, PT) for 3 day foundational PF rehab courses Including PF1, Colorectal, Urogynecologic Pain and Pelvic Floor/Pelvic Girdle. Mentor for new faculty.

2014-Present

Finding the Driver for Pelvic Pain

Author/Primary Faculty for this 3 day course including lecture, labs and lab assistant supervision for up to 40 multidisciplinary participants with content focused on evidence-based test item clusters for musculoskeletal as well as urogynecologic and colorectal contributing factors to pelvic floor dysfunction.

2011-2012

Evidence-Based Therapeutic Exercise for Pelvic Pain

Author/Primary Faculty of this 3-day course to 30 participants including manual therapy, movement re-education and client self-treatment techniques for musculoskeletal contributing factors to pelvic floor dysfunction.

2005-2014

Treatment of bowel, bladder and pelvic floor dysfunction: Marquette University, Milwaukee, WI

Author/Primary Faculty of this 4 day course with responsibilities including lecture and labs for multidisciplinary participants (RN, PA, ARNP, PT) on musculoskeletal contributing factors to pelvic floor dysfunction, electrophysiologic modalities and rehabilitation of pelvic ring dysfunction. Lecture team included Dr. Jeanette Tries, PhD, OTR/L and Dr. Gene Eisman PhD.

2010-2012

Combined Section Meeting of the APTA

Author/Primary Faculty on Panel Presentation "Preparing for the WCS Exam" (2010, 2011, 2012) through the Section of Women's Health

Author/Primary Faculty "Core Connections: Musculoskeletal contributing factors to PFM dysfunction" (2012), co-sponsored by the Orthopedic Section and the Section on Women's Health

2004-2009

Pilates and the Pelvic Floor

Author/Primary Faculty for lecture and lab course for 30 participants comprised of Pilates Instructors, Physical Therapists and Licensed Massage Therapists about anatomy, function and

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fitness-based exercises integrating pelvic floor strengthening. (Stott Pilates Regional Certification Facility - Seattle, WA)

- 2004 **The Bottom Line on Incontinence Care: Hands on and Hands off techniques for Home Caregivers**
Full day, 6 hour course written for and presented to local caregivers through Bellingham Technical College to earn continuing education credits as a home care provider.
- 2005 **Pelvic Floor and Low Back Pain....A Connection?**
Milwaukee Yacht Club, Integrated Spine Care, June 23, 2005
Lectured to 110 participants (MD, PT, DO, DC, PA, RN) on musculoskeletal contributing factors to PFM dysfunction as well as PFM treatment interventions.
- 2000-2003 **The Bottom Line on Kegels**
Community-based 2-hour consumer education course on pelvic health fundamentals, comprehensive behavioral treatment of incontinence and prolapse. Presented to over 300 community participants over 3 years.

Published Writings and Awards:

- 2012 – 2025: Sponsor of Ski to Sea Team in Whatcom County Mixed Division with 8 total 1st place wins
- 2018 Finalist for Small Business of the Year Whatcom Business Association. Bellingham, WA
- *Phys Ther*; Oct 2008. "Use of Transabdominal Ultrasound Imaging in Retraining the Pelvic-Floor Muscles of a Woman Postpartum", Ariail A, Sears T, Hampton E.
- *The Journal of the Section on Women's Health* "The Relationship Between Pelvic Floor and Abdominal Musculature: Clinical Recommendations for Rehabilitation based on Emerging Literature", April 2003.
- *The Gynecological Manual*, APTA, Section on Women's Health, 2002, contributing editor of "Clinical Applications of SEMG Biofeedback of the Pelvic Floor".
- *The Bellingham Herald, Body Mind and Spirit: Your Guide to Total Health and Wellness* September 2001: "Female Problems May Trouble Many a Woman", pg. 7.
- *The Bellingham Herald, Body Mind and Spirit: Your Guide to Total Health and Wellness*, August 2000, "Battle Incontinence with Kegel Exercises", pg. 14.
- *Marquette University Magazine*, Winter 1998, "Finding God in All Things"

Memberships:

- 1987-current American Physical Therapy Association
Section member for Private practice, Orthopedics and Women's Health
- 1987-current Physical Therapy Association of Washington (PT-WA)
- 2018-current International Pelvic Pain Society
- 2018- current Peer to Peer Program through American Physical Therapy Association with 3 other PT private practice owners across the country with annual revenues ranging from 3-18 million dollars.

Continuing Education Coursework Highlights:

- Wage Transparency Jeff Fairchild JD, PPSIG 2/2023
- Private Practice Section APTA Conference: 2016-2022
- Evidence in Motion Certificate in Private Practice Management 2015

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- APTA Peer2Peer Mentorship 2018-present, working with 6 independent PT practice owners across the country with annual revenues > 3-12 million
- Annual attendance Private Practice Section meetings 2016-present to remain current on reimbursement, sustainable business design, employee engagement and best practice in physical therapy practice and ownership.
- Paul Hodges: Advances in the Treatment of Male Continence (February 2016)
- Biomechanics of the Foot and Ankle (Emory University faculty February 2016)
- Combined Sections Meetings 2003-2016 with 4 days of course content
- LAMP 1: 2012 CSM Pre-con course
- Residency Program Development: 2011 CSM Pre-con course
- Neuromobilization: 2009 CSM Pre-con course
- Chronic Pelvic Pain (Phillips, Seattle 2008)
- Differential diagnosis and treatment of upper quarter radiculopathy and neural sensitivity
- Treatment of bowel, bladder and Pelvic Floor dysfunction (Tries)
- Evaluation and Treatment of Pelvic Floor and Continence Disorders (Tries et al, Marquette University)
- Physiotherapy for PFM Dysfunction and Incontinence (Bo)
- Polestar Pilates Rehabilitation Certification
- NAIOMT: Levels 1-2 Upper and Lower Quadrants, Level 3 Upper Quadrant
- URSA: Introduction to Muscle Energy (Rex)
- Sorlandet Institute: Level 1 (Grimsby)
- Paris: Level 1
- Pelvic Floor Function, Dysfunction and Treatment (PF1)(Wallace and Herman)
- Intermediate Treatment of Female Pelvic Floor Dysfunction PF2: (Herman)
- Pelvic Floor Function, Dysfunction and Treatment (Level 2A: Colorectal and Coccyx Conditions, Male Pelvic Floor, Pudendal Nerve Dysfunction) – (Herman Wallace)
- Advanced Evaluation and treatment of Female Pelvic Floor Dysfunction (PF 3) (Herman)
- Pregnancy and Post-Partum (Herman Wallace)
- Neuromuscular treatment of the Female Pelvis (Sandalcidi)
- McConnell Treatment of Shoulder Dysfunction (Hopper)
- Stabilization and the Treatment of Low Back Pain (Hodges)
- LE Anatomical Dissection and Study (OHSU)
- Pelvic Floor Treatment for the Outpatient P.T. (Wallace)
- The Fascial Pelvis (Myofascial Release-John Barnes, PT)
- SACE training: CSM, Nashville, TN, 2003.
- The Integrated Model of Lumbopelvic-Hip Dysfunction (Lee + Lee)
- Level 3: Advanced PFM evaluation and treatment (Seattle, WA, Herman and Wallace Pelvic Rehabilitation Institute, Lab assistant, July 2005, Oct. 2008)
- Pregnancy and Post-Partum Clinical Highlights (Seattle, WA. Holly Herman September 2008)
- Real time Ultrasound (Whittaker) 2007
- The integrated model of treatment of lumbopelvic hip dysfunction (Lee and Lee), 2008