



AMANDA OLSON, PT, DPT, PRPC
GLOBAL EDUCATOR | PELVIC HEALTH INNOVATOR | SPEAKER
MEN'S & WOMEN'S HEALTH ADVOCATE

Media Kit 2025

About Dr. Amanda Olson



Dr. Amanda Olson is a pelvic health physical therapist, entrepreneur, and global educator with a passion for empowering women and advancing conversations around women's health. With over a decade of experience, she has dedicated her career to breaking stigmas around pelvic health, supporting patients with conditions like cancer, endometriosis, and MRKH, and developing innovative solutions to improve quality of life.

Dr. Olson is the President & Chief Clinical Officer of a successful pelvic health device company, holds multiple patents, and has authored three peer-reviewed journal articles and a book titled *Restoring the Pelvic Floor for Women*. She has collaborated with clinicians worldwide, transforming lives through her teaching and consulting.

She is also the 2025 recipient of the Elizabeth Noble award, the highest honor available from the American Physical Therapy Association Academy of Pelvic Health. As an advocate for FemTech and medical innovation, Dr. Olson is committed to bridging the gap in women's healthcare and bringing education to underserved communities.



Signature Speaking Topics



1. Breaking the Silence: Empowering Women Through Pelvic Health

Explore how breaking taboos around pelvic health can empower women to reclaim their wellness. Amanda shares insights into the science of pelvic health and actionable solutions to improve lives.

2. The Future of FemTech: Innovating for Women's Health

Discover how technology is revolutionizing women's health, with Amanda sharing her experience in designing FDA-approved medical devices and collaborating with cutting-edge FemTech brands.

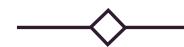
3. Stigma to Strength: Redefining Women's Health Conversations

A transformative look at how education and advocacy can shift cultural narratives and empower women living with conditions like cancer, endometriosis, and MRKH.



Professional Highlights

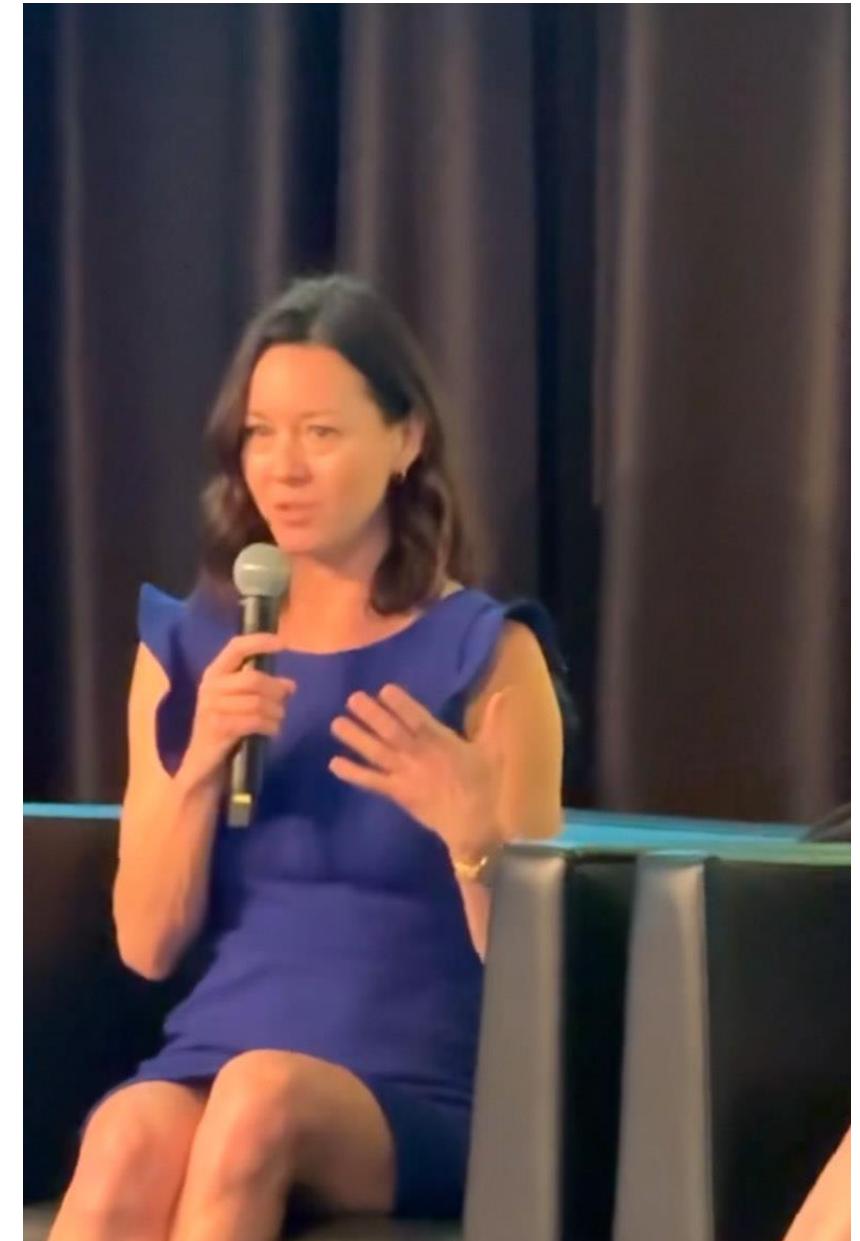
- **Innovator & Entrepreneur:** Founder of a pelvic health device company with patented, FDA-approved products that have earned the trust of clinicians globally.
- **Global Educator:** Regular speaker at international medical conferences, FemTech forums, and women's health summits.
- **Author & Advocate:** Published three peer-reviewed journal articles on pelvic health and collaborated with women's health societies worldwide. Author of the book *Restoring the Pelvic Floor for Women*.
- **Recognition:** Recipient of the prestigious Elizabeth Noble Award by the American Physical Therapy Association Academy of Pelvic Health. Known for resilience and determination, overcoming challenges to become a leading voice in women's health.



Past Speaking Engagements



- Endometriosis: Management in Rehabilitation Setting, & Dilators: Management of Pelvic Pain. ARNP United. Seattle, WA. (2024)
- Female Athlete Throughout the Lifespan. America Physical Therapy Association CSM. San Diego, CA (2023)
- Runners, You Could Use Some Support. American Academy of Sports Medicine AMSC. Indianapolis, IN (2022)
 - Mountain Land Pelvic Health Summit. Park City, UT (2022-Present).
- Build a Better Runner; Science Meets Practice: When Sports PT and Pelvic PT Collide Combined Sections Meeting, APTA. San Antonio, TX. February 2022
- Pelvic Pain Panelist The Endometriosis Summit, Orlando, FL (Feb 2020-Present)
- Pelvic Floor Implications in the Running Athlete. Combined Sections Meeting, APTA. Washington D.C. January 2019.
- Women's Health Vs. Pelvic Health. Rocky Mountain University of Health Professions. May 22, 2018.



OTHER MEDIA



Woman's World	250K	Q&A with Amanda.	https://www.womansworld.com/posts/women-health/squatting-to-pee-pelvic-floor-issues
Parade.com	1.6M	Interview about kegel weights and the pelvic floor.	https://parade.com/health/kegel-weights
Yahoo	141 M	Interview about kegel weights and the pelvic floor.	https://www.yahoo.com/lifestyle/10-best-kegel-weights-according-184020050.html?guccounter=1
Clayton News Daily	25,000	Interview about kegel weights and the pelvic floor.	https://www.news-daily.com/arena/10-best-kegel-weights-according-to-pelvic-floor-experts/article_e6964ae8-81fc-5ce8-a2eb-219b9a7ce71d.html
Henry Herald	21,000	Interview about kegel weights and the pelvic floor.	https://www.henryherald.com/arena/10-best-kegel-weights-according-to-pelvic-floor-experts/article_35f9ef95-7a8e-594e-8676-d213191fe685.html
People En Espanol	268K	Q&A on pelvic health and exercises to strengthen the pelvic floor.	https://peopleenespanol.com/chica/pelvic-pain-women-amanda-olson/
Marie Claire	2.3M	Interviewed Amanda.	Why Homemade Sex Toys Are Always a Bad Idea Marie Claire
Get Me Giddy	16K	Bladder topics Q&A. Answers submitted.	https://getmegiddy.com/stress-urinary-incontinence
Latina Cool	Unlisted	Q&A on bladder health.	https://latinacool.com/por-que-voy-tanto-al-bano/
The Atlanta Voice/HealthPlus	30,000	Interviewed Amanda.	https://healthplusmagazine.org/pelvic-floor-health-key-to-satisfying-summer-travel/
That Organic Mom	Podcast	Interview on ways to improve bladder control .	https://www.thatorganicmom.com/what-is-the-benefit-of-kegel-exercise/
USA Wire	Unlisted	Trigger Point Pelvic Floor Injections	https://usawire.com/trigger-point-pelvic-floor-injections/
Mom.com	302,000	Amanda completed Q&A about painful sex and your pelvic floor.	https://mom.com/momlife/this-may-be-why-so-many-moms-have-painful-sex-and-how-to-fix-it
Health Central	381,000	Amanda completed Q&A about constipation.	https://www.healthcentral.com/article/common-symptoms-of-constipation
SheVentures	Broadcast	Video with Amanda's insight.	https://www.instagram.com/sheventurespod/ https://twitter.com/SheVenturesPod https://www.facebook.com/SheVenturesPodcast/videos
Adventure.com	50,000	Interview with Amanda on 6/23.	https://www.adventure.com/features/pelvic-floor-running
Marie Claire	2.3M	Interviewed Amanda.	https://www.marieclaire.com/sex-love/best-sex-toys/

Let's Work Together



Dr. Olson is available as a speaker, a panelist, or a partner for your initiative. Dr. Olson brings unmatched expertise, passion, and a proven ability to inspire change. Book her today to elevate your event or project!

Contact Information



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