

### EDUCATION

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<b>DPT</b>	Chapman University, <i>Doctorate of Physical Therapy</i> Harry & Diane Rinker Health Sciences Campus 9401 Jeronimo Road Irvine, CA 92618	08/2012 - 08/2015
<b>BS</b>	San Diego State University, Kinesiology, Pre-Physical Therapy Graduated: Magna Cum Laude 5500 Campanile Drive San Diego, CA 92182	08/2008 - 12/2011

### LICENSURE & CERTIFICATION

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<b>PT</b>	Federal State Board of Physical Therapy State of California, License No. 43517	Exp. 06/30/2023
<b>BLS</b>	American Heart Association Basic Life Support for Healthcare Providers (CPR & AED)	Exp. 05/2022

### WORK EXPERIENCE

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Hinge Health   <i>Los Angeles, CA</i>	01/28/2024 – present
Sword Health   <i>Pelvic Health Intake Specialist, remote</i>	12/06/2023 – 01/2023
Women's Advantage, Men's Optimal Health PT   <i>Long Beach, CA</i>	07/02/2018 – 12/2023
Southland Physical Therapy   <i>Long Beach, CA</i>	11/03/2015 – 06/2018

### CLINICAL EXPERIENCE

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Keesler Medical Center, US Air Force Base   <i>Biloxi, MS</i>	04/27/2015 – 08/14/2015
Campbell Physical Therapy & Sports Care   <i>San Jose, CA</i>	10/27/2014 – 12/19/2014
Neurological And Physical Abilitation Center   <i>Los Angeles, CA</i>	08/18/2014 – 10/10/2014
Scripps Mercy Hospital   <i>San Diego, CA</i>	01/06/2014 – 03/28/2014

### CONTINUING EDUCATION

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#### Herman & Wallace Pelvic Rehabilitation Institute

Level 1: <i>Introduction to Female Pelvic Floor Function, Dysfunction and Treatment</i>	09/22 – 09/25/2016
Care of the Pregnant Patient	04/04 – 04/05/2017
Level 2A: <i>Colorectal and Coccyx Conditions, Male Pelvic Floor, Pudendal Nerve Dysfunction</i>	12/01 – 12/03/2017
Level 2B: <i>Urogynecological Examination and Treatment Interventions</i>	04/27 – 04/29/2018
Mobilization of Visceral Fascia: <i>The Urinary System</i>	07/13 – 07/15/2018
Mobilization of Visceral Fascia: <i>The Reproductive System</i>	10/19 – 10/21/2018
Mobilization of the Myofascial Layer: <i>Pelvis and Lower Extremity</i>	03/22 – 03/24/2019
Rehabilitative Ultrasound Imaging: <i>Women's Health &amp; Orthopedic Topics</i>	12/12 – 12/14/2021
Pelvic Floor Capstone	12/03 – 12/04/2023

#### Mulligan Concept

Lower Quadrant Course: <i>Mobilizations of Lower Quarter Extremity &amp; Spinal Dysfunction</i>	12/04-12/05/2016
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#### EchoGen Portal

Lumbopelvic Ultrasound Imaging for the Rehabilitation Professional	04/02-04/03/2022
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## SPECIALIZED TRAININGS

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American Physical Therapy Association (APTA) Clinical Instructor Training - Level 1	06/11 – 06/12/2022
Childbirth and Postpartum Professional Association (CAPPA) Postpartum Doula Training	03/16 – 03/17/2019
Childbirth Educator Training	07/20 – 07/21/2019

## TEACHING & MENTORING EXPERIENCE

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### Instructor & Mentor

The Jackson Foundation Kenyan Pelvic Health Program <i>Pelvic Health Module 2: Pregnancy &amp; Postpartum, Nairobi, Kenya</i>	07/2022
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### Senior Teaching Assistant

Herman & Wallace Pelvic Rehabilitation Institute	
<i>Pelvic Floor Level 2A, Los Angeles, CA</i>	03/2018
<i>Pelvic Floor Level 1, San Diego, CA</i>	01/2019
<i>Pelvic Floor Level 1, Los Angeles, CA</i>	10/2020
<i>Pelvic Floor Level 1, Los Angeles, CA</i>	01/2021
<i>Pelvic Floor Level 2B, Los Angeles, CA</i>	03/2021
<i>Visceral Mobilization of the GI System, Los Angeles, CA</i>	03/2021
<i>Visceral Mobilization of the Urinary System, Los Angeles, CA</i>	04/2021
<i>Visceral Mobilization of the Reproductive System, Los Angeles, CA</i>	10/2021
<i>Rehabilitative Ultrasound Imaging: Women's Health &amp; Orthopedic Topics</i>	11/2021
<i>Visceral Mobilization of the Urinary System, Los Angeles, CA</i>	02/2022
<i>Mobilization of the Myofascial Layer, Los Angeles, CA</i>	03/2022
<i>Visceral Mobilization of the GI System, Las Vegas, NV</i>	03/2022
<i>Visceral Mobilization of the GI System, Torrance, CA</i>	09/2022
<i>Visceral Mobilization of the Urinary System, Torrance, CA</i>	02/2023
<i>Pelvic Floor Series Capstone, Torrance, CA</i>	04/2023
<i>Mobilization of the Myofascial Layer, Torrance, CA</i>	06/2023

### In-Services

Physical Therapy for Pelvic Floor Dysfunction: Differential Diagnosis, and Treatment Interventions	
<i>Southland Physical Therapy, Long Beach, CA</i>	10/27/2017
<i>Southland Physical Therapy, Mission Viejo, CA</i>	12/05/2017
<i>Southland Physical Therapy, Irvine, CA</i>	02/02/2018
<i>Southland Physical Therapy, Costa Mesa, CA</i>	02/27/2018

### In-House Trainings

Physical Therapy for Female Pelvic Floor Dysfunction: Internal Vaginal Examination and Treatment	
<i>Southland Physical Therapy, Mission Viejo, CA</i>	05/26/2018
Physical Therapy for Colorectal & Coccyx Conditions: Internal Anorectal Examination and Treatment	
<i>Southland Physical Therapy, Irvine, CA</i>	06/12/2018

## CONFERENCES ATTENDED

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AWHONN National Conference   <i>Aurora, CO</i>	06/2022
Pelvic Floor & Sexual Medicine of Southern California (PFSM)	
<i>Los Angeles Meeting</i>	11/2019
<i>Irvine Meeting</i>	05/2019
<i>San Diego Meeting</i>	02/2019
CPTA Student Conclave   <i>San Marcos, CA</i>	03/2015
APTA Combined Sections Meeting   <i>San Diego, CA</i>	01/2015

## SCHOLARLY ACTIVITY

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### Presentations

Jennifer Gabelsberg, Quozette Valera, Linda Vuong. Adapting Physical Therapy to Virtual Care.

ISSWSH (International Society for the Study of Women's Sexual Health) Annual Meeting; March 2021.

Coelho M, Mah A, Marquez N, Shelton S, Valera Q. Teaching Methods to Enhance Physical Therapy Knowledge in Developing Countries: A Systematic Study. IAFOR International Conference of Education, Dubai; March 2015.

Coelho M, Mah A, Marquez N, Shelton S, Valera Q. Teaching Methods to Enhance Physical Therapy Knowledge in Developing Countries: A Systematic Study. APTA Combined Sections Meeting, Anaheim, CA; February 2016.

## Research

Gilliland S. Clinical Reasoning and Physical Therapist Education. – research subject, 2014

## GUEST SPEAKING EVENTS & INTERVIEWS

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Happy Hour with Bundle Birth Nurses Podcast   Interview with Sarah Lavelle, RN Topic: "Push Like You are Pooping" with Dr. Q	04/03/2023
AWHONN National Conference   Presenter, Aurora, CO Topic: "Push Like You're Pooping"- Management of Second Stage Labor from a Pelvic PT Perspective	06/29/2022
Let's Talk About It Podcast   Interview with Taylor Nolan, M.S., LMHCA Topic: Pelvic Floor Myths	09/30/2021
Malawis House: Fearless Fridays   Interview with Shayla Malawi Topic: Postpartum Pelvic Floor	04/16/2021
POC Stories   Interview with Aysa Topic: What You Need to Know About the Pelvic Floor	02/21/2021
The Period Party Podcast   Interview with Nicole Jardim Topic: Pelvic Health & Pelvic Organ Prolapse	01/18/2021
Power to the Bump   Virtual Event, Long Beach, CA Guest speaker: Prenatal & Postpartum Pelvic Health	06/13/2020
EndoConnect LA   Virtual Event, Los Angeles, CA Guest speaker: Pelvic Floor Physical Therapy for Endometriosis	06/06/2020
Birthworkers of Color Collective   Flora y Tierra, Long Beach, CA	
Advanced Doula Training Guest Presenter: Pelvic Health Topics for Doulas	04/11/2023
Advanced Doula Training Guest Presenter: Pelvic Health Topics for Doulas	09/06/2022
Doula of Color Training Guest Presenter: Pelvic Health Topics for Doulas	03/19/2022
Doula of Color Training Guest Presenter: Pelvic Health Topics for Doulas	10/22/2021
Doula of Color Training Guest Presenter: Pelvic Health Topics for Doulas	04/09/2021
Doula of Color Training Guest Presenter: Pelvic Health Topics for Doulas	12/05/2020
Doula of Color Training Guest Presenter: Pelvic Health Topics for Doulas	03/13/2020

## PRESS & FEATURES

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VoyageLA Magazine   <i>Rising Stars: Meet Quozette Valera</i>	11/20/2023
Signal Hill Tribune   <i>Doctor Quozette Valera: Long Beach's Pelvic Floor Expert</i>	02/08/2022
Yahoo! Finance   <i>8 Women Shaking it Up in Health &amp; Wellness</i>	03/24/2021
In the Heart Stories   Online Blog	09/23/2020
WOC in PT   Virtual Community, Online Blog	07/16/2020

## COMMUNITY SERVICE

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- Low Back Pain Prevention Presentation** | Keesler Air Force Base, *Biloxi, MS* 07/25/2015  
Low back pain prevention strategies presented to active duty US Air Force firefighters by Keesler Medical Center Physical Therapy Interns.
- Special Olympics** | University of Southern California, *Los Angeles, CA* 06/07/2014  
Summer Games Fun Fitness volunteer with Chapman University's Department of Physical Therapy.
- UCI Annual Stroke Picnic** | University California, *Irvine, Irvine, CA* 05/12/2013  
Helped set up picnic event site and sign in/escort stroke survivors with Chapman University's Department of Physical Therapy.