

## Emily Gee PT, DPT

Assistant Professor of Music, Director of the Musicians' Wellness Program, CU Boulder

[Emily.gee@colorado.edu](mailto:Emily.gee@colorado.edu)

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## EDUCATION

Regis University <i>Residency in Orthopedic Physical Therapy</i>	<i>Denver, CO</i> 12/2021- 12/2022
University of California San Francisco / San Francisco State University <i>Doctorate in Physical Therapy</i>	<i>San Francisco, CA</i> 06/2015- 06/2018
DePaul University <i>Bachelor of Science in Health Sciences, Minor in Biology</i> <i>School of Music, Cello Performance Major</i>	<i>Chicago, IL</i> 01/2012- 06/2014 2008-2011

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## LICENSURE AND CERTIFICATIONS

Licensed Physical Therapist <i>State of Colorado #0016009</i> <i>State of California #295197</i>	<i>10/2018- present</i> 07/2018-2020
Board Certified Clinical Specialist in Orthopedic Physical Therapy <i>American Board of Physical Therapy Specialties</i>	<i>06/2023-present</i>
Functional Dry Needling Level 1 Certified <i>Evidence in Motion</i>	<i>12/2022</i>
Vestibular Rehabilitation and Concussion Certified <i>The American Institute of Balance</i>	<i>10/2020</i>
Certified Yoga Instructor, Registered Yoga Teacher 200-hr <i>Core Power Yoga 200-hr Vinyasa Training Accredited with Yoga Alliance</i>	<i>06/2019</i>
Certified Performing Arts Medicine Healthcare Provider <i>Performing Arts Medicine Association / American College of Sports Medicine</i>	<i>06/2018</i>
CPR/AED Certified <i>American Heart Association</i>	<i>05/2015</i>

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## ACADEMIC POSITIONS

University of Colorado, Boulder College of Music <i>Assistant Professor, Director of the Musicians' Wellness Program</i>	<i>Boulder, CO</i> 08/14/25-present
Regis University Residency in Orthopedic Physical Therapy <i>Clinical Affiliate Faculty</i>	<i>Denver, CO</i> 06/2024- 06/2026

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## PHYSICAL THERAPY EMPLOYMENT

Panorama Orthopedics and Spine <i>Staff Physical Therapist and Clinical Instructor</i>	Westminster, CO 10/2023- 07/2025
Emily Gee Mindful Movement <i>Physical Therapist and consultant</i>	Commerce City, CO and Virtual 11/2022-present
Synergy Health Partners/ Movement Dynamics Physical Therapy <i>Lead Physical Therapist</i>	Aurora, CO 01/2019- 10/2023
Lafayette Physical Therapy <i>Staff Physical Therapist</i>	Lafayette, CA 06/2018- 08/2018

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## YOGA TEACHING EXPERIENCE

Emily Gee Mindful Movement <i>Yoga Instructor</i>	Commerce City, CO and Virtual 11/2022-present
Reunion TKD <i>Yoga Instructor</i>	Brighton, CO 2024-2025
Affordable Massage and Yoga Company <i>Yoga Instructor</i> 2024-2025	Aurora, CO
Sister City Yoga- Online Yoga Community <i>Co-founder and Yoga Instructor</i>	Virtual 09/2020- 12/2022

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## CURRENT COURSES TAUGHT

CU Boulder College of Music Spring Semester 2026  
MUSC 2608/5608: Wellness for Musicians I

CU Boulder College of Music Fall Semester 2025  
MUSC 2608/ 5608: Wellness for Musicians I

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## PEER REVIEWED PRESENTATIONS

Accepted not yet presented:

Developing a Personal Wellness and Longevity Plan: Inside CU Boulder's Holistic Musicians' Wellness Curriculum, *USF Performing Arts Medicine Conference, Tampa, Florida 03/2026*

Mind, Body and Breath: A holistic warm-up routine for string players, *USF Performing Arts Medicine Conference Tampa, Florida 03/2026*

Completed:

Yoga-Based Physical Therapy Interventions for Patients with Chronic Musculoskeletal Pain, *APTA Colorado Annual Conference, Golden, CO, 10/2025*

From Stage to Clinic! PT and musicians present an interactive session addressing performers' health needs, *APTA Colorado Annual Conference, Breckenridge, CO, 09/2024*

Yoga Based Physical Therapy Interventions and Home Programs for Complex Patients following Motor Vehicle Collisions, *APTA Colorado Annual Conference, Breckenridge, CO, 10/2022*

Only You! Can Promote Health and Injury Prevention in the Classroom, *Modern Band Summit: Finding the Groove: DEI through Modern Band, 07/2021*

Can Physical Therapists Help? A systematic review and meta-analysis of interventions to address MPA in music students, *Performing Arts Medicine Association International Symposium, Las Angeles, CA, 06/28/19-07/01/19*

Conservative Interventions to Address Music Performance Anxiety in Music Students: A Systematic Review and Meta-Analysis, *University of California San Francisco, Spring Symposium, March, 3, 2018*

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## INVITED LECTURES AND WORKSHOPS

Introduction to Health Promotion and Wellness

*CU Boulder College of Music, Graduate Music Education Colloquium*

*Boulder, CO 11/2025*

The Musicians' Wellness Program

*Virtual International Dalcroze Meet-Up, Hosted by Carnegie Melon University*

*Virtual, 10/2025*

Introduction to Health Promotion, Wellness, and Injury Prevention

*CU Boulder, Music Buffs*

*Boulder, CO 10/2025*

Keeping Your Body in Tune! Injury Prevention and Functional Exercise for Musicians

*Baylor University School of Music*

*Waco, Texas 10/2025*

The Power of Breath

*Baylor University School of Music*

*Waco, Texas 10/2025*

Functional Anatomy of Breath

*CU Boulder College of Music, Woodwind Pedagogy*

*Boulder, CO 09/2025*

Injury Prevention for High School Orchestra Musicians

*Conifer High School Orchestra*

*Conifer, CO 03/2025*

Physical Well-Being & Pain Prevention for Musicians, *Two-Week Online Intensive Workshop,*

*Tonebase Violin*

*Virtual, 12/2022*

Yoga Based Physical Therapy Interventions

*Synergy Health Partners*

*Aurora, CO 08/2021*

Health and Wellness for Musicians

*Lafayette Physical Therapy*

*Lafayette, CA 05/ 2018*

Let's Talk About Music Performance Anxiety

San Francisco Conservatory of Music

SF, CA, 02/2018

Health Coaching and Motivational Interviewing Strategies in the Inpatient Setting, *Contra Costa Regional Medical Center*  
Martinez, CA, 03/2018

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## PEER REVIEWED POSTERS

Yoga Based Physical Therapy Interventions and Home Programs for Complex Patients following Motor Vehicle Collisions, *Combined Sections Meeting of the APTA, SD, CA, 02/2023*

WOW! Fostering Interprofessional Team-Based Care Among Learners: An Innovative Health Coaching Program at an Urban Safety-Net Hospital. *California Physical Therapy Association Conference. 09/2017 San Diego, CA*

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## INTERVIEWS AND PODCASTS

Scheduled:

PT Path Podcast Episode 03/2026  
*University of California San Francisco Department of Physical Therapy and Rehabilitation Science*

Trust the Process Podcast Episode 02/2026  
*Clark Lovell, Musician Unchained*

Completed:

KUVOJAZZ 01/2026  
*Rocky Mountain Public Media Interview with Kimberley Berry*

Musicians' Health and Wellness 11/2025  
*The Conscious Artist Podcast with Pallavi Mahidhara*

"Sound Body, Sound Mind—Inside CU Boulder's Trailblazing Musicians' Wellness Program" 08/2025  
*Well Magazine Interview*

Healthy Body, Healthy Music 11/2022  
*Tonebase Violin Podcast*

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## VOLUNTEER WORK

Love Your Brain Yoga Foundation Empire, CO  
*Retreat Medical Volunteer* 03/2025

Malawi Service Learning Project Malawi, Africa  
*Community Health Worker Instructor and Research Ast.* 12/14/2017-01/01/2018

Word on the Wards Health Coaching Program SF, CA 2015-2018  
*Zuckerburg San Francisco General Hospital Student Volunteer Program Coordinator and Health Coach*

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## **PROFESSIONAL SERVICE**

CU Boulder Buckley Sustainability Curriculum Ambassador	<i>2026-2028</i>
Performing Arts Medicine Association Knowledge Translation Working Group	<i>Present</i>
APTA Colorado Board of Directors: Director of Special Interest Groups	<i>2025-2027</i>
APTA Colorado Government Affairs Committee member	<i>2024 – present</i>
Alternate Delegate at Large National APTA House of Delegates, Colorado	<i>2026- 2027</i>
Delegate at Large National APTA House of Delegates, Colorado	<i>2025- 2026</i>

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## **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS**

American Physical Therapy Association (APTA) member	<i>2015-present</i>
APTA Orthopedic Section member	<i>2019-present</i>
Performing Artists Medicine Association member	<i>2017-present</i>
Yoga Alliance member	<i>2019-present</i>

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## **HONORS AND AWARDS**

Regis University Post-Professional Award, 2025
Private Practice Section of APTA Jeff Ostrowski Scholarship Winner, 2022
Health Policy and Administration Section Scholarship, APTA 2018
Alumni Scholarship for Leaders in Physical Therapy, University of California San Francisco 2017
Van R. Johnson Sutter Scholarship recipient, 2016-2018
Phi Kappa Phi Honors Society Member, 2014-2016
Summa cum Laude, DePaul University, 2014