

EDUCATION

University of Colorado, Aurora, CO	Doctor of Physical Therapy	2010
University of Denver, Denver, CO	Bachelor of Science – Biology	2007

LICENSURE INFORMATION

Colorado License #PTL.0010084

CERTIFICATIONS

Board Certified Orthopedic Clinical Specialist	2016
American Physical Therapy Association Certified Clinical Instructor	2011

EMPLOYMENT & POSITIONS HELD

2020 – Present	Guest Instructor, University of Northern Colorado, Greeley, CO
2017 – Present	Owner & Therapist, Back in Step Physical Therapy, Centennial, CO.
2010 – Present	Department of Physical Medicine and Rehabilitation University of Colorado, Anschutz Medical Campus, Aurora, CO 2023 – Present – Faculty, Clinical Senior Instructor 2016 – 2023 – Associated Faculty, Clinical Senior Instructor 2010 – 2016 – Lab Instructor
2020 – 2021	Guest Instructor, Colorado School of Traditional Chinese Medicine, Denver, CO
2014 – 2020	PRN Therapist, Swedish Medical Center, Englewood, CO
2014 – 2016	PRN Physical Therapist, HealthOne Occupational Medicine, CO
2013 – 2014	Per Diem Physical Therapist, WSI Healthcare & Supplemental Staffing, CO
2012 – 2013	Staff Physical Therapist, CACC Physical Therapy, Aurora, CO
2010 – 2012	Staff Physical Therapist, HealthOne Medical Center of Aurora, Aurora, CO

PROFESSIONAL PRESENTATIONS

APTA Colorado Chapter Annual Conference

- 2024 – Strut Your Stuff: Working with Dancers as a Non-Dance PT

International Association for Dance Medicine & Science

- 2025 - Navigating partnered dance: strategies for injury reduction & flow in the context of modern Swing
- 2022 – Injury reduction and improvement in technique in West Coast Swing dancers

PROFESSIONAL MEMBERSHIPS

American Physical Therapy Association

- Orthopedics Section – Performing Arts Special Interest Group
- Private Practice Section

Doctors for Dancers

International Association for Dance Medicine & Science

National Dance Education Organization

Performing Arts Medical Association

COMMUNITY SERVICE

2025 – Present **International Association for Dance Medicine & Science**
• Small Business Owners Special Interest Group – Chair, Founding member 2025 - present

2025 – Present **APTA Performing Arts Special Interest Group**
• Nominating Committee 2025 - present

2021 – 2025 **Bridge Dance Project**
• Denver Team Lead 2022 - 2024

Doctors for Dancers

- July 2024 On-site coverage Tribe 99 The Tour
- April 2022 On-site coverage at Adrenaline Convention
- January 2022 On-site coverage at Velocity Convention

Bridge Dance Project

- February 2025 Keynote speaker, On-site at Denver Ballet Guild Young Dancers Competition
- March 2024 On-site at Denver Ballet Guild Young Dancers Competition
- July 2023 Injury Reduction Workshop at Starstruck Academy of Dance

2019 – Present Advisory Board Member, Cherry Creek Public Schools
Health & Wellness Pathway, Pre-PT/OT track

SERVICES TO THE UNIVERSITY/COLLEGE/SCHOOL ON COMMITTEES/COUNCILS/COMMISSIONS

CU PT Residential Program

- Lab Management Task Force member
- Student Events Committee member
- Scholarship and Awards Committee member
- Faculty Development Committee member

AWARDS AND ACCOMPLISHMENTS:

2024, 2025 CU Anschutz Alumni Hero recognition, University of Colorado Anschutz Alumni

2023 Alumni Achievement Award, University of Colorado Physical Therapy Alumni Association

2019 – 2022 Toastmasters International
Winner of Best Speaker, Best Evaluator, and Most Improved Speaker awards, as well as a Triple Crown winner and Area Speech Contest winner.

2010 Herbert J. Levy Humanitarian Award, University of Colorado Physical Therapy Alumni Association

2009 Outstanding Service to the University of Colorado Denver by an Individual

2007 Alpha Lambda Delta National Honor Society

CONTINUING EDUCATION ATTENDED (LAST 5 YEARS)

- American Physical Therapy Association Combined Sections Meeting sessions - 2025
- Colorado Dance Educators Organization – 2025
- International Association for Dance Medicine and Science annual conference – 2024
- American Physical Therapy Association Colorado Chapter annual conference – 2024
- Performing Arts Medicine Association webinar, Circus Health: Learn how to juggle your artists - 2024
- APTA CO – Pain Science Webinar - 2024
- CPR renewal - 2024
- Performing Arts Athletic Trainers Society virtual symposium - 2024
- American Physical Therapy Association Combined Sections Meeting Pre-Conference Kick Start your Private Practice – 2024
- Colorado Dance Educators Organization – 2024
- International Association for Dance Medicine and Science annual conference – 2023
- American Association of Physical Therapists virtual wound seminar – 2023
- American Physical Therapy Association Colorado Chapter annual conference – 2023
- American Physical Therapy Association Combined Sections Meeting sessions - 2023
- Colorado Dance Educators Organization – 2023
- No Surprises Act Webinar - 2023
- International Association for Dance Medicine and Science annual conference – 2022
- Plus-size patients, wound care strategies webinar - 2022
- Identifying Pressure Injuries: Differentiation & Staging webinar – 2022
- Wound Assessment 101 webinar - 2022
- Dance Medicine Education Initiative – Module IV: Upper Quadrant – 2022
- Basic Training: The Progressive Pointe Method – The Pointe Shop – 2022
- Progressive Ballet Technique: Level 1 certification – 2022
- American Physical Therapy Association Combined Sections Meeting sessions – 2022
- CPR renewal - 2022
- Colorado Dance Educators Organization – 2022
- International Association for Dance Medicine and Science – 2021
- American Physical Therapy Association Combined Sections Meeting sessions – 2021
- Adapting in a COVID World virtual session - 2021
- Colorado Dance Educators Organization – 2021
- Transformation Academy – Health & Nutrition Life Coach Certification – 2020
- 5th European Congress on Physiotherapy Education virtual attendee – 2020
- Align Virtual Conference – 2020
- Living Your Business Legacy – 2020
- Pain Science virtual session – 2020
- Role as a First Responder in Healthcare virtual - 2020
- Dance PT with Jenna Kantor, DPT – 2020
- Smart Success Physical Therapy virtual conference - 2020
- Harkness online courses – 2020
 - Foot & Ankle; Principles of Dance Medicine; Influence of Nutrition on Dancer Health & Performance; Assess Pointe Readiness
- Colorado Dance Educators Organization – 2020

RESUME

Dr. Alyssa Arms, PT, DPT, OCS

CURRENT TEACHING RESPONSIBILITIES

University of Colorado Denver, Anschutz Medical Campus, Aurora, CO

Doctor of Physical Therapy Program

Clinical Senior Instructor

Spring Semester

DPTR 6301: Medical Conditions I; Lab instructor

DPTR 6303: Medical Conditions III; Guest lecturer, Lab instructor

Summer Semester

DPTR 5201: Examination and Evaluation I; Lab instructor

DPTR 5211: Foundations of Intervention I; Coordinator

Fall Semester

DPTR 5202: Examination and Evaluation II; Coordinator

DPTR 5212: Foundations of Intervention II; Lab instructor

DPTR 6302: Medical Conditions II; Guest lecturer, Lab instructor

University of Northern Colorado – 2020 to present

Master of Arts in Dance Education Program

Guest Lecturer

Summer Semester

DNCE693-700 Popular Dance Forms

OTHER PROFESSIONAL CONTRIBUTIONS

IADMS Educational Session proposal reviewer - 2025

Peer Reviewer – International Journal of Sports Physical Therapy, 1 manuscript, 2024

Additional Speaking Engagements:

- Colorado Dance Education Organization
 - 2025 – The Dance Lab: Blending Art and Science for Peak Performance
 - 2024 – Optimizing Anatomy Knowledge for Dancers; Power Up Your Performance
 - 2023 – Learn to Dance West Coast Swing to improve your traditional dance skills
 - 2022 – The Secret to Safe Stretching for Dancers
 - 2021 – Pointe Readiness: The 5 Keys for Dancer Health
 - 2020 – Dance Injury Prevention for Dancers Across Styles
- ourD.A.N.C.E. – 2021 – Basic Anatomy & Biomechanics for West Coast Swing

Poster Presentations:

- International Association for Dance Medicine & Science 2023 – Use of experiential anatomy education for adolescent competitive and/or preprofessional dancers.
- APTA Colorado Annual Conference 2023 – Effects of a progressive exercise program on an adolescent competitive dancer: a case study.

Interviews for digital magazines or podcasts

- Healthy, Wealthy, & Smart Podcast
- Demand Better Podcast
- PT Pintcast Podcast
- DanceTeacher.com
- Nike.com
- Dancing with Precision digital magazine
- Anything but Routine Podcast
- The Dance PT Podcast
- Physiotherapy Performance Perspective Podcast

LEADERSHIP/NON-CLINICAL EXPERIENCE:

2025 – Present **International Association for Dance Medicine & Science**

- Small Business Owners Special Interest Group – Chair, Founding member 2025 - present

2025 – Present **APTA Performing Arts Special Interest Group, Nominating Committee**

2021 – 2025 **Bridge Dance Project**

- Denver Team Lead 2022 - 2024

2019 – 2022 **Toastmasters International club member, Titans Toastmaster, CO**

- Club President 2021 – 2022

2011 – 2021 **Board Member, University of Colorado Physical Therapy Alumni Association**

- Board member 2020 – 2021
- Past President 2018 – 2020
- President 2014 – 2018
- Board member 2012 – 2014
- Faculty liaison 2011 – 2012

Jan 2016 – Jan 2020 **CPR Instructor, University of Colorado Physical Therapy Alumni Association**

June 2010 – July 2014

2011-2013 **Co-Event Director, 5280 Swing Dance Championships**

- Coordinated over 50 volunteers to cover nearly 400 hours of assistance for a four-day event.
- Researched all major event purchases for price comparisons and overall value for the event's purposes, for final approval by the event financier.
- Co-managed registration volunteers, as well as overseeing and assisting with all registration desk tasks.
- Acted as the customer service liaison for all event participants, including hired staff and professional staff.