

Brooke R. Winder, PT, DPT, OCS, CSCS

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EDUCATION

Doctor of Physical Therapy (DPT)

University of Southern California; Los Angeles, CA; *Graduation Date:* 2010, with Honors

Orthopedic Physical Therapy Residency

University of Southern California; Los Angeles, CA; *Completion Date:* 2011

Bachelor of Fine Arts in Dance

Chapman University; Orange, CA; *Graduation Date:* 2004, Summa cum Laude

LICENSURE AND CERTIFICATIONS

Physical Therapy Board of California, License Number: PT 36874

Board-Certified Orthopedic Clinical Specialist (OCS), Certification Number: 41965

Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association

Pilates Instructor Certification, Body Arts and Science International (BASI)

ACADEMIC APPOINTMENTS

Associate Professor (Tenured) 2016-Present

Coordinator of the B.S. Degree in Dance Science

California State University Long Beach, Department of Dance

Duties:

- Development, implementation, oversight, and assessment of curriculum in alignment with University, Department, and Degree Program goals
- Observation, evaluation, and mentorship of faculty teaching within the dance science degree program
- Student advising and mentorship, including course planning/graduation trajectory and preparation for graduate programs and certifications
- Provision of opportunities for students outside the classroom such as internships, interdisciplinary collaborations, participation in research, and volunteer opportunities
- Management of facility and equipment needs for Pilates movement lab space, including budgeting, purchasing, and maintenance of equipment
- Organization of guest lectures and master classes related to dance science
- Communication and advisement with dance faculty regarding optimal health and wellness practices for the dance majors in the Department of Dance
- Provision of dance student wellness screenings through Functional Assessment course (see below)

Courses Taught:

- DANC 260 Functional Anatomy for the Dancer: A thorough examination of major muscles, bones and joints as they relate to human movement. Performance of anatomical analyses and functional integration of anatomy and kinesiology concepts applied to dance.
- DANC 360 Quantitative Analysis of Dance Injuries: Prevention and Recovery: Quantitative analyses relevant to injury tracking and reporting, injury risk factors, and overall health and fitness training principles focused on injury risk-reduction and optimization of recovery. Fosters critical thinking skills in analyzing/evaluating scientific literature and understanding statistical principles used in dance science/sports science research.
- DANC 361 Pilates I: Beginning-intermediate level Pilates-based program, emphasizing the use of the Pilates apparatus, designed to enhance performance, movement coordination, and physical conditioning.
- DANC 446: Functional Movement Assessment in Dance: Students hone their movement analysis skills and knowledge of exercise and movement re-education strategies through wellness sessions provided to undergraduate dance students by a Licensed Physical Therapist. Students enrolled in the CSULB Doctor of Physical Therapy program are also allowed to audit this course to learn about approaches to dance wellness and movement analysis.
- DANC 565 Dance Science Related to Teaching Technique (3 units): Application of anatomical principles, scientific principles of training, and biomechanical principles to more effectively design and teach dance technique classes. Concepts covered include principles of anatomy, kinesiology, fitness training (muscle strength/endurance/power, aerobic and anaerobic fitness, balance/agility, and flexibility/mobility training), periodization, nutrition, psychological wellness, mindfulness, and critical analysis of research.

Regular Guest Lecturer in the Department of Physical Therapy

California State University, Long Beach (2016-Present)

- “An Orthopedic Approach to Pelvic Health and Rehabilitation” for DPT 733: Interventions for Individuals with Musculoskeletal Disorders (Yearly from 2020-Present)
- “Use of Pilates as a Rehabilitation Tool” for DPT 737: Sports Rehabilitation for Physical Therapists (Yearly from 2016-2019)

Clinical Mentor, Orthopedic Physical Therapy Residency Program

University of Southern California, Los Angeles, CA (2012-2017)

Teaching Assistant

University of Southern California Doctor of Physical Therapy Program (2010-2011)

- PT 621 Clinical Management of the Patient with Orthopedic Disorders
- PT 551 Therapeutic Application of Physical Agents
- PT 606 Clinical Imaging

PHYSICAL THERAPIST CLINICAL WORK EXPERIENCE**Owner, Physical Therapist (2020-Present)**

Renew Motion Physical Therapy, Orange, CA

Orthopedics, Pelvic Floor, and Dance/Performing Arts Medicine, in-home, on-site, and telehealth

Staff Physical Therapist (2016-2020)

Sarton Physical Therapy, Tustin, CA
Orthopedics, Pelvic Floor, and Dance Medicine

Director of Physical Therapy (2012-2015)

The Cypress Center Innovative Physical Therapy and Wellness, Pacific Palisades, CA
Orthopedics, Pelvic Floor, and Dance Medicine
Management of clinic day-to-day operations and staff

Staff Physical Therapist (2011-2012)

Body Awareness Physical Therapy
Orthopedics and Dance Medicine

PEER-REVIEWED PUBLICATIONS

Winder BR, Heineman H, Scherb E. Prevalence and Impact of Urinary Incontinence and Other Pelvic Floor Symptoms in Female Aerialists. *Journal of Women's and Pelvic Health Physical Therapy*. 49(1): 2-25; 35-44.

Winder BR, Lindegren K, Blackmon, M. Prevalence of Urinary Incontinence and Other Pelvic Floor-Related Symptoms in Female Professional Dancers. *Journal of Dance Medicine and Science*. 2023; 27(1): 50-55.

Rowley KM, Shih HJS, Traina K, Winder B, Mikkelsen P, and Kulig K. Effects of a “toes-off” modified heel raise on muscle coordination in non-dancers, dancers, and dancers with flexor hallucis longus tendinopathy. *Clinical Biomechanics*. Clinical Biomechanics (Bristol, Avon). 2021; 83:105287.

Winder BR, Keri PA, Weberg, DE, Beneck GJ. Postural cueing increases multifidus activation during stabilization exercise in participants with chronic and recurrent low back pain: An electromyographic study. *Journal of Electromyography & Kinesiology*. 2019; 46: 28-34.

Winder BR. Pelvic Floor Dysfunction in a Dancer with Lumbar, Sacroiliac and Coccyx Pain. *Orthopedic Physical Therapy Practice*. 2017; 29(4):222-225.

Kulig K, Loudon J, Popovich JM Jr, Pollard CD, Winder BR. Dancers with Achilles tendinopathy demonstrate altered lower extremity take-off kinematics. *Journal of Orthopaedic and Sports Physical Therapy*. 2011; 41(8):606-613.

REFEREED RESEARCH PRESENTATIONS

Winder BR. *Translating cross training and periodization for dance: A workshop model for knowledge exchange*. Workshop Presentation. International Association of Dance Medicine & Science Annual Conference. September 2026, Melbourne, Australia.

Winder BR, Frydenberg J. *Dancer Health ‘Down Under’: Updated Needs in Pelvic Floor Research and Care for Dancers*. Platform Research Presentation. International Association of Dance Medicine & Science Annual Conference. September 2026, Melbourne, Australia.

Schuyten K, Memmini A, Winder BR. *Beyond the Brain: How Hypermobility, Hormones, and Neck Strength Influence Concussion Recovery*. APTA Orthopedics Virtual Conference. June 27, 2026. Online.

Winder BR, Bluestein L. *Bendy but Not Broken: Supporting Pelvic and Sexual Health in Patients with Hypermobility*. Educational Platform Session. APTA Combined Sections Meeting. February 2026, Anaheim, CA.

Winder BR, Bluestein L. *Hypermobility and Sexual Dysfunction in Dancers: What Practitioners Should Know*. Panel Presentation. International Association of Dance Medicine and Science Annual Conference. October 2025, Las Vegas, NV.

Winder BR, Blackmon A, Schonberg V. *Symptoms and perceptions of perimenopause and menopause in dancers aged 40+: A descriptive study*. Platform Presentation. International Association of Dance Medicine and Science Annual Conference. October 2025, Las Vegas, NV.

Saunders A, Winder BR, Ying J. *Pelvic Floor Considerations for Wind Instrumentalists: Understanding the Relationship Between Your Breath, Diaphragm, & Pelvic Floor*. Performing Arts Medicine Association International Symposium, July 2025, Washington D.C.

Sheren J, Ryan F, Price K, Winder BR. *Menopause and The Performing Artist - Performing Through Change, Emerging From A Renaissance*. Panel Presentation. Performing Arts Medicine Association International Symposium, July 2025, Washington D.C.

Bluestein L and Winder BR. *Is Being Bendy a Benefit in the Bedroom? The Sexual Impacts of Joint Hypermobility and Comorbidities*. International Society for the Study of Women's Sexual Health (ISSWSH/International Society for Sexual Medicine (ISSM) Joint Meeting. February 2025, Atlanta, GA.

Winder BR. *Happy Bladder, Happy Dancer: Strategies for Managing Urinary Frequency, Urgency, and Irritability*. International Association of Dance Medicine and Science Annual Conference. October 2024, Rimini, Italy.

Winder BR, Hampson D. *Supporting performers through perimenopause, menopause, and beyond: what clinicians should know*. Performing Arts Medicine Association International Symposium. July 2023, New York, NY.

Heineman H, Winder BR, Scherb E. *Prevalence of urinary incontinence and other pelvic floor-related symptoms in circus artists*. Performing Arts Medicine Association International Symposium. July 2023, New York, NY.

Winder BR, Keay N, Hampson D. *Supporting dancers through perimenopause, menopause, and beyond: what clinicians should know*. International Association of Dance Medicine and Science Annual Conference. Oct. 2022, Limerick, Ireland.

Winder BR, Higgins S. *Training a Dancer's Core From Lid to Floor: Integrating Glottis-Pelvic Floor Approaches for Dance*. International Association of Dance Medicine and Science Annual Conference. Oct. 2022, Limerick, Ireland.

Higgins S, Winder BR. *Maximizing functional training for the performing artist: Connecting the glottis and the pelvic floor*. Performing Arts Medicine Association International Symposium. June 2022, Chicago, IL.

Winder BR, Hentis M, Marulli T, Schuyten K. *Performing Arts Care in a New World: Re-Imagining Our Approaches to Training, Rehabilitation, and Resilience-Building*. American Physical Therapy Association Combined Sections Meeting. 2-hour educational session. Feb 2022, San Antonio, TX.

Winder BR, Blackmon A, Lindegren K. *Taming the Overactive Pelvic Floor*. International Association of Dance Medicine and Science Annual Conference, Virtual Conference. Oct 2021.

Hentis M, Marulli T, Winder BR. *Treating and Inspiring Wellness in University Dancers in a Post COVID-19 World: What Have We Learned and Where Do We Go From Here?* International Association of Dance Medicine and Science Annual Conference. Virtual Conference. Oct 2021.

Winder BR. *Addressing Urinary Incontinence in Dancers: Moving Beyond the Pelvis*. Peer-Reviewed Workshop Session. 39th Annual Performing Arts Medicine Association International Symposium. Virtual Conference. June 2021.

Winder BR, Blackmon A, Lindegren KM. *Pelvic Health Considerations for Female Dancers*. American Physical Therapy Association Combined Sections Meeting. Virtual Conference. February 2021.

Winder BR, Lindegren KM, Blackmon M. *Prevalence of Urinary Incontinence in Female Professional Dancers*. American Physical Therapy Association Combined Sections Meeting (Virtual), ePoster Presentation. February 2021.

Winder, BR. *Pelvic floor stiffness in pelvic floor dysfunction of dancers vs. non-dancers*. International Association of Dance Medicine and Science Annual Conference. Oct 2019, Montreal, Quebec, Canada.

Winder BR, Ying J. *Empowering Performing Artists During Injury Healing and Wellness: How Can the Healthcare Provider Serve as a Facilitator?* 37th Annual Performing Arts Medicine Association International Symposium. June 2019, Los Angeles, CA.

Winder, BR. *Optimization of Pelvic Floor Health in Dancers*. Workshop Session. 36th Annual Performing Arts Medicine Association International Symposium. June 2018, Orange, CA.

Winder BR. *Optimizing Pelvic Floor and Bladder Health for Dancers*. International Association of Dance Medicine and Science Regional Meeting. Platform presentation. June 2018, Los Angeles, CA.

Rowley MK, Shih S, Mikkelsen P, Winder BR, Kulig K. *Athletics Meets Aesthetics: Lower extremity injury treatment in dance vs. sport*. Educational session. APTA Combined Sections Meeting. February 2018, New Orleans, LA.

Winder, BR. *From the dance floor to the pelvic floor: concerns regarding pelvic floor dysfunction in performers*. Platform Presentation. International Association of Dance Medicine and Science Annual Conference: A Day for Medics. October 2017, Houston, TX.

BOOK CHAPTER AUTHORSHIP (INVITED)

Chapter 13: Dance Injuries in the Core, Pelvic Floor, and Hips with Susan Mayes, Lauren Elson
In: "Dance Injuries: Reducing Risk and Maximizing Performance, First Edition"
Edited by Jeff Russell; Publisher: Human Kinetics, 2024.

Pelvic Health: Everybody Leaks?! with Dinah Hampson
In: "Myths of Menopause," Edited by Nicky Keay; Publisher: Sequoia Books, 2024

Pelvic Floor Considerations for Female Dancers Through the Lifespan. In: “The ‘Female’ Dancer: A Soma-Scientific Approach,” Edited by Claire Farmer and Helen Kindred; Publisher: Routledge, 2024.

PT CONTINUING EDUCATION COURSES/COURSE MODULES DEVELOPED AND TAUGHT

Performing Arts Medicine Association Essentials of Performing Arts Medicine Course Lecture (Update)
Breath, the Core, and the Pelvic Floor (co-author: Aliza Rudavsky)
Online live and recorded for PAMA’s Dance Medicine Certification Course for Practitioners (Jan 2026)

Treating the Artistic Athlete: Optimizing Pelvic Health in Dancers and Related Performing Artists
Pelvic Health Solutions
4-Hour CEU Course, Live Online. (April 2023, Dec 2024, Dec 2025, Scheduled for Nov. 2026)

PostPartum Dancers: Understanding the Unique Demands & Concerns of Artistic Athletes
Part of the Thriving Mama Series: PostPartum Athlete 1-day CEU Course, Live Online
Also available as On-Demand CEU Course (April 2022)

The Performer’s Pelvis: Managing Pelvic Floor Dysfunction in Dancers and Artistic Athletes
Embodia Platform
9-week (18-hour) live online continuing education course for rehabilitation professionals on the management of pelvic floor dysfunction in performing artists (June-Aug 2021)
Also available as an on-demand 18-hour course on Embodia platform

Performing Arts Medicine Association Essentials of Performing Arts Medicine Course Lecture
Breath, the Core, and the Pelvic Floor (co-author: Jeff Russell)
Online live and recorded for PAMA’s Dance Medicine Certification Course for Practitioners (June 2020)

An Orthopedic Perspective on Patients with Pelvic Floor Pain
Kaiser Northern California Graduate Physical Therapy Education
A 4-hour in-person course focused on helping orthopedic clinicians better understand pelvic floor anatomy, pain referral patterns, common clinical presentations and associated factors, history taking, screening tools, and external treatment interventions (March 2018)

INVITED LECTURES/MASTER CLASSES

Understanding the Core Beyond Abdominals. Backhausdance Summer Intensive, Chapman University, Orange, CA. July 2026

Pelvic Floor Concerns and Health in Dancers. Invited lecture for Trinity Laban Conservatoire Faculty; London, UK. June 2026

Beyond Bendy: Pelvic and Sexual Health Concerns in Hypermobile Circus Artists. (co-speaker: Dr. Linda Bluestein) Circus Science Symposium, The Circus Doc (Live Online). April 2026

The Pelvic Floor in Dance. Guest lecture for Dance Kinesiology course at Chapman University Department of Dance. Orange, CA. April 2026

Pelvic and Hormonal Health in Dancers. Assessing & Treating Dancers and Artistic Athletes Level 2 Course Lecture. Pivot Dancer/Embodia (Live Online). March 2026

Sexual and Pelvic Health in EDS, POTS, and MCAS. Invited Webinar, Pelvic Floor University. November 2025

Up in the Air, Strong Down There: Pelvic Floor Health for Aerialists, Invited Lecture, Dissecting Aerial Symposium (Online). April 2025

The Pelvic Floor in Circus Arts: A Balancing Act, Circus Smart Speaker Series, The Circus Doc (Online). April 2025

Careers in Medicine Panel: Careers in PT, The Wooden Floor Nonprofit Dance and College Prep Program. November 2023

Pelvic Floor in Performing Artists, Seattle Dance and Performing Arts Medicine Journal Club Presentation (Live Online). April 2023

Optimizing Pelvic Floor Health in Training: Approaches to Make a Difference, National Strength and Conditioning Association Southwest Regional Clinic. December 2022

Injury Prevention for College Dance Day, Mater Dei High School College Dance Day, Invited Master Class. September 2022 and September 2023

Pelvic Floor for Performing Artists, Performing Arts Medicine Association Webinar Series (Live Online). September 2022

The Pelvic Floor for Circus Artists, The Circus Doc Circus Smart Speaker Series and Circus Medicine Course (Live Online). April 2022

The Role of the Pelvic Floor in Flexibility Training, Part 2, Iman Circus Arts Master Class (Live Online). February 2022

The Role of the Pelvic Floor in Flexibility Training, Part 1, Iman Circus Arts Master Class (Live Online). January 2022

The Pelvic Floor for Circus Artists, The Circus Doc Circus Smart Speaker Series and Circus Medicine Course (Live Online). August 2021

Pelvic Floor Function and Dysfunction in Dancers: What Does the Research Tell Us?, Guest Lecture for Embodia's Continuing Education Course by Pivot Dancer: *Assessment and Treatment of Dancers* (Live Online). November 2020

Injury Prevention for Dancers: Pre-Professional and Advanced Professional, Backhausdance Summer Intensive. August 2019 and August 2020

Breath, the Core, and the Pelvic Floor: What Dancers Need to Know and What the Hip? Tips and Tricks for Healthy Hips in Dance, American College Dance Association Baja Conference, Long Beach, CA. February 2020

Pilates for Dancers: Pre-Professional and Pilates for Dancers: Advanced-Professional, Backhausdance Summer Intensive. August 2018

Pilates and Conditioning for Dance, Golden West College, Huntington Beach, CA, Guest Artist for a Day Series (Coast Community College Grant Award). May 2018

Pursuing Physical Therapy as a Career, Guest Lecture, Orange County High School for the Arts, Santa Ana, CA. May 2018

The Shoulder Complex: Keys for a Healthy Shoulder in Dance and Pilates with Special Focus: The Shoulder Complex, American College Dance Association Baja Conference, Torrance, CA. April 2017

Dynamic Neuromuscular Stabilization and Core Stabilization in Low Back Pain, Guest Lecture, California State University Northridge, Department of Physical Therapy. March 2017

Pilates for Dancers, Injury Prevention and Optimizing Performance for Dancers, Backhausdance Company Intensive, Chapman University, Orange, CA. August 2017

Dance, the Core, and the Pelvic Floor: Considerations for Optimal Pelvic Floor Health in Dancers, Healthy Approaches in the Training of Dancers/Performing Artists Conference Lecturer, Chapman University, Orange, CA. August 2016

The Shoulder Complex: Training and Injury Prevention Techniques for Dancers, Healthy Approaches in the Training of Dancers/Performing Artists Conference Lecturer, Chapman University, Orange, CA. August 2018

PHYSICAL THERAPIST CONTRACT WORK FOR PROFESSIONAL DANCE COMPANIES

Hubbard Street Dance Chicago, Musco Performing Arts Center, Orange, CA. Nov 2024
Ballet BC, Segerstrom Performing Arts Center, Costa Mesa, CA. June 2023
Hubbard Street Dance Chicago, Musco Performing Arts Center, Orange CA. Jan 2019
American Ballet Theatre Youth Summer Intensive, Irvine, CA. Aug 2018, Aug 2019
Backhausdance Company Summer Intensive, Orange, CA. 2017-2021

MANUSCRIPT/JOURNAL PEER REVIEWER

Oxford University Press (2026)
International Journal of Sports Medicine (2022, 2021, 2018, 2017)
Medical Problems of Performing Artists (2020)
Journal of Dance Medicine & Science (2020, 2019, 2017, 2013)
PM&R: The Journal of Injury, Function, and Rehabilitation (2019)
Journal of Orthopedic and Sports Physical Therapy (2019)

LEADERSHIP POSITIONS AND COMMITTEE MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

American Physical Therapy Association (APTA) (Member, 2007-Present)
APTA Academy of Pelvic Health CSM Abstract Reviewer (2024-Present)

APTA AOPT Performing Arts Special Interest Group Outreach Committee Chair (2019-2022)
APTA AOPT Performing Arts Special Interest Group Nominating Committee Chair, Member (2017-2019)
APTA AOPT PASIG Research Chair (2014-2016)

International Association of Dance Medicine & Science (IADMS)
IADMS Special Interest Group on Dancer Hormone Health Member (2024-Present)
Development Committee Member (2012-2014)

UNIVERSITY-RELATED SERVICE (California State University Long Beach)

University-Level Committees:

University Mini-Grants and Summer Stipend Committee (2025-Present)
Campus Climate Committee (2020-2023)
Committee Chair (2022-2023), Vice-Chair (2021-2022)
Academic Senate Representative (2020-2022)

College-Level Committees:

College of the Arts Professional Leave Committee Member (2023-Present), Committee Chair (2025)
College of the Arts RSCA Committee (Fall 2024 & 2019-2022)
College of the Arts Internship Task Force (2018-2019)
College of the Arts Faculty Council (2016-2018)

Department-Level Committees:

Department of Dance Curriculum Committee (2016-Present)
Curriculum Committee Co-Chair (2022-2023)
Department of Dance Strategic Planning Task Force Chair (2024-2025)
Department of Dance Review, Tenure, and Promotion (RTP) Committee (2023-Present)
Chair, Dance Education Tenure-Track Search Committee (2022-2023)
Department of Dance Assessment Committee (2021-Present)
Department of Dance Chair Search Committee (2017-2018)
Annually participate on scholarship audition and new student audition committees with full faculty

AWARDS AND HONORS

California State University Long Beach College of the Arts Small Faculty Grant Award
\$4,650 grant award to support research presentation and travel, 2026-2027

California State University Long Beach College of the Arts Small Faculty Grant Award
\$2,500 grant award to support research presentation and travel, 2025-2026

California State University Long Beach College of the Arts Small Faculty Grant Award
\$2,600 grant award to support research presentation and travel, 2024-2025

Sabbatical Award
College of the Arts/Department of Dance, Spring 2024 Semester

Professors Around the World Grant Award
\$2500 to support international travel for program building, 2023-2024

California State University Long Beach College of the Arts Small Faculty Grant Award
\$2,600 grant award to support research presentation and travel, 2023-2024

California State University Long Beach College of the Arts Small Faculty Grant Award
\$2,700 grant award to support research presentation and travel, 2022-2023

California State University Long Beach College of the Arts Small Faculty Grant Award
\$2,600 grant award to support research presentation, 2021-22

CSULB Faculty Research Award in Equity, Diversity, and Inclusion
\$15,000 Team Faculty Award for Embodied Social Justice Training Project, 2021-22

California State University Long Beach College of the Arts Small Faculty Grant Award
\$3,500 grant award to support research presentation, 2020

California State University Long Beach College of the Arts Small Faculty Grant Award
\$2,700 grant award to support research presentation and travel, 2019

California State University Long Beach College of the Arts Small Faculty Grant Award
\$2,300 grant award to support research presentation and travel, 2018

Order of the Golden Cane Award,
USC Division of Biokinesiology and Physical Therapy Graduating DPT Leadership Award, 2010

Outstanding Scholarly Achievement Award
USC Division of Biokinesiology and Physical Therapy, 2010

Cardinal and Gold Award, USC Division of Student Affairs, 2010

APTA Orthopedic Section Outstanding Physical Therapy Student Award, 2009

Helen Hislop Award for Excellence in Physical Therapy, USC Division of Physical Therapy, 2009

APTA Orthopedic Section Performing Arts Special Interest Group Student Research Scholarship, 2009

Merit Award for Academic Excellence, USC Division of Physical Therapy, 2008, 2009

Phi Kappa Phi Honor Society, University of Southern California, 2007-2011

USC Physical Therapy and Biokinesiology Academic Merit Scholarship, 2007-2008