

Robyn Gisbert MSPT, DPT, CCFP, NBC-HWC
Mailstop C244, 13121 East 17th Avenue, Aurora, Colorado 80045
303-724-9361
Doctor of Physical Therapy Program, University of Colorado, Anschutz Medical Campus

Education:

Mayo Clinic Health and Wellness Coach Training	Certificate	2022
University of Colorado Denver, Aurora, CO	Certificate Health Humanitiesin progress And Bioethics	2019
University of Colorado Denver, Aurora, CO	Doctor of Physical Therapy (DPT)	2009
University of Colorado Health Sciences Center Denver, Colorado, Class Vice President	MS in Physical Therapy	1994
University of Colorado, Denver, CO	BS in Biology Cum Laude	1992

Licensure Information:

Colorado Physical Therapist Licensure #PTL.0004756

National Board-Certified Health and Wellness Coach NBC-HWC ID# A-3691873

Employment and Positions Held:

2025-Present	Adjoint Associate Professor, Physical Therapy Program, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
2017- Present	Faculty Affiliate University of Colorado Center for Bioethics and Humanities
2013 - 2025	Assistant Professor, Physical Therapy Program, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
2012 - 2013	Therapist, South Valley Physical Therapy, Denver, CO
2010 - 2013	Senior Instructor, Physical Therapy Program, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
2009 - 2010	Therapist, Colorado Ballet-Champion Physical Therapy, Denver, CO

- 2007 - 2010 Instructor, Physical Therapy Program, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
- 2006 - 2007 Teaching Fellow, Physical Therapy Program, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
- 2004 - 2006 Laboratory Assistant, Physical Therapy Program, University of Colorado Denver, Anschutz Medical Campus, Aurora, CO
- 2004 - 2006 Staff Therapist, Bethany Healthplex, Lakewood, CO
- 2003 - 2004 Staff Therapist, Briarwood Life Care Center, Denver, CO
- 2001 - 2003 Staff Therapist, HEALTHSOUTH, Highlands Ranch, CO
- 1999 - 2001 Administrator, HEALTHSOUTH, Las Vegas, NV
- 1996 - 1999 Staff Therapist, University Hospital, Denver, CO
- 1994 - 1996 Physical Therapy Staff /Director, Vencor, Englewood/Morrison, CO

Scholarly Agenda

Published scholarly activities are focused on dissemination of entry-level educational materials for foundational and clinical science in physical therapy education and in Arts and Medicine.

Emerging research focused on student resiliency and mental health.

Research Activity

PERSIST (Parkinson Exercise Resilience and Activity Sustainability Training) clinical trial, directed by Dr. Cory Christian. Collaborator, 2024-present

Heartfulness Meditation to Improve Resilience Among Health Care Students: A 90-Day Program. Principal Investigator, 2020-2023

Physical Therapy Students' Perceptions and Use of Complementary and Integrative Health Approaches, directed by Dr. Carissa Wengrovius. Collaborator, 2023-2024

Self-reported changes in physical activity and exercise in people with Parkinson's Disease due to the COVID-19 pandemic: A Cross-sectional survey, directed by Dr. Mark Manago. Collaborator, 2020-2021

Baseline levels of resilience, anxiety and depression in doctor of physical therapy students, Co-Investigator, 2018

Exercise for people in early- or mid-stage Parkinson disease: a 16-month randomized controlled trial, directed by Dr. Margaret Schenkman. Treating therapist, 2008-2013

Peer Reviewed Manuscripts:

1. Smith, A, Gisbert R, et al. Spinal cord tissue bridges validation study: predictive relationships with sensory scores. *Topics in Spinal Cord Rehabilitation* 2022
2. Gisbert R, Schenkman M. The integral role of meditation in rehabilitation. *World Journal of Yoga, Physical Therapy and Rehabilitation (WJYPR)*.2021
3. Manago, M, Swink, L, Hager, E, Gisbert R, Christiansen C, Schenkman M. The impact of COVID-19 on community-based exercise classes for people with Parkinson's disease: A cross-sectional survey of class participants and instructors. *PTJ* 2021
4. Gisbert R, Mintken P, Schenkman M, Mealer M. Resilience, Anxiety and Depression in Doctor of Physical Therapy Students- A preliminary investigation (in review)
5. Fuller K, Gisbert R. The Peripheral Nervous System. In: Goodman C, Fuller K, *Pathology: Implications for the Physical Therapist 5th Ed.* St Louis, MO: Elsevier; 2020.
6. Berliner JM, Kluger BM, Corcos DM, Pelak VS, Gisbert R, McRae C, Atkinson CC, Schenkman M. Patient Perceptions of visual, vestibular, and oculomotor deficits in people with Parkinson's disease. *M. Physiother Theory Pract.* 2020 Jun;36(6):701-708.
7. Struessel T, VanZytveld C, Forster J, Gisbert R, Nordon-Craft A. Knowledge and attitudes of physical therapy students across a longitudinal healthcare systems-focused patient safety curriculum. *Journal of Allied Health.* 2020 Summer; 49 (2): 105-113.
8. Manago MM, Gisbert R. Kahlo and Beyond: The Importance of Art and Medical Humanities in Physical Therapy. *Phys Ther* 2017 Nov 1: (97 (11): 1114 PubMed PMID: 29077913
9. Gisbert R, Schenkman M. LEAP: Physical Therapy Interventions for Parkinson's Disease *Phys Ther.* 2015 Nov 25 PubMed PMID: 25425695

Peer Reviewed Books:

Schenkman M, Bowman J, Gisbert R, Butler R. *Clinical Neuroscience for Rehabilitation Professionals*. New York, NY: Pearson; 2013.

Peer Reviewed Book Chapters:

Gisbert, R. Judd D. Orthopaedic and Physical Ability Issues in textbook entitled *Sexual and Reproductive Health A Practical Guide to Primary Care Clinicians* Springer Nature Switzerland; 2022.

Smith M, Fuller K, Gisbert R. The Peripheral Nervous System. In: Goodman C, Fuller K, *Pathology: Implications for the Physical Therapist 4th Ed.* St Louis, MO: Elsevier; 2014.

Invited Extramural Lectures

2022-2025 Lincoln Memorial University Physical Therapy Program
The Resilient Practitioner: ANS Regulation 101
Dance for Parkinson's Disease

2022-2025 University of California San Francisco Physical Therapy Program
The Resilient Practitioner: ANS Regulation 101

Peer Reviewed Scientific and Professional Presentations:

1. Gisbert R, Wengrovius C, Mealer M, Schenkman M. Poster presentation Educational Leadership Conference *Findings from Heartfulness Meditation to Improve Resilience Among Health Care Students: A 90 Day program. 2023*

Gisbert R, Wengrovius C, Mealer M, Schenkman M. Poster presentation Academy of Medical Educators *Findings from Heartfulness Meditation to Improve Resilience Among Health Care Students: A 90 Day program. 2023*

2. Mañago MM, Swink LA, Hager HR, Gisbert R, Earhart GM, Christiansen CL, Schenkman M. Community-based exercise class participation for people with Parkinson's disease and their class instructors during COVID-19. *Academy of Neurologic Physical Therapy Annual Conference* [poster presentation]. Online; October 2021.

3. Swink, L.A., Schenkman, M., Christiansen, C.L., Hager, E.R., Earhart, G.M., Gisbert, R., Manago, M.M. (2021, June). *Exercise patterns in a virtual world: Barriers and needs for people with Parkinson's disease during the COVID-19 pandemic.* Poster presentation at the Occupational Therapy Summit of Scholars, virtual.

4. Gisbert R, Ostertag R, APTA-Nebraska Annual Conference. The Resilient Practitioner. 2021

5. Gisbert R, Ostertag R, University of Nevada Physical Therapy Program The Resilient Practitioner. 2021

6. Gisbert R, Ostertag R, APTA-CO Rocky Mountain Annual Conference and PT Expo. The Resilient Practitioner. 2020

7. Gisbert R, Judd D, Educational Leadership Conference (ELC). Let's Talk about SEXual Health in Physical Therapy. 2020

8. Struessel,T, VanZytveld C, Forster J, Gisbert R, Nordon-Craft A. Combined Sections Meeting (CSM). Platform-Knowledge and Attitudes of Physical Therapy Students across a Longitudinal Healthcare Systems-Focused Patient Safety Curriculum. 2020.
9. Gisbert R, Schenkman, M, An Integrated Approach to Parkinson's Disease: The Mind Body Connection, APTA-CO Rocky Mountain Annual Conference and PT Expo. 2019.
10. Gisbert R, Judd D, APTA- Rocky Mountain Annual Conference and PT Expo –Let's Talk about SEXual Health in Physical Therapy. 2018
11. Gisbert R, Nordon-Craft A, APTA-CO Fall Conference -Considerations of Movement System Diagnoses in the Management of Parkinson's Disease subtypes. 2017
12. Berliner JM, Kluger B, Corcos D, Foster C, Pelak V, Gisbert R, McRae C, Atkinson C, Schenkman M. *A Study of Patient Perception with Respect to Visual, Vestibular, and Oculomotor Deficits in People with Parkinson's Disease* Poster presentation Combined Sections Meeting; San Antonio, TX 2017
13. Bremner M, Gisbert R, Fangman J. *Physical Therapy Examination, Evaluation, and Management for a Patient with Acute Flaccid Paralysis from West Nile Virus: A Case Report* Poster presentation Combined Sections Meeting Las Vegas NV; 2014
14. Schenkman M, Gisbert R. *Exercise for People with Parkinson's disease: Reasoning, Evidence, and Unanswered Questions*. Physical Therapy Association of Arizona. Phoenix, AZ; 2013.

Non-Peer Reviewed Scientific and Professional Presentations:

1. Gisbert R. How to be a Nervous System Ninja: ANS Regulation 101 Emotional Wellness Series for Parkinson's Pointe Denver CO 2023
2. Gisbert R. Ostertag R. How to be a Nervous System Ninja: ANS Regulation 101 Emotional Wellness Series for The Chanda Center Denver CO 2023
3. Gisbert R, Madigan C, Arnette V. The Sound Formation Method: A Proof-of-Concept Case Series for Treating Task-specific Focal Dystonia (TSFD) in Musicians. Jazz Education Network Annual Conference January 2022.
4. Bridging Gaps: Student Run Free Clinic Model Enhances Professional Development of Physical Therapy Students. Michael Himawan SPT, Megan Davis SPT, Robyn Gisbert PT DPT, Dana Judd PT, PhD, 3rd Annual Educational Scholarship and Innovation Symposium. Aurora, CO; January 2017.
5. Bridging Gaps: the Role of Physical Therapy in an inter-professional Student Run Free Clinic. Megan Davis SPT, Michael Himawan SPT, Dana Judd PT, PhD, Robyn Gisbert PT DPT, 18th Annual UCH Rehabilitation

Forum. Aurora, CO; September 2016.

6. Exercise and Parkinson's Disease Fair. Guest Speaker for Parkinson's Association of the Rockies. Denver CO; December 2015.
7. Physical Therapy as Part of an Interdisciplinary Team in a Student Run Clinic for the Uninsured. Robyn Gisbert PT DPT, Rebekah Griffith PT, DPT, NCS, Jenna Walton SPT. 17th Annual UCH Rehabilitation Forum. Aurora, CO; September 2015.
8. Guest Speaker Socially Engaged Art- Dance and Disability. Redline Art Gallery, Denver CO. August 2015.
9. Guest Speaker Parkinson' Self-Efficacy Program –Exercise and Activity for people with Parkinson's Disease. Denver, CO; January 2015.
10. Integrated Dance: Developing Dancers, Community and Future Clinicians Arts in Medicine Program Part II. Aurora, CO; September 2014
11. Integrated Dance: Developing Dancers, Community and Future Clinicians Arts in Medicine Program. Aurora, CO; October 2013
12. Integrated Dance: Developing Dancers, Community and Future Clinicians. First Annual University of Colorado Health Rehabilitation Symposium. Aurora, CO; April 2013
13. Guest Speaker Parkinsons Association of the Rockies (PAR) Neuroplasticity and Young Onset Parkinsons Disease. Denver, CO; February 2013.

Reviewer Activities

Editorial board Member

The Human Touch

The Curve

Ad hoc reviewer Journal of Medical Humanities

Other Scholarly Products

Gisbert R. Schenkman M. *Principles of Heartful Living Podcast and Website.* Principlesofheartfulliving.com

Gisbert R. You Tube channel of instructional dance videos set to original music for persons with limited mobility.

Gisbert R. *My Favorite Color, Original Composition.* The Human Touch: The Journal of Poetry, Prose and Visual Art. Vol 11. 2018

Gisbert R. *Defining Moment: A Dance to Remember.* PT in Motion. Oct 2016.

Gisbert R. *Pieces of You* The Human Touch: The Journal of Poetry, Prose and Visual Art. Vol 8. 2015

Test bank item contributor for Physical Rehabilitation, 6th edition FA Davis; 2013

Continuing Education Workshops Conducted/Organized

1. Clinical Applications of Neuroscience for the Physical Therapist. Update course Classroom –to Clinic. PT Alumni Association, University of Colorado Denver. Aurora, CO; June 2013.
2. Neurologic physical therapy update course. PT Alumni Association, University of Colorado Denver. Aurora, CO; September 2009.

Membership in Scientific/Professional Organizations:

National Board Health and Wellness Member 2022-Current

American Physical Therapy Association (APTA) 2010 - 2024

American Physical Therapy Association, Colorado State Chapter, 1992 - 2024

International Association for Dance Medicine and Science

American College of Sports Medicine

Community Service:

APTA Mental Health Workgroup Member

Board Member, Co-founder, Teacher and Choreographer, Spoke N Motion-Integrated Dance Troupe: Dance for people with disabilities.

Instructor, Parkinson's Association of the Rockies (PAR): High Intensity Exercise Classes.

Instructor, Rhythm and Grace Dance for Parkinson's Disease classes at the Colorado Ballet.

Member, Karen Lee Dance Theatre: provide free ballroom dance education to inner city at risk youth.

Services to the University/College/School on Committees/Councils/Commissions:
University of Colorado Denver

Advisory Board Member and Preceptor for Primary Care Progress'
Dedicated to Aurora's Wellness and Needs (DAWN) student run Free-clinic 2013 – 2020

Physical Therapy Program

Search Committee Chair Research Faculty 2018-2019
Student Promotions Committee board member 2013 - Present
Scholarship Endowment Committee board member 2013 - 2022
Faculty Liaison to the Alumni Association 2012 - Present
Co-chair APTA Colorado Chapter Mentoring Committee 2011 - 2014
Entry Level Physical Therapy Student Advisor, 2008 -Present
Junior Research Faculty position search committee Member 2014 - 2016
Faculty Advisor-Class of 2016M 2013 - 2016
Patient Care Seminar (PCS) committee member 2009 - 2013
Curriculum committee member 2008 – 2013
Pediatric position search committee Member 2007 - 2008

Honors and Awards:

University of Colorado Physical Therapy Program Excellence in Teaching Award 2021

Association of Schools Advancing Health Professions: Journal of Allied Health J. Warren Perry Distinguished Author Award 2020

Professor Bernie Karshmer Teaching Award 2019 and presentation

Commencement Speaker Class of 2019 CUPT Graduation

Gisbert R, Manago MM. The President's Fund for the Humanities Grant: The Experience of Dance in people living with Parkinson's Disease, 2017 \$ 2,895.00

Dedicated to Aurora's Wellness and Needs (DAWN) student run Free Clinic Preceptor of the Year 2017

Featured in CU Medicine Today, Dance Therapy Parkinson's Patients Strengthen Balance and Creativity 2009.

Telly Award for Video depicting dance as therapeutic adjunct to Physical Therapy for patients with Neurological impairments, 2006

Continuing Education Attended:

HeartMath Trauma Sensitive Certification 2021

Neurologic Music Therapy International Neurological Music Therapy Institute, Denver, CO. 2020.

Compassion Fatigue Professional Certification with Eric Gentry PhD 2020.

The Neurophysiology of Trauma, Attachment, Self-Regulation, and Emotion with Stephen Porges PhD 2020.

Optimizing Rehabilitation After Total Joint Replacement in a Changing Healthcare Landscape. Taught by CU Faculty for the Marquette Challenge Foundation, Denver, CO September 2016.

Motivational Interviewing Clinical Training. Presented by Laurra Aagaard- CU College of Nursing. Aurora, CO January 2016.

Basic Life Support Instructor Training. Presented by Rocky Mountain CPR. Aurora, CO January 2016.

An Update on Physical Therapy Education: What's Happened since the DPT? Presented by Mary Jane Rapport, PT, DPT, PhD, FAPTA. Presented by the CU Physical Therapy Alumni Association. Aurora, CO September 2015.

Physical Test for the cervical Spine: which ones are worth it? Presented by Paul Mintken, PT, DPT, OCS, FAAOMPT. Presented by the CU Physical Therapy Alumni Association. Aurora, CO September 2015.

Health Humanities: The Next Decade (Pedagogies, Practice, Politics) The 4th International Health Humanities Conference. Aurora, CO May 2015.

Developing Community-Based Medical Education Opportunities (Keynote) presented by Dr. David Snadden for the Academy of Medical Educators, Denver, CO January 2015.

Examine Yourself: Are you using the best evidence in clinical practice? Taught by Chad Cook for the Marquette Challenge Foundation, Denver, CO January 2015.

Teaching People about Pain: Understanding and Addressing Pain in Health Care. Taught by Adriaan Louw for the Marquette Challenge Foundation, Denver, CO September 2014.

Current Concepts in Pain Education. Taught by Steve George for the Marquette Challenge Foundation, Denver, CO March 2013.

Combined Sections Meeting. APTA. San Diego CA, January 2013.

Dance for PD. Taught by Mark Morris Dance Group. Davis CA. December 2012.

Leadership: Why Me? Why Now? Building Your Leadership Capacity. Taught by the Colorado Chapter APTA Denver, CO; September 2012.

Movement System Syndromes of the Lumbar Spine and Hip. Taught by Shirley Sarhmann for the Marquette Challenge Foundation. Denver, CO. September 2012.

The Female Endurance Athlete: Injury Prevention and Rehabilitation for the Marquette Challenge Foundation. Denver, CO. October, 2011.

Expanding Neurological Expertise: Advanced Practice in Vestibular Physical Therapy. Taught by The Neurology Section, APTA. Denver, CO; September 2011.

Parkinsonism: Retraining the Brain through Exercise. Taught by Teresa Steffan, PT, PhD. Denver, CO; July 2010.

Mentor-Mentee Workshop. Taught by the Academy of Medical Educators. Aurora, CO; April 2010.

Identification & Remediation of the Struggling Learner Workshop. Taught by the Academy of Medical Educators. Aurora, CO; April 2010.

MS: Managing the Elusive Symptoms of a Complex Disease. Taught by Cinda Hugos PT, MS and Lois Copperman, OTR/L, PhD. Denver, CO; April 2010

Opportunities and challenges for implementation of evidence-based neurorehabilitation for individuals with stroke. Taught by Pamela Duncan, PhD, PT, FAPTA, FAHA. Denver, CO; April 2009.

Upper extremity preservation. Taught by Kendra Betz, PT. Denver, CO; January 2008.

Clinical Instructor Credentialing Course. American Physical Therapy Association. Denver, CO; October 2007.

Practice and plasticity. Taught by Edelle Field-Fote, PhD. Denver, CO; December 2006.

Current Teaching Responsibilities in the Entry-Level Program:

Spring Semester

DPTR 5161: Psychosocial Aspects of Care I: Course Coordinator

DPTR 6501: Neuromuscular I: Lab Assistant

Summer Semester

DPTR 6503: Neuromuscular III: Lab Assistant

DPTR 7641: Integrated Patient Care: Guest Lecturer

Fall Semester

DPTR 5011: Neuroscience: Guest Lecturer

DPTR 5162: Psychosocial Aspects of Care II: Course Coordinator

DPTR 6503: Neuromuscular III: Lab Assistant

Additional Teaching Responsibilities

Course Coordinator Humanities Course Requirement

Small Group Facilitator School of Medicine IDPT 8004 Integrated Clinicians