

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

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 – Core 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

- 2025 – Breaking the Mold: Non-Traditional Career Paths in Physical Therapy
- 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
- Education Section

Doctors for Dancers

International Association for Dance Medicine & Science

National Dance Education Organization

Performing Arts Medical Association

- Small Business Owners Networking group

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 Program

- Lab Management Task Force member
- Student Events Committee member – Orientation/Oath Ceremony and Graduation
- Scholarship and Awards Committee member
- Faculty Development Committee member
- STEP 2 Coordinator
- Program Director, Performing Arts Fellowship (in development)

AWARDS AND ACCOMPLISHMENTS:

2024 – 2026 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
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

Curriculum Vitae

Dr. Alyssa Arms, PT, DPT, OCS

CONTINUING EDUCATION ATTENDED (LAST 5 YEARS)

- American Physical Therapy Association Combined Sections Meeting sessions – 2026
- American Physical Therapy Association CSM Pre-Conference course; Education Research: How to Begin Your Journey (Mini-GAMER) - 2026
- International Association for Dance Medicine and Science annual conference – 2025
- Evidence in Motion: Therapeutic Neuroscience Education – 2025
- American Physical Therapy Association Colorado Chapter annual conference – 2025
- Performing Arts Medical Association annual conference (virtual attendance) - 2025
- 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

CURRENT TEACHING RESPONSIBILITIES

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

Doctor of Physical Therapy Program

Clinical Senior Instructor

Spring Semester

DPTR 6303-R: Medical Conditions III; Guest lecturer

DPTR 6303-H: Medical Conditions III; Guest lecturer

DPTR 6732-H: Healthcare Delivery II; Coordinator

Summer Semester

DPTR 5201-R: Examination and Evaluation I; Co-coordinator

DPTR 5211-R: Foundations of Intervention I; Coordinator

Fall Semester

DPTR 5202-R: Examination and Evaluation II; Coordinator

DPTR 5212-R: Foundations of Intervention II; Co-coordinator

DPTR 6302-R: Medical Conditions II; Guest lecturer

DPTR 6302-H: Medical Conditions II; Guest lecturer

DPTR 6712-H: Professional Development II; Coordinator

OTHER PROFESSIONAL CONTRIBUTIONS

2025 – present

IADMS Educational Session proposal reviewer

2024

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

Additional Speaking Engagements:

- University of Northern Colorado, Master of Arts in Dance Education Program
 - 2020 – 2025 Guest Lecturer
- 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
- The Royale Dance Camps – 2024 & 2025
- 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

