

Emily Gee PT, DPT
Assistant Professor of Music, Director of the Musicians' Wellness Program, CU Boulder
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EDUCATION

Regis University <i>Residency in Orthopedic Physical Therapy</i>	<i>Denver, CO</i> <i>12/2021- 12/2022</i>
University of California San Francisco / San Francisco State University <i>Doctorate in Physical Therapy</i>	<i>San Francisco, CA</i> <i>06/2015- 06/2018</i>
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> <i>01/2012- 06/2014</i> <i>2008-2011</i>

LICENSURE AND CERTIFICATIONS

Licensed Physical Therapist <i>State of Colorado #0016009</i> <i>State of California #295197</i>	<i>10/2018- present</i> <i>07/2018-2020</i>
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>

ACADEMIC POSITIONS

University of Colorado, Boulder College of Music <i>Assistant Professor, Director of the Musicians' Wellness Program</i>	<i>Boulder, CO</i> <i>08/14/25-present</i>
Regis University Residency in Orthopedic Physical Therapy <i>Clinical Affiliate Faculty</i>	<i>Denver, CO</i> <i>06/2024- 06/2025</i>

PHYSICAL THERAPY EMPLOYMENT

Panorama Orthopedics and Spine <i>Staff Physical Therapist and Clinical Instructor</i>	<i>Westminster, CO</i> <i>10/2023- 07/2025</i>
Emily Gee Mindful Movement <i>Physical Therapist and consultant</i>	<i>Commerce City, CO and Virtual</i> <i>11/2022-12/2025</i>
Synergy Health Partners/ Movement Dynamics Physical Therapy <i>Lead Physical Therapist</i>	<i>Aurora, CO</i> <i>01/2019- 10/2023</i>
Lafayette Physical Therapy <i>Staff Physical Therapist</i>	<i>Lafayette, CA</i> <i>06/2018- 08/2018</i>

YOGA TEACHING EXPERIENCE

Yoga for Musicians Class Series <i>CU Boulder College of Music, Yoga Instructor</i>	<i>Boulder, CO</i> <i>08/2025-present</i>
Emily Gee Mindful Movement <i>Yoga Instructor</i>	<i>Commerce City, CO and Virtual</i> <i>11/2022-present</i>
Reunion TKD <i>Yoga Instructor</i>	<i>Brighton, CO</i> <i>2024-2025</i>
Affordable Massage and Yoga Company <i>Yoga Instructor</i> <i>2024-2025</i>	<i>Aurora, CO</i>
Sister City Yoga- Online Yoga Community <i>Co-founder and Yoga Instructor</i>	<i>Virtual</i> <i>09/2020- 12/2022</i>

CURRENT COURSES TAUGHT

CU Boulder College of Music Fall Semester 2026
MUSC 4608/5808: Wellness for Musicians 2

CU Boulder College of Music Fall Semester 2026
MUSC 2608/5608: Wellness for Musicians 1

CU Boulder College of Music Spring Semester 2026
MUSC 2608/5608: Wellness for Musicians 1

CU Boulder College of Music Fall Semester 2025
MUSC 2608/ 5608: Wellness for Musicians 1

PEER REVIEWED PRESENTATIONS AND WORKSHOPS

Advancing Performer Wellness: An Interactive Knowledge Translation Workshop for Higher Education Settings, *Performing Arts Medicine Association International Symposium, New York, 07/2026*

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*

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*

INVITED LECTURES, WORKSHOPS AND RESIDENCIES

Musician Health and Wellness Residency
New World Symphony *Miami, FL 09/2026*

Using Knowledge Translation to Overcome Barriers and Support Change in Music Institutions
Performing Arts Medicine Association Learning Center *Webinar, 07/2026*

Professional Journey Panel
CU Anschutz DPT Program, Professional Development I *Denver, CO 07/2026*

Physical Therapy in the Performing Arts: Caring for the Musician Athlete
APTA Colorado Student Conference *Denver, CO 06/2026*

Mind-body Connection in Music
Greater Boulder Youth Orchestra, workshop *Boulder, CO 02/2026*

Nervous System Regulation Tools
CU Boulder College of Music, BMMT workshop *Boulder, CO 01/2026*

Introduction to Health Promotion and Wellness <i>CU Boulder College of Music, Graduate Music Education Colloquium</i>	<i>Boulder, CO 11/2025</i>
The Musicians' Wellness Program <i>Virtual International Dalcroze Meet-Up, Hosted by Carnegie Mellon University</i>	<i>Virtual, 10/2025</i>
Introduction to Health Promotion, Wellness, and Injury Prevention <i>CU Boulder, Music Buffs</i>	<i>Boulder, CO 10/2025</i>
Keeping Your Body in Tune! Injury Prevention and Functional Exercise for Musicians <i>Baylor University School of Music</i>	<i>Waco, Texas 10/2025</i>
The Power of Breath <i>Baylor University School of Music</i>	<i>Waco, Texas 10/2025</i>
Functional Anatomy of Breath <i>CU Boulder College of Music, Woodwind Pedagogy</i>	<i>Boulder, CO 09/2025</i>
Injury Prevention for High School Orchestra Musicians <i>Conifer High School Orchestra</i>	<i>Conifer, CO 03/2025</i>
Physical Well-Being & Pain Prevention for Musicians, <i>Two-Week Online Intensive Workshop,</i> <i>Tonebase Violin</i>	<i>Virtual, 12/2022</i>
Yoga Based Physical Therapy Interventions <i>Synergy Health Partners</i>	<i>Aurora, CO 08/2021</i>
Health and Wellness for Musicians <i>Lafayette Physical Therapy</i>	<i>Lafayette, CA 05/ 2018</i>
Let's Talk About Music Performance Anxiety <i>San Francisco Conservatory of Music</i>	<i>SF, CA, 02/2018</i>
Health Coaching and Motivational Interviewing Strategies in the Inpatient Setting, <i>Contra Costa</i> <i>Regional Medical Center</i>	<i>Martinez, CA, 03/2018</i>

PEER REVIEWED POSTERS

Developing a Personal Wellness and Longevity Plan: *A Holistic Musicians' Wellness Curriculum*
Performing Arts Medicine Association International Symposium, NYC, NY, 07/2026

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

INTERVIEWS AND PODCASTS

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

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

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

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

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

Healthy Body, Healthy Music
Tonebase Violin Podcast 11/2022

VOLUNTEER WORK

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

Malawi Service Learning Project
Community Health Worker Instructor and Research Ast. Malawi, Africa
12/14/217-01/01/2018

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

PROFESSIONAL SERVICE

CU Boulder SPIKE Sustainability Curriculum Ambassador 2026-2028

Performing Arts Medicine Association Knowledge Translation Working Group 2026- present

APTA Colorado Board of Directors: Director of Special Interest Groups 2025-present

APTA Colorado Government Affairs Committee member 2024 -2026

Alternate Delegate at Large National APTA House of Delegates, Colorado 2026- 2027

Delegate at Large National APTA House of Delegates, Colorado 2025-
2026

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Physical Therapy Association (APTA) member 2015-present

APTA Orthopedic Section member 2019-present

Performing Artists Medicine Association member 2017-present

HONORS AND AWARDS

APTA Emerging Leader Award, *American Physical Therapy Association*, 2026

Regis University Post-Professional Award, *Regis University School of Rehabilitative and Health Sciences*, 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