

## **DR. KIRSTEN ROBERTS PT, DPT, NCPT**

Kirsten Roberts received her Doctorate in Physical Therapy from the University of St. Augustine in 2010. While completing undergrad and grad school, she danced professionally with San Diego Ballet for 8 seasons as well as performing in the Urban Nutcracker in Boston for a season. She has also guested with Southern California Ballet and many others over the years. As a dancer, Kirsten had much exposure to Pilates growing up, but only really started pursuing it after PT school when she found APPI (the Australian Physiotherapy and Pilates Institute). Kirsten is now a certified Pilates Instructor and Master Trainer for APPI and an avid presenter. She is passionate about education and teaches courses all over the States and abroad. She has presented at the AOASM (American Osteopathic Academy of Sports Medicine) for Performing Arts conference, at IADMS (International Association for Dance Medicine and Science) conference, and several times at APPI's One Goal One Community conference in London.

She has always specialized in treating dancers from the beginner to the professional levels and is currently one of the Physical Therapists for Texas Ballet Theatre in Fort Worth, TX. Kirsten also sees some clients out of her home studio in Fort Worth. Kirsten is the Chair of the Dance Department for the California State Summer School for the Arts, where she teaches ballet, pointe, variations, injury prevention, anatomy, Pilates and nutrition. She has her Associate Teaching Certificate in the Cecchetti Method of Ballet and has passed her Final Cecchetti Diploma Examination. Kirsten is passionate about Pilates, Physical Therapy, Injury Prevention and seeing people lead healthier, happier lives. She loves to learn and share her knowledge but believes that people don't care how much you know until they know how much you care.