

**Holly Wooldridge, PT, DPT, CGS, MFA**  
**Bio**

Our bodies are written upon by our life experiences, values, hopes, politics, religion and culture. Whether working in a rehabilitative setting or in the arts, our lived human experiences are at the center. Dr. Holly Wooldridge is a Physical Therapist, certified Pilates instructor, dance artist, and educator. She is a Board -Certified Clinical Specialist in Geriatrics through ABPTS and a Level 1 Certified Clinical Instructor through the APTA. In 2021, she completed the Geriatric Physical Therapy Residency at the Eastern Colorado VA Medical Center and is now working as an acute care physical therapist at Intermountain health LDS Hospital.

She received a DPT from Pacific University, MFA in Dance from Arizona State University, BFA in Modern Dance from University of Utah and is a certified Pilates Instructor through Physical Mind since 2007. Some of Dr. Wooldridge's interests include: geriatrics, acute care, balance and fall prevention, dance for PD, Pilates and dance conditioning/injury prevention.

Dance accolades include the following. Performances include works by Tandy Beal, Babs Case, Carley Conder, Isadora Duncan, Mary Fitzgerald, Keith Johnson, Steve Koester, Jose Limon, Shouze Ma, Stephanie Nugent, Lisa Race, Lisa Townsend and Karen Schupp. Holly's choreography has been presented for adjudication at the 2011 Southwest America College Dance Festival, Up/Close with Contemporary Dance Wyoming, CONDER/dance's Breaking Ground and at the Mesa Arts Center. Research interests include embodiment within the technique class, the socially informed body in relationship to how one experiences dance, and integrating more scientific concepts into dance technique. A former Lincoln Center Institute teaching artist with the Julia Morgan Arts Center and a teaching artist for the San Francisco Ballet, Holly has taught K-12 public schools in California, Utah and Wyoming. She has also taught various courses in modern and ballet technique, choreography, improvisation, music for dancers, pedagogy, and dance in world cultures at Arizona State University, Santa Clara University, Texas A&M International University and Central Wyoming College.