



## Brigitte Gerber-Zaugg - Physiotherapist



Brigitte Gerber-Zaugg is a physiotherapist with her own practice in Zurich (Oberland), Switzerland. She gives treatments to patients with different medical issues, focusing on neurological disorders, back pain, and posture problems.

Brigitte Gerber Zaugg has been specializing her physiotherapeutic work on musicians since many years. Through further training in coaching, mental training, and body language, she has acquired skills that she applies in the field of performance. Brigitte Gerber-Zaugg is a member of Swissmedmusica SMM. She actively participates in an intervision group of physiotherapists specializing in music medicine.

## Physiotherapy at the SIMA 2026

As a physical therapist at SIMA, Brigitte Gerber-Zaugg is committed to musicians' health. She enjoys treating minor and major ailments with younger and older patients alike. During the SIMA, she advises participants on physiological and biomechanical issues.

Her main effort is on drawing the attention of musicians to different types of motion - necessary and important ways to move, unnecessary movements and harmful ones. Since many years, Brigitte Gerber Zaugg has been contributing to the SIMA with her work as physiotherapist.