

Stanford



Dr. Laurel Mines, PT, DPT, OCS

Teaching Specialist
Recreation & Wellness Operations

Bio

BIO

In the world of sports rehabilitation and mental performance coaching, Dr. Laurel Mines, PT, DPT, OCS stands not just as an expert but as an inspiring figure dedicated to elevating athletes' physical and mental performance. A distinguished physical therapist, mental performance coach, educator, and speaker, Dr. Mines is more than a healthcare professional and educator—weaving together her expertise and passion, she's a dedicated partner on a mission to optimize performance while safeguarding the health and well-being of athletes across all levels.

Dr. Laurel Mines has her Doctor of Physical Therapy from the esteemed Massachusetts General Hospital Institute of Health Professions in Boston, MA and an advanced Orthopedic Clinical Specialty certification. She has been recognized as an honorarium speaker for the California Physical Therapy Association.

After gaining a decade of experience in the field of physical therapy and coaching, she desired to go beyond conventional approaches and became the visionary founder of Bay Laurel Athletics (www.baylaurelathletics.com) where she was able to blend cutting-edge sports rehabilitation techniques with innovative sports mental performance coaching, an area that has been around for more than a century but hasn't picked up much momentum since the 1960s and 70s.

Her commitment to healthcare innovation extends beyond the clinic, where she serves as an advisor for Shasta Health, a technology startup company where she collaborates to pioneer the use of technology to preserve the human connection in the current fast-paced healthcare system.

Additionally, Dr. Mines actively contributes to increasing access to mental health support and serves on the board of GOAT Mentality, an organization raising awareness for student athlete mental health concerns. Adding to her multifaceted contributions, Dr. Mines fights student athlete suicide, the third leading cause of death of student athletes through her "Champions for Life" campaign for suicide prevention.

Dr. Laurel Mines joined Stanford University's Physical Wellness program as a teaching specialist. She brings a wealth of knowledge to the table to her beginning tennis and injury prevention classrooms, both classes encompass her passions and expertise to instill a culture of health, wellness, resilience, and peak performance at Stanford and beyond.

ACADEMIC APPOINTMENTS

- Other Teaching Staff-Hourly, Recreation & Wellness Operations

Teaching

COURSES

2025-26

- Core Training: PHYSWELL 7 (Aut)
- Hiking: OUTDOOR 101 (Spr)
- Tennis: Advanced Beginning: PHYSWELL 27 (Aut, Win, Spr)
- Tennis: Beginning: PHYSWELL 26 (Aut, Win, Spr)
- Weight Training: Beginning: PHYSWELL 12 (Aut, Win)
- Weight Training: Intermediate: PHYSWELL 13 (Win)

2024-25

- Core Training: PHYSWELL 7 (Spr)
- Exercise Therapy: Injury Prevention, Treatment and Recovery: PHYSWELL 105 (Win)
- FUNCTIONAL Fitness Training: PHYSWELL 14 (Aut)
- Tennis: Advanced Beginning: PHYSWELL 27 (Aut, Spr)
- Tennis: Beginning: PHYSWELL 26 (Aut, Spr)
- Weight Training: Beginning: PHYSWELL 12 (Aut, Win)
- Weight Training: Intermediate: PHYSWELL 13 (Spr)

2023-24

- Tennis: Beginning: PHYSWELL 26 (Win, Spr)
- Weight Training: Beginning: PHYSWELL 12 (Spr)