

The Twenty-Seventh Annual Symposium on
 Medical Problems of Musicians & Dancers
 Monday, June 22 - Thursday, June 25, 2009
 Snowmass, CO
 Controversies, (Motor) Control and Circus

SCHEDULE

Monday - June 22, 2009	
8:40	Welcome and Opening Remarks , <i>Keith Bengtson, MD and Roger Hobden, MD, Dip Sport Med</i> 8:40-8:45
8:45	The Musician's Hand , <i>Peter C. Amadio, MD</i> 8:45-9:15
9:15	Testing and Training for Contemporary Dance Specific Physical Fitness , <i>Emma Redding, PhD</i> 9:15-9:45
9:45	Prevalence of Attention Deficit Disorder Symptoms in Musicians and Dancers as a Patient Group , <i>G.J.F. de Haas, MSc, BA</i> 9:45-10:00
10:00	Posters and Break 10:00-10:30
	A Proposed New Method to Quantify Changes in Lumbrical Strength , <i>Cindy Benson-McGregor, MPT, OCS</i>
	Vocabulary Used by Piano Teachers to Teach Healthy Postural Attitudes to Their Piano Students at the Pre-Collegial Level , <i>Christian Martin, MPA, MMEd</i>
	Slow-Down Exercise for the Focal Hand Dystonia of Musicians , <i>Naotaka Sakai, MD, PhD</i>
10:30	Attitudes of Parents Towards the Health and Well-Being of Children Studying Music , <i>Bronwen Ackermann, PhD, PT</i> 10:30-10:45
10:45	Shoulder Joint and Muscle Exposure in Violin Musicians: A Three-Dimensional Kinematic and Electromyographic Exposure Variation Analysis , <i>Jonathan Reynolds, MSc, PT</i> 10:45-11:00
11:00	Injury Prevention in Musicians , <i>A.B.M. (Boni) Rietveld, MD, BA(mus)</i> 11:00-11:20
11:20	Gestural Cues and Muscular Loading During Music Conducting , <i>Peter Visentin, MS</i> 11:20-11:45
11:45	Open Discussion 11:45-12:00
12:00pm	Lunch Break 12:00-1:30
1:30	Why Violinists and Violists Seek Performing Arts Medicine Consultation: Review of a Personal Series <i>Richard Lederman, MD, PhD</i> 1:30-1:45
1:45	Spinal Extensor Dysfunction in the Dancer – A Review , <i>Joanne Smith, BSc, M.Manual Therapy</i> 1:45-2:05
2:05	Ankle Sprains and Relation to Core Strength and Stability , <i>Nancy Kadel, MD</i> 2:05-2:25
2:25	Overview of Thigh Injuries in Dance , <i>Alison Deleget, MSATC</i> 2:25-2:45
2:45	Open Discussion 2:45-3:00
3:00	Posters and Break 3:00-3:30
	A Proposed New Method to Quantify Changes in Lumbrical Strength , <i>Cindy Benson-McGregor, MPT, OCS</i>
	Vocabulary Used by Piano Teachers to Teach Healthy Postural Attitudes to Their Piano Students at the Pre-Collegial Level , <i>Christian Martin, MPA, MMEd</i>
	Slow-Down Exercise for the Focal Hand Dystonia of Musicians , <i>Naotaka Sakai, MD, PhD</i>
3:30	Keynote: Motor Control and Complex Artistic Movement , <i>Prof. Francis G. Lestienne, PhD</i> 3:30-4:30
4:30	The Golgi Tendon Organ & Motor Control in Performing Artists , <i>Marjorie Moore, PT, MS(kines), PhD</i> 4:30-5:00
5:00	Adjourn

5:30	Welcome Reception 5:30-6:30	
Tuesday - June 23, 2009		
8:30	Circus Issues in Health Prevention and Treatment , <i>Philippe Goudard, MD</i> 8:30-9:05	
9:05	Dancer Wellness Programs: The Experience of the National Ballet of Canada , <i>Julia Alleyne, BHSc(PT) MD Dip Sport Med</i> 9:05-9:35	
9:35	The Role of Dance UK's Healthier Dancer Programme in the Promotion of Dancers' Health, Dance Medicine and Science in the UK, <i>Emma Redding, PhD</i> 9:35-10:05	
10:05	Posters and Break 10:05-10:35	Understanding the Musician's Arm , <i>Maria Holian, OTR</i>
		You Don't Need Surgery (Probably). Alternative Treatment Options for Common Injury Presentations in Musicians , <i>Randall Kertz, DC</i>
		Addiction Recovery for Performing Artists , <i>Susan Raeburn, PhD</i>
		Periodization for Dance and Performing Arts , <i>Luis Xarez Rodriguez, PhD</i>
10:35	Essential Elements of Piano Technique: Proving What Works with sEMG , <i>Kathleen Riley, PhD and John Chong, MD</i> 10:35-11:05	Workshop: Injury Prevention in Partnering , <i>Sylvain LaFortune, MA</i> 10:35-12:05
11:05	An Assessment of Freshman Music Students' Health Upon Entrance to College , <i>Judy Palac, DMA</i> 11:05-11:20	
11:20	Monitoring the Health of Performing Artists , <i>Ralph Manchester, MD and George Shybut, MD</i> 11:20-11:50	
11:50	Lunch Break 11:50-1:45	
1:45 pm	Revisiting the Core, its Relationship to Injury and its Crucial Role in Rehabilitation and Functional Return to Dance , <i>Katherine L. Ewalt, MS, ATC, HHP, NCTM</i> 1:45-2:15	
2:15	Hip Resurfacing: Can it Keep the Arthritic Hip Dancing? <i>Bonnie Weigert, MD</i> 2:15-2:30	
2:30	Panel on Healthy Weight Control for Dancers , <i>Bonnie Robson, MD, FRCPC; Elizabeth Snell, BSc, RD; Virginia Wilmerding, PhD; Katharine Zeller, MD</i> 2:30-3:30	
3:30	Performance Ability and fMRI Findings Following Retraining Therapy for Musicians' Focal Hand Dystonia , <i>Theresa Lie-Nemeth, MD</i> 3:30-3:45	
3:45	Posters and Break 3:45-4:10	Understanding the Musician's Arm , <i>Maria Holian, OTR</i>
		You Don't Need Surgery (Probably). Alternative Treatment Options for Common Injury Presentations in Musicians , <i>Randall Kertz, DC</i>
		Addiction Recovery for Performing Artists , <i>Susan Raeburn, PhD</i>
		Periodization for Dance and Performing Arts , <i>Luis Xarez Rodriguez, PhD</i>
4:10	Welcome by President and CEO of Aspen Music Festival and School , <i>Alan Fletcher</i> 4:10-4:15	
4:15	Presentation of the Lederman Lecturer Award , <i>Clay Miller, PAMA President</i>	Workshop: Revisiting the Core, its Relationship to Injury and its Crucial Role in Rehabilitation and Functional Return to Dance Continued as a workshop, <i>Katherine L. Ewalt, MS, ATC, HHP, NCTM</i> 4:15-4:45
	Richard Lederman Lecturer: Functional Brain Organization in Relation to Emotion and Meaning in Music , <i>Mark Jude Tramo, MD, PhD</i> 4:15-5:15	
5:15	Open Discussion 5:15-5:30	
5:30	Adjourn	
Wednesday - June 24, 2009		
7:45	PAMA Members' Meeting 7:45-10:00	
10:00	Break 10:00-10:20	
10:20	Report on the Dance Screen Task Force , <i>Nancy Kadel, MD</i> 10:20-10:30	Workshop: Passepartout for Instrumentalists: Shortcuts Towards a Physiological Instrumental Technique , <i>Dagmar Wolff, Dr phil, Dipl Mus, Dipl Mus-</i>

10:30	The Need to Test for Laterality in Dance , <i>Ginette Hamel, BSc PT, Dip Sports Physio</i> 10:30-10:45	Päd PT 10:20-11:40
10:45	Injuries in University Level Dancers: The American College Dance Festival Experience , <i>Jason Holgers, DO</i> 10:45-11:00	
11:00	Effectiveness of a Hip Abductor Strengthening Program on the Prevention of Anterolateral Ankle Sprains in a Professional Ballet Company , <i>Marijeanne Liederbach, PhD, PT, ATC, CSCS</i> 11:00-11:15	
11:15	Artistic Directors Classical and Contemporary Ballet , <i>Bonnie Robson, MD, FRCPC</i> 11:15-11:30	
11:30	Open Discussion 11:30-11:45	
11:45	Lunch Break 11:45-1:15	
1:15 pm	Circus Issues in Health Prevention and Treatment , <i>Eric Lamme, FCAMT, BScPT</i> 1:15-1:45	
1:45	Open Discussion 1:45-2:00	
2:00	Temporomandibular Joint Dysfunction in Conservatory Trained Vocalists , <i>Alison DeLeo, PT, DPT</i> 2:00-2:15	
2:15	Mental Strategies for an Optimal Performance , <i>André Moisan</i> 2:15-2:45	
2:45	Break 2:45-3:00	
3:00	Members' Performance 3:00-3:50	
4:00	Foot and Ankle Function and Injury in the Dancer , <i>Emily Sandow, MS, PT, DPT</i> 4:00-5:00	Workshop: Mental Strategies for an Optimal Performance , <i>André Moisan</i> 4:00-5:15
5:00	Open Discussion 5:00-5:15	
5:15	Adjourn	
Thursday - June 25, 2009		
9:00	Wolfgang Amadeus Mozart — Controversies Regarding His Death, but Not His Genius , <i>William Dawson, MD</i> 9:00-9:15	
9:15	Results of International Survey on Injury Prevention and Management for Flute Players , <i>Karen Lonsdale, DMA Cand.</i> 9:15-9:30	
9:30	Anatomy, Physiology, and Neurology in the Balancing and Playing of the Flute , <i>Susan D. Fain, MA, DMA Cand.</i> 9:30-9:45	
9:45	Determinants of Health in Dance Students , <i>Laura Cruz, MSc, MD, Dip Sport Med</i> 9:45-10:00	
10:00	A Comparative Analysis of the Prevalence of PRMD Amongst Tertiary Trained Jazz Pianists in Australia and the USA , <i>Graham Wood, BM</i> 10:00-10:15	
10:15	Summary Discussion 10:15-10:30	
10:30	Adjourn	