



The Twenty-Eighth Annual Symposium on
Medical Problems of Performing Artists

Thursday, July 29 - Sunday, August 1, 2010
 Snowmass, CO

Prevalence & Standardized Measurement of Injuries in Performing Artists

SCHEDULE

Thursday, July 29, 2010

7:15 am	Registration Opens - Cabaret Lobby, Lower Level	
8:00 am	POSTERS	Specific Stretching for Individual Needs , <i>Sutton Anker</i>
		Effective Strategies and Techniques for Performing Musicians , <i>Sean McGowan, DMA</i>
8:10 am	Welcome , Bronwen Ackermann, PhD and M. Virginia Wilmerding, PhD, Program Co-Chairs <i>Alan Fletcher, Aspen Music Festival & School</i>	
8:20 am	Dancer Wellness Project , <i>Gary Galbraith, MFA</i>	
9:05 am	Musculoskeletal Screening and Injury Surveillance in Professional Musicians , <i>Tim Driscoll, PhD</i>	
9:50 am	Athletes in the Arts: A Collaboration Between ACSM and PAMA , <i>Randall Dick, MS, FACSM and John Snyder, BM, JD</i>	
10:25 am	Posters and Break	
10:50 am	Upper Limb Injuries in Argentine Musicians , <i>Adriana Pemoff, MD</i>	
11:05 am	Contributing Factors to Injury in Music College and Conservatory Students , <i>Regina Campbell, PT</i>	
11:25 am	Occupational Injury and Illness Experienced By Classical Musicians and Protective Behaviors Enacted , <i>D. Marty Raymond, III, RN, PhD</i>	
11:40 am	Mental Health of University Student Musicians , <i>Brenda Wristen, PhD</i>	
11:55 pm	Prevalence of Musculoskeletal Problems among Classical Musicians: a Review of 9 Years of Experience , <i>Carolina Lares, PT</i>	
12:10 pm	Lunch Break	
1:30 pm	The Effect of Altering Posture on Respiratory Patterns in Professional and University Music Major Wind and Brass Instrumentalists , <i>Mark Halaki, PhD</i>	
1:45 pm	Characteristics of Facial Muscle Activation Patterns in Woodwind and Brass Instrumentalists , <i>Nicholas O'Dwyer, PhD</i>	
2:00 pm	One Size Doesn't Fit All Flute Players , <i>Karen Lonsdale, Bmus</i>	
2:15 pm	Muscle Force Optimization in Piano Playing – A Biomechanical Analysis , <i>Chu Kay Michael Mak, MB, ChB</i>	
2:30 pm	The Physiological Characteristics of Jazz Guitarists , <i>Erin Hayden, PT, DPT, OCS</i>	
2:45 pm	Biomechanics for Musician's Medicine , <i>Naotaka Sakai, MD, PhD</i>	
3:00 pm	Posters and Break	
3:25 pm	Musical Performance Anxiety in the Marching Arts , <i>Jacob Levy, PhD</i>	
3:40 pm	All in a Day's Work: Performance Anxiety in Professional Musicians , <i>Dianna Kenny, PhD</i>	
4:30 pm	Adjourn	
4:45 pm	Welcome Reception - Roof Garden, Conference Center	

Friday, July 30, 2010

7:45 am	Registration Opens - Cabaret Lobby, Lower Level
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8:00 am	POSTERS	Age of Bassoon Players Impact Performance-Related Musculoskeletal Disorders , <i>Paula Brusky, PhD</i>
		Motor Learning and Teaching Dance , <i>Donna Krasnow, MS and M. Virginia Wilmerding, PhD</i>
		A Comparison of the Immediate Effects of Localized Vibration Versus Static Stretch on Hamstring Flexibility , <i>Emily Durban, DPT, Shana Matlock, DPT, Shelley Piers-VanderPloeg, DPT</i>
8:20 am	Announcements	
8:30 am	Musician Wellness: Improving Embodied Self-Awareness through Neuromuscular Control Training and Endurance Exercise , <i>Kristie Kava, PT, MS, DScPT</i>	
8:45 am	Panel: Creation, Development, Pitfalls and Running of "Arts Medicine Clinics" , <i>John Chong, MD, Richard Lederman, MD, Nancy Kadel, MD, Moderator: Robin Kish</i>	
10:00 am	Posters and Break	
10:30 am	Dance Screening Program as a Teaching Opportunity , <i>Jennifer Deckert, MFA</i>	WORKSHOP: Use of Biofeedback in Training Musicians' Technical Approach to Their Instruments <i>Kathleen Riley, PhD and John Chong, MD</i> Max Park, Wildwood Lodge
10:45 am	New Directions in Research in Dance Medicine and Science , <i>Margaret Wilson, MS, PhD</i>	
11:00 am	Medical Components of Screening of Dancers , <i>Nancy Kadel, MD</i>	
11:15 am		WORKSHOP: Healthy Instrumental Practice for the Jazz Pianist: Alignment in Motion <i>Neil Olmstead, MM</i> Silvertree Lobby
11:30 am	Screening and the Standard Measures Consensus Developed Under the Auspices of IADMS , <i>Marjeanne Liederbach, PhD, PT, ATC, CSCS</i>	
12:00 pm	Lunch Break	
1:30 pm	The Pelvis and the Dancer's Thigh , <i>Roger M. Hobden, MD, DO(Q)</i>	WORKSHOP: Assessment of the Upper Limb in Performing Artists <i>Keith Bengtson, MD and Clay Miller, MD</i> Max Park, Wildwood Lodge
2:00 pm	Pilates for Dancers: Training, Injury Prevention, Rehabilitation and Recovery , <i>Mary Burns, PhD</i>	
2:15 pm	The Domino Effect , <i>Toni Caligiuri, BA, Presented by Robin Kish, MFA, MS</i>	
2:30 pm	Improvisation as a Tool for Enhanced Motor Learning in Dance , <i>Donna Krasnow, MS</i>	
3:00 pm	Intentional Rest: Scientific and Somatic Value for the Dancer , <i>Glenna Batson, PT, ScD, MA</i>	
3:30 pm	Posters and Break	
4:00 pm	Participants Performance	
5:00 pm	Adjourn	
Saturday, July 31, 2010		
7:30 am	Annual General Meeting - Continental Breakfast Served, Cabaret	
10:00 am	Break	
10:30 am	An Interdisciplinary, On-Site University Musicians' Wellness Team , <i>Judy Palac, DMA</i>	WORKSHOP: C-I Training for Teachers , <i>Donna Krasnow, MS</i> Max Park, Wildwood Lodge
10:45 am	Analysis of a Concert Pianist during Performance: Proving What Works - Case Summary , <i>Kathleen Riley, PhD and John Chong, MD</i>	

11:00 am	Consultative Process of Designing a National Musicians' Health Curriculum for Australia , <i>Suzanne Wijsman, DMA, MM</i>	
11:15 am	National Musicians Health Curriculum Content , <i>Bronwen Ackermann, PhD</i>	
11:30 am	Panel: Educational Opportunities in Performing Arts Medicine - Status and Prospects , <i>Dagmar Wolff, Dr phil, Dip Mus, PT</i> , <i>Panel: B. Ackermann, PhD; E. Altenmüller, MD; S. Lee, PhD; R. Manchester, MD; J. Palac, DMA</i>	WORKSHOP: Brain Gym™ to Optimize Technique, Performance, and Everyday Life , <i>Robin Kish, MFA, MS</i> Max Park, Wildwood Lodge
12:30 pm	Lunch Break	
2:00 pm	The Tremulous Bow Arm: Technical or Neurological? <i>Richard Lederman, MD, PhD</i>	WORKSHOP: Hands-on Screening of Dancers, Part 1 , <i>Gary Galbraith, MFA and Karen Potter, MFA</i> Max Park, Wildwood Lodge
2:15 pm	A Combination of Constraint-Induced Therapy and Motor Control Retraining in the Treatment of Focal Hand Dystonia in Musicians , <i>Patrice Berque, PT</i>	
2:30 pm	Successful Career Adaptations of Professional Musicians with Focal Dystonia , <i>Nancy Taylor, MM</i>	
2:45 pm	Functional and Morphological Changes of Brain Structures in Patients Suffering from Musician's Dystonia , <i>Eckart Altenmüller Prof. Dr.</i>	
3:00 pm	The Hannover Pain Management in Musicians: a Follow Up Study , <i>Eckart Altenmüller Prof. Dr.</i>	Hands-on Screening of Dancers, Part 2 , <i>Nancy Kadel, MD</i> Max Park, Wildwood Lodge
3:15 pm	Break	
3:30 pm	Quantification of Sound Exposure as a Basis for Prediction of Risk , <i>Kris Chesky, PhD</i>	
3:45 pm	Therapeutic Drumming as a Treatment of Anxiety and Depression in Performing Artists , <i>Janet Johnson, MD, MPH and Bethany Bultman</i>	
4:00 pm	Establishing Valid Sound Pressure Level Measurement Methods , <i>June Hart Romeo, PhD, NP</i>	
4:15 pm	Alice G. Brandfonbrener Young Investigator Award: Playing-Related Musculoskeletal Problems in Children Learning Instrumental Music – The Association Between Problem Location and Gender, Age and Music Exposure Factors , <i>Sonia Ranelli, BSc</i>	
4:50 pm	Adjourn	

Sunday, August 1, 2010

8:30 am	Registration Opens - Max Park, Wildwood Lodge
9:00 am	Prevention for Musicians - an Educational Neglect? <i>Dagmar Wolff, Dr phil, Dip Mus, PT</i>
9:15 am	Health Behaviour and Health Locus of Control of Japanese Musicians and Japanese Ballet Dancers , <i>Mayumi Kuno-Mizumura, PhD</i>
9:30 am	Post-Dramatic Stress: Suffering in Silence , <i>Mark Cariston Seton, PhD</i>
9:45 am	Is Wrist Arthroscopy Suitable for Musicians? <i>Hara Trouli, MD</i>
10:00 am	Lower Extremity Nerve Entrapments in the Performing Artist , <i>Sean Wolfort, MD</i>
10:15 am	The Vexed Question of Posture: Exploding Postural Concepts , <i>Ann Shoebriidge, B.App.Sc.</i>
10:30 am	Summary Remarks
10:45 am	Adjourn