



# Medical Problems of Performing Artists

Thursday, July 21 - Sunday, July 24, 2011  
Snowmass, CO

## Hidden Costs of Performance Stress - Recognition and Prevention

### SCHEDULE

#### Thursday, July 21

7:30 am	Registration Opens (7:30 - 4:30)	
8:25 am	<b>Welcome:</b> <i>John Chong, Margaret Wilson, Program Co-Chairs; Alan Fletcher, Aspen Music Festival &amp; School</i>	
8:35 am	<b>Health Profiles of Australian Orchestral Musicians,</b> <i>Bronwen Ackermann</i>	
8:50 am	<b>Prevalence of Low Back Pain Among Professional Orchestral Musicians,</b> <i>Justin Berry</i>	
9:05 am	<b>KEYNOTE: When the Body Says No... the Stress Disease Connection,</b> <i>Gabor Maté</i>	
10:05 am	<b>POSTERS and BREAK</b>	<b>Characteristics of ICSOM Members in 1988 Versus 2010: A Descriptive Comparison,</b> <i>Heidi Prather, Devyani Hunt</i>
		<b>Stress and Dance Injuries,</b> <i>Corinne Foster, Callie Bishop</i>
10:45 am	<b>A Method of Dance Screening Data Collection via Video Conferencing,</b> <i>Gary Galbraith</i>	
11:15 am	Lunch Break	
1:00 pm	<b>Construction and Characterization of a Portable Sound Booth for Onsite Voice Recording</b> <i>Christophe Jackson</i>	
1:15 pm	<b>Larynx Manual Therapy for Singers with Functional Voice Disorders</b> <i>Anna-Catharina Wichmann</i>	
1:30 pm	<b>Health Intervention Program for College Instrumentalists,</b> <i>Sang-Hie Lee, Stephanie Carey</i>	
2:00 pm	<b>The Relationship Between Balance and Dancers' Past and Future Lower-Limb Injuries</b> <i>Terry Clark</i>	
2:15 pm	<b>Neuroscience for the Performer,</b> <i>Lois Svard</i>	
2:30 pm	<b>Trigger Point Treatment with Radial Shock Waves in Musicians,</b> <i>Malika Damia</i>	
2:45 pm	Posters and Break	
3:15 pm	<b>RICHARD J. LEDERMAN LECTURE: Music Making Changes Brains: Implications for Brain Development, Brain Disorders, and Neurorehabilitation,</b> <i>Gottfried Schlaug</i>	
4:10 pm	Adjourn	
4:15 pm	Welcome Reception	

#### Friday, July 22

7:30 am	Registration Opens (7:30 - 4:00)	
8:00 am		<b>WORKSHOP: 8:00 - 9:00 Mastering Your Performance Through the Alexander Technique,</b> <i>Jocelyn Adelman</i>
8:15 am	<b>Ultrasound in Performing Arts Medicine,</b> <i>Richard Hoppmann</i>	
8:30 am	<b>Research in Performing Arts Medicine</b> <b>A: Research Methodology and Ethical Considerations in PAM Research,</b> <i>Virginia Wilmerding</i> <b>B: Using PAMA's Performing Arts Medicine Bibliography</b> <i>William Dawson</i>	

9:00 am	<b>Hearing Loss in the Arts, Production, and Entertainment Industry</b> , <i>Marshall Chasin</i>		
10:00 am	<b>POSTERS and BREAK</b>	<b>Factors Influencing the Decision to File for Worker's Compensation Insurance in Musicians</b> , <i>Ruth Chimenti</i>	
		<b>Genu Varum and Genu Valgum Among Asian Dancers in Comparison to Non-Asian Dancers</b> , <i>Rena Nishijima</i>	
		<b>A Comparison of Healthy Eating Knowledge and Habits Among College Dance and Music Students</b> , <i>Whitney Kofford</i>	
10:45 am	<b>Now that Serious Pathology has been Ruled Out, Why am I Not Better? Focus on Musicians</b> , <i>Caroline Quarty</i>		
11:30 am	<b>Upper Extremity Trouble from Overuse Among the Professional Pianists</b> , <i>Naotaka Sakai</i>	<b>WORKSHOP:</b> 11:30 - 12:30 <b>Contemporary Medical Acupuncture - Musicians</b> <i>Joanna Speller</i>	
11:45 am	<b>A Conducting Case Study: Compensation and Shoulder Loading</b> , <i>Peter Visentin</i>		
12:00 pm	Lunch Break – Discussion Groups TBD		
1:40 pm	<b>Robotics Modeling of Skilled Hand Tasks</b> , <i>Sang-Hie Lee</i>		
2:00 pm	<b>A Physio Clinic for Musicians - Outcome of the First 200 Cases</b> , <i>Christoff Zalpour</i>	<b>WORKSHOP: 2:00 - 2:30</b> <b>Achieving Effortless Flow in Musical Performance and Practice</b> , <i>Sean McGowan</i>	
2:15 pm	<b>Music Habits in Young Instrumentalists and association with Playing-Related Musculoskeletal Problems</b> , <i>Sonia Ranelli</i>		
2:30 pm	<b>The Velopharyngeal Mechanism in Wind and Brass Players: A Pilot Study</b> , <i>Alison Evans</i>	<b>WORKSHOP: 2:30 - 3:00</b> <b>PAMA - A Fellowship for Mentoring and Training Young Medical Professionals</b> <i>Janet Horvath</i>	
2:45 pm	<b>Performance of the Upper Part of the Body and the Voice of Singers</b> , <i>Heike Schemmann</i>		
3:00 pm	<b>ALICE G. BRANDFONBRENER YOUNG INVESTIGATOR AWARD: The Lived Experience of Professional Musicians with Playing-Related Injuries</b> , <i>Christine Guptill</i>		
3:35 pm	Posters and Break		
4:00 pm	<b>Participants Performance</b>		
5:00 pm	Adjourn		
<b>Saturday, July 23</b>			
7:30 am	Registration Opens (7:30 - 4:30)		
7:30 am	<b>Annual General Meeting</b> - Continental Breakfast Served		
8:45 am	<b>Caring for the Professional Dancer</b> , <i>Richard Gibbs</i>		
9:45 am	<b>Now that Serious Pathology has been Ruled Out, Why am I Not Better? Focus on Dancers</b> <i>Caroline Quarty</i>		
10:30 am	<b>Athletes and the Arts</b> , <i>Randall Dick, George Shybut</i>		
10:40 am	<b>Dance: A Cross Training for Sports</b> , <i>Margo Apostolos</i>		
10:55 am	Break		
11:25 am	<b>PANEL: Performing Arts in Cuba, A Brief Synopsis</b> <i>Mary Burns (Moderator), Charles Barrett, Marc Brodsky, David Hinkamp,</i>	<b>WORKSHOP:</b> 11:25 - 12:25 <b>Contemporary Medical Acupuncture - Dancers</b>	<b>WORKSHOP:</b> 11:25 - 12:45 <b>Work Smarter, Not</b>

	<i>Athena Ramos</i>	<i>Joanna Speller</i>	<b>Harder - Ten Steps for Musicians to Practice Healthier</b> <i>Dagmar Wolff, Kristie Kava</i>
11:40 am	<b>3-D Motion Analysis: An Integrated Approach to Turnout Evaluation of Ballet Dancers, Sara Tonsager</b>		
11:55 am	<b>Bridging the Gap Between Dance Medicine and Ballet Pedagogy</b> <i>Melissa Beck, Nicola Conraths-Lange</i>		
12:10 pm	<b>Physical Therapy Rehabilitation Strategies for Dancers: A Qualitative Study, Megin Sabo</b>		
12:25 pm	Lunch – Discussion Groups TBD		
2:15 pm	<b>The Specificity of the Strength Conditioning Exercises for Dancers, Luis Xarez</b>		
2:30 pm	<b>Musician Survivors: Breast Cancer's Effect on Their Livelihood, Sarah Schmalenberger</b>	<b>WORKSHOP: 2:30 - 3:30 Bullying in Performing Arts Education</b> <i>Gabor Maté, Richard Gibbs</i>	
2:45 pm	<b>Rehabilitation of Musicians with Sequelae from Treatment of Breast Cancer, Jennine Speier</b>		
3:00 pm	<b>Health Promotion for Instrumentalists - An Interdisciplinary Duet, Flora Maria Gomide Vezzá</b>		
3:15 pm	Break		
3:40 pm	<b>Optimization of Intrinsic Muscle Force; Influence of Wrist Position, Michael Cbu-Kay Mak</b>		
3:55 pm	<b>Jazz Pianists - PRMD and the Improvising Musician, Graham Wood</b>		
4:10 pm	<b>Chronic Neck Pain: Comparing Treatment Recovery between Musicians and Office Workers, Albrecht Lahme</b>		
4:25 pm	Adjourn		
<b>Sunday, July 24</b>			
7:30 am	Registration Opens (7:30 - 11:00)		
8:00 Am		<b>WORKSHOP: 8:00 - 9:00 Mastering Your Performance Through the Alexander Technique</b> <i>Jocelyn Adelman</i>	
8:45 Am	<b>Who Provides Healthcare to Orchestral Musicians for Playing-Related Symptoms? Lynnette Khoo-Summers</b>		
9:00 am	<b>Musicians' Perceptions of the Effect of the Workplace Environment on Injury Risk</b> <i>Dale Rickert</i>		
9:15 am	<b>Worker's Compensation and Psychosocial Factors in Professional Musicians, Deryani Hunt</b>		
9:30 am	<b>Evolution of a Performing Arts Medicine Practice, Richard Lederman</b>		
9:45 am	<b>The Audacity of Practicing Performing Arts Medicine: Outside the Clinical Box</b> <i>Alice Brandfonbrener</i>		
10:00 am	<b>PANEL: The Future in Dance and Music Medicine/Science, Janice Plastino (Moderator), Robin Kish, Sang-Hie Lee, Bonnie Robson</b>		
10:35 am	<b>Summary Remarks, John Chong, Margaret Wilson, Program Co-Chairs</b>		
10:45 am	Adjourn		

