

Performing Arts Medicine Association and  
Glenn Gould School of the Royal Conservatory

present

# Healthier Practice & Performance from Studio to Stage

February 4, 2012 12:30 pm - 4:30 pm

February 5, 2012 8:30 am - 12:30 pm

Toronto Regional Meeting of PAMA

Royal Conservatory of Music  
273 Bloor Street West  
Toronto, Ontario Canada  
M5S 1W2

Presented by



PAMA is an international member organization comprised of dedicated physicians, therapists, trainers, educators and administrators, as well as performers and students with the common goal of improving the well being of performing artists. The annual Symposium, held in conjunction with the Aspen Music Festival, will be July 26-29, 2012 in Snowmass, Colorado.

Visit [www.artsmed.org](http://www.artsmed.org)



## The GLENN GOULD School of The Royal Conservatory

The Glenn Gould School is one of the few music schools in North America dedicated exclusively to performance. With an enrollment of 125, students have many performance opportunities and virtually unlimited access to practice studios. With small scale, internationally recognized faculty, and immersive performance environment, our students have access to everything they need to fulfill their dreams.

Visit [www.rcmusic.ca](http://www.rcmusic.ca)

### Who should attend:

All professionals who provide care and training for performing artists will gain new insights, knowledge, and skills to improve their practice. Performers and students will learn how performance skills can be improved.

## Workshops Include:

- Franklin head and neck
- GYROKINESIS®
- Technology for health in music and dance
- Examination and rehab for the shoulder
- Cool down techniques
- Performance enhancement

Thank you to our supporters and sponsors!



## For More Information

[www.artsmed.org](http://www.artsmed.org) for conference details (PAMA)

For questions contact course directors:

John Chong, MD FRCPC  
[John.Chong@sympatico.ca](mailto:John.Chong@sympatico.ca)

Bonnie Robson, MD FRCPC  
[Bonnie.Robson@xplornet.com](mailto:Bonnie.Robson@xplornet.com)

# Agenda

## Saturday February 4, 2012

- 12:00pm Registration  
12:30 Welcome, *James Anagnoson, MM; John Chong, MD, FRCPC; Bonnie Robson, MD, FRCPC*  
12:45 Injury Prevention, *Janet Horvath, MM*  
1:30 The Biopsychosocial Model and Performing Arts Medicine, *Ralph Manchester, MD*

### Workshops

- 2:30 A. Onstage Tricks: "Moves" that Alleviate Tension Onstage while Performing in Full Dress with Instrument in Hand, *Janet Horvath, MM*  
B. Cool Down Techniques, *Paul Papoutsakis, BHK, DipSIM*  
C. Relax your Neck; Liberate your Shoulders: The Franklin Method, *Jan Dunn, MS*  
3:30 A. Transforming Tension with Alexander Technique, *Tanya Bénard, B. Mus., CANSTAT*  
B. Examination and Rehabilitation of Neck and Shoulder Injuries, *Bonnie Weingert, MD and Ginette Hamel, BSc, PT*  
C. Introduction to GYROKINESIS®, *Carol Anderson, BFA, MA*  
4:30 Adjourn

## Sunday February 5, 2012

- 8:00am Registration  
8:30 Welcome, *John Chong, MD, FRCPC; Bonnie Robson, MD, FRCPC*  
8:45 Pain in the Brain, *Julia Alleyne, MD*  
9:30 Injury Prevention with the National Youth Orchestra of Canada, *Christine Guptil, PhD, MS(OT); Barbara Smith, BMus, MMus; with John Chong, MD, FRCPC; and Marshall Chasin, AuD, MSc*

### Workshops

- 10:30 A. Introduction to GYROKINESIS®, *Carol Anderson, BFA, MA*  
B. Relax your Neck; Liberate your Shoulders: The Franklin Method, *Jan Dunn, MS*  
C. Practicalities of Setting Up a Prevention Program, *Christine Guptil, PhD, MS(OT)*  
11:30 A. Examination and Rehabilitation of Neck and Shoulder Injuries, *Bonnie Weingert, MD and Ginette Hamel, BSc, PT*  
B. Onstage Tricks: "Moves" that Alleviate Tension Onstage while Performing in Full Dress with Instrument in Hand, *Janet Horvath, MM*  
C. Evaluation and Treatment of Low Back Pain in the Performing Artist, *Lauren Elson, MD*  
12:30pm Adjourn

## Presenters

### James Anagnoson, MM

Dean, Glenn Gould School  
Royal Conservatory  
Toronto, ON

### Carol Anderson, BFA, MA

Associate Professor: Modern/  
Contemporary  
York University  
Toronto, ON

### Julia Alleyne, MD

Medical Director Sport C.A.R.E.,  
Women's College Hospital, David  
MacIntosh Sport Medicine Clinic,  
University of Toronto, Team Physician,  
Canadian Trampoline Team, CMO  
Canadian Olympic Committee  
London, ON

### Tanya Bénard, B. Mus., CANSTAT

Certified Teacher of Alexander Technique  
Glenn Gould School  
Royal Conservatory  
Toronto, ON

### Marshall Chasin, AuD, MSc

Director of Audiology Research  
Musicians' Clinics of Canada  
Toronto, ON

### John Chong, MD, FRCPC

President-Elect PAMA  
Medical Director  
Musicians' Clinics of Canada  
Glenn Gould School  
Royal Conservatory  
Toronto, ON

### Jan Dunn, MS

Co-Director Denver Dance Medicine  
Association  
Adjunct Professor University of Colorado  
Santa Monica, CA

### Lauren Elson, MD

Instructor (Sports Med, PM&R)  
Harvard Medical School  
Cambridge, MA

### Christine Guptil, PhD, MS(OT)

Post Doctoral Fellow  
St. Joseph's Healthcare London ON  
Asst Professor of Music Performance  
Studies University of Western ON  
London, ON

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## Presenters

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### **Ginette Hamel, BSc, PT**

Consultant Physiotherapist  
National Ballet of Canada  
Toronto, ON

### **Janet Horvath, MM**

Associate Principal Cello  
Minnesota Orchestra  
St. Paul, MN

### **Ralph Manchester, MD**

Associate Professor of Medicine  
University of Rochester  
Rochester, NY

### **Paul Papoutsakis, BHK, DipSIM**

Company Athlete Therapist  
National Ballet of Canada  
Toronto, ON

### **Barbara Smith, BMus, MMus**

Artistic Director/Executive Director  
National Youth Orchestra  
Toronto, ON

### **Bonnie Weigert, MD**

Assistant Professor  
University of Wisconsin  
Middleton, WI

## Transportation and Lodging

The TELUS Centre for Performance and Learning is conveniently located near the corner of Bloor Street and University Avenue. To reach the Conservatory by public transit, take the TTC subway to either St. George or Museum station. There is no parking available, but there are several municipal parking lots in the immediate area.

### Special Rates on Toronto Hotels

#### **Intercontinental Hotel Yorkville**

220 Bloor St. W  
416-960-5200

**Use The Royal Conservatory Code:  
IPLYO**

Receive \$149 rate

#### **Park Hyatt Toronto**

4 Avenue Rd (at Bloor)  
416-925-1234

**Use The Royal Conservatory Code:  
49185**

Receive \$149 rate

## Registration and Fees

Name: \_\_\_\_\_ Degree: \_\_\_\_\_

Affiliation: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City / Province Postal Code / State Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Tel: \_\_\_\_\_

My area of interest is: \_\_\_\_\_

Students - I am a full-time student at: \_\_\_\_\_

### **PAMA Members:**

Physician/Chiropractor/DO/Dentist

\$100 Full Conference  \$55 One Day

Allied Health Professionals, Educators, Trainers, and Artists

\$60 Full Conference  \$35 One Day

### **Non-PAMA Members:**

Physician/Chiropractor/DO/Dentist

\$150 Full Conference  \$80 One Day

Allied Health Professionals, Educators, Trainers, and Artists

\$100 Full Conference  \$55 One Day

**Join PAMA! Earn a Discount! Details at [www.artsmed.org](http://www.artsmed.org)**

### **Reduced Fees:**

RADA Teachers

\$60 Full Conference  \$35 One Day

CADA Members

\$30 Full Conference  \$20 One Day

Students (**Bring Student ID**)

\$30 Full Conference  \$20 One Day

### **PAYMENT:**

Cheque  Visa  MasterCard

Credit Card Number: \_\_\_\_\_

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### **Registration and payment options:**

- 1) Download form and mail cheque in Canadian funds to Pivot Sports Medicine
- 2) Fill in your credit card information and mail form to Pivot Sports Medicine
- 3) Call Pivot Sports Medicine 416-767-4868 Monday to Friday 8:00am to 6:30pm. Ask for Performing Arts Medicine Association registration or Gloria. You may also email Gloria at [gloria@pivotsmo.com](mailto:gloria@pivotsmo.com)

*All registrations will be processed by:*

**Pivot Sports Medicine and Orthopedics**

2288 Bloor St. West  
Toronto, ON, M6S 1N9