



Performing Arts Medicine Association
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In conjunction with
The Aspen Music Festival
and School
Presents

The Twenty-Seventh
Annual Symposium
**on Medical Problems of
Musicians & Dancers**

June 22-25, 2009
Snowmass, Colorado

A Continuing Medical Education Activity
Jointly Sponsored by



**The Twenty-Seventh Annual Symposium on
Medical Problems of Musicians & Dancers**
June 22-25, 2009



CME Credit

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through joint sponsorship of the Colorado Foundation for Medical Care, Office of Continuing Education (CFMC OCE) and PAMA. CFMC is accredited by the ACCME to provide continuing medical education for physicians.

Colorado Foundation for Medical Care designates this educational activity for a maximum of *17 AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Scientific Committee:

Keith Bengtson, MD, Co-Chair
Roger Hobden, MD, Dip Sport Med, Co-Chair
Bronwen Ackermann, PhD, PT
Virginia Wilmerding, PhD

Objectives

Attendees will be able to improve the care of performers and advance the work of performing arts medicine as a field by:

- Identifying new perspectives that prompt a review of current practices
- Applying techniques that improve body mechanics during practice and artistic performance

General Information

This year the PAMA Symposium has moved from Aspen to Snowmass because of a conflict with a very popular activity in Aspen. Snowmass Village, however, will provide a relaxing atmosphere and more meeting spaces for our sessions. The Village is surrounded by a spectacularly scenic wilderness area, providing outstanding views for golfers, hikers, and bikers. A day camp provides activities for children while parents attend the Symposium.

The Silvertree Hotel will host the PAMA Symposium in its properties that are built right into the side of the mountain. There is no *going* to the mountain; you are *on* it. Coffee breaks will be on the patio overlooking the ski slopes. It is a spectacular setting that will inspire PAMA attendees!

The Village has many shops and restaurants to accommodate your needs and your palette. A new Lower Village will shuttle guests to and fro on its short gondola ride.

Share a Room

You can cut your expenses by sharing a room with another attendee. Request a roommate by sending an email to Mary Fletcher at artsmed@comcast.net.

Aspen Music Festival

This year the Festival will start at the end of our symposium instead of the beginning, as in the past. However, PAMA attendees will be provided free concert passes if they wish to stay in Aspen a few days following our meeting. It can be a wonderful vacation!



**Controversies,
(Motor) Control
and Circus**

PAMA continues its tradition of bringing together international-level teachers, clinicians and researchers from all disciplines related to the prevention, diagnosis and treatment of health problems of the professional artist, as well as issues related to enhancing performance.

Our three-part theme will manifest in discussion of where do medical problems of performing artists begin, how do they impact performance, and what can be done to reduce pain and prevent injury.

Hands-on workshops will illustrate new techniques to assess health and injury in musicians, design neuro-muscular retraining, and employ biomechanics and imagery to prevent injuries and enhance performance in musicians and dancers.

A premier this year is the introduction of Circus Medicine. A spirited interchange will inevitably take place with the introduction of ideas that cross all lines and disciplines.

Keynote Speakers

Prof. Francis G. Lestienne, PhD

Motor Control and Complex Artistic Movement
Université de Caen Basse-Normandie
Director of MODESCO (Modelisation in Cognitive Sciences)
Maison de la Recherche en Sciences Humaines et Sociales
Caen, France

Mark Jude Tramo, MD, PhD

Functional Brain Organization in Relation to Emotion and Meaning in Music
Director, The Institute for Music & Brain Science Dept of Neurology, Harvard Medical School & Massachusetts General Hospital
Boston, MA

Invited Presenters

Julia Alleyne, BHSc(PT) MD Dip. Sport Med

Dancer Wellness Programs: The Experience of the National Ballet of Canada
University of Toronto
National Ballet of Canada
Toronto, Ontario Canada

Peter C. Amadio MD

The Musician's Hand
Hand Surgeon
Mayo Clinic
Rochester, MN

Eric Franklin, BFA, BS

Pelvic Power for Core Integration and Healthy Joints
Founder, The Franklin Method®
Director, The Franklin Method Institute
Uster, Switzerland

Philippe Goudard, MD

Circus Issues in Health Prevention and Treatment
Université Paul Valéry
Montpellier, France

Sylvain LaFortune, MA

Injury Prevention in Partnering
Université du Québec à Montréal
Montréal, Québec Canada

Eric Lamme, FCAMT, BScPT

Performance and Injury in Relation to Specific Circus Disciplines
Director of Performance Medicine
Cirque du Soleil
Montréal, Québec Canada

André Moisan

Using Imagery to Enhance Musical Performance and Control Anxiety Without Beta-Blockers
Conductor & Soloist
Montréal Symphony Orchestra
Professor of Clarinet at Université de Montréal
Consultant in Stress Management
Montréal, Québec Canada

Emma Redding MSc, PhD

Testing and Training for Contemporary Dance Specific Physical Fitness
Head of Dance Science
MSc Dance Science Programme Leader
LABAN
London, England UK

Emily Sandow, MS, PT, DPT

Foot and Ankle Function and Injury in the Dancer
Harkness Center for Dance Injuries
NYU-Hospital for Joint Diseases

Featured Topics

Education, Treatment, Training, and Research are the fields explored in a variety of formats and depth by presenters.

- Revisiting the Core
- Application of Anatomy, Physiology, and Neurology
- Focus on Hand, Ankles, Hips, Pelvis, Spine, Shoulders, and Jaw
- Music and the Brain
- Monitoring and Measuring
- Classical vs. Contemporary
- Alternative Treatment Options
- Nutrition, Hearing, Habits Good and Bad
- Accreditation Standards: Defining Educational Substance

Workshops

- Rehabilitation and Functional Improvement
- Core Integration and Healthy Joints
- Biomechanical Principles
- Pilates Mat Class
- Techniques for Everyday Application
- Enhance Performance and Control Anxiety

Open Communication

Attendees will present research projects, successful models, and other topics in Performing Arts Medicine. Full program details are available at www.artsmed.org

Bronwen Ackermann, PhD, PT

Cindy Benson-McGregor, MPT, OCS

John Chong, MD

Laura Cruz, MSc, MD, Dip Sport Med

William Dawson, MD

G.J.F. de Haas, MSc, BA

Alison Deleget, MSATC

Alison DeLeo, PT, DPT

Katherine L. Ewalt, MS, ATC, HHP, NCTM

Susan D. Fain, MA, DMA Cand.

Hazel Hall, PhD

Ginette Hamel, BSc PT, Dip Sports Physio

Jason Holgers, DO

Maria Holian, OTR

Nancy Kadel, MD

Randall Kertz, DC

Joel La Banca, Jr, MD

Richard Lederman, MD, PhD

Ji-Hyun Lee, DrPH

Marijeanne Liederbach, PhD, PT, ATC, CSCS

Theresa Lie-Nemeth, MD

Karen Lonsdale, DMA Cand.

Ralph Manchester, MD

Christian Martin, MPA, MMed

Lynn Medoff, MA, MPT

Marjorie Moore, PT, MS(kines), PhD

Janet Murray, BA

Judy Palac, DMA

Susan Raeburn, PhD

Jonathan Reynolds, MSc, PT

A.B.M. (Bonni) Rietveld, MD, BA(mus)

Kathleen Riley, PhD

Bonnie Robson, MD FRCPC

Naotaka Sakai, MD, PhD

George Shybut, MD

Joanne Smith, BSc, M.Manual Therapy

Elizabeth Snell BSc, RD

Peter Visentin, MS

Adrienne Vitt, SPT

Bonnie Weigert, MD

Virginia Wilmerding, PhD

Suzanne Wijsman, MMUS, DMA

Dagmar Wolff, Dr phil, Dipl Mus, Dipl Mus-Päd PT

Graham Wood, BM

Luis Xarez Rodriguez, PhD

Kathryn Zeller, MD

Registration

PAMA Membership/Reduced Tuition

Join PAMA before registering for the Symposium and gain the benefit of a reduced registration fee.

Fees:

PAMA Members:	by May 31	
physician	\$385	\$410 after May 31
non-physician	\$285	\$310 after May 31

Non-Members:

physician	\$435	\$455 after May 31
non-physician	\$335	\$355 after May 31

Student/Resident (members and nonmembers)

enrolled full-time in an accredited program	\$210	\$220 after May 31
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To register for the symposium

Go to www.artsmed.org. Click on **2009 Symposium Registration**. You will be guided through the online registration.

Cancellation Registration fee, less a \$50 processing fee, is refunded if notice of cancellation is received by June 17. No refunds made after June 17. Fee may be transferred to another individual. Check with airlines and hotels regarding their cancellation fees.

Lodging

Silvertree Hotel, Wildwood Lodge, and Aspenwood Condominiums

Special PAMA rates:

\$ 99	Wildwood Lodge
\$139	Silvertree Hotel
\$149	Aspenwood studio (bed plus couch)

Room blocks available **until May 21, 2009**

To make a reservation for any lodge above:

Call 1-800-837-4255 or 970-923-3520

E-mail reservations@silvertreehotel.com

Web: www.silvertreehotel.com

For More Information

PAMA membership and Symposium details

www.artsmed.org

Aspen Music Festival

www.aspenmusicfestival.com

Mary Fletcher, Executive Director
303-632-9255 (Tel & Fax)
artsmed@comcast.net

