Competitions and Creative Collaborations: Identifying and Promoting Healthy Artistry from Studio to Stage

In conjunction with the Aspen Music Festival and School presents
The Thirty Second Annual Symposium
Medical Problems of Performing Artists
June 26 - 29, 2014
Snowmass, Colorado

A Contining Medical Education Activity Jointly Sponsored by

Performing Arts Medicine Association
P.O. Box 117
Englewood, CO 80151
USA

PAMA
Performing Arts Medicine Association

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June 26 - 29, 2014
The Westin Snowmass Resort
Snowmass, Colorado

“Competitions and Creative Collaborations: Identifying and Promoting Healthy Artistry from Studio to Stage”

Featured Topics
- Addressing competition anxiety
- Tracking professional dance companies injury type and frequency
- Translating scientific evidence into practice
- Rehearsal and performance - differences in physiological responses
- Promoting healthy artistry in children to prevent injury
- New systems for screening and injury surveillance
- Concussion and return to performance
- Games performers play - mental fitness training
- Baseline criteria for optimal singing performance
- Small hands, smaller keyboards - do they make a difference in piano performance
- Therapy and prevention of focal Dystonia

Workshops
- Fitness regimen for optimal performance
- Integrating new research and treatments for performance anxiety
- Dance training to avoid injury
- Tools and tricks for preparing students for competitions
- Mindful approach to warm up
- Preventing vocal injury
- Research best practices in performing arts medicine

For more information visit
www.artsmed.org

Through the national initiative of Athletes and the Arts Integrating the science of sport and the performing arts for the mutual benefit of both. www.athletesandthearts.com
The Essentials of Performing Arts Medicine is a one day multidisciplinary enrichment course offered by the PAMA education committee. Designed to match the professional interests and career goals of both clinicians and educators new to performing arts medicine, this course will showcase the music and dance communities through a behavioral and social science perspective while highlighting specific opportunities and techniques for engagement, education, prevention, and treatment in response to various arts-specific health concerns.

Collectively, participants will hear introductory and research-based lectures on associated risk factors, life-span issues, and the interactive, cultural, and contextual distinctions of health problems that are unique to performing artists. Connected to the continuum of discovery, this introductory course will enable attendees to consider and apply some basic educational and clinical intervention strategies.

The target audience includes clinicians, dance and music educators, and other healthcare professionals interested in learning the essential information needed to provide effective assessment, treatment, referrals and general educational recommendations for the performing artist. (Includes: physical therapists, occupational therapists, dance professionals, physiatrists, physicians, and athletic trainers, physical and occupational therapists, other healthcare professionals, dance and music educators.)

This workshop is a separate fee.

For More Information
PAMA Membership and Symposium details
www.artsmed.org
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