

# Creating and Maintaining Wellness in Performing Artists

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PAMA Cleveland Regional Conference November 20-21, 2015

Cleveland Clinic Lerner College of Medicine, 9980 Carnegie Avenue, Cleveland  
Full conference \$90; one day \$60; students \$10

Registration: [www.artsmed.org/cleveland](http://www.artsmed.org/cleveland)

**Come and Join Us and Optimize Your Potential!  
Inspiring Sessions You Won't Want to Miss!!!**

Friday, November 20

- 11:30-12:30 Registration**
- 12:30-12:45 Welcome and Introduction to PAMA**  
NA5-08 *Richard Lederman, MD, PhD*
- 12:45-1:45 Neuromuscular Injuries of Performing Artists: Defining Medical and Educational Roles**  
NA5-08 *William Dawson, MD, Nancy Kadel, MD, Richard Lederman, MD, PhD, Kathleen Riley, PhD, Jeffrey A. Russell, PhD, CES, AT., Peter Visentin, MM*
- 1:45-2:15 Unraveling the Mysteries of Violin Performance: Biomechanics of Bowing and Shifting**  
NA5-08 *Peter Visentin, MM*
- 2:15-2:45 Recovery from Concussion in Performing Artists**  
NA5-08 *Jeffrey A. Russell, PhD, CES, AT*
- 2:45-3:00 Break**
- 3:00-3:45 Care of the Performer's Voice**  
NA5-08 *Michael Benninger, MD, Wendy D. LeBorgne, PhD, CCC-SLP*
- 3:45-4:15 Vocal Landmines**  
NA5-08 *Lucinda Halstead, MD*
- 4:15-5:00 Repair and Rehabilitation of the Injured Singer**  
NA5-08 *Paul Bryson, MD, Wendy D. LeBorgne, PhD, CCC-SLP*
- 5:00-6:00 Creating a Culture of Wellness in Performing Arts Institutions**  
NA5-08 *Margaret Carlson, Ph.D., Gary Ingle, Brett Mitchell, Joel Smirnoff, Pierre van der Westhuizen*
- 6:00-7:30 Reception**

**Saturday, November 21**

**7:30-8:00 Registration/Breakfast**

**8:00-8:30 Come As You Are Yoga**

**NA5-08** *Judi Bar, E-RYT 500*

**8:30-9:00 Cross Training for Injury Prevention in Dancers**

**NA5-08** *Kim Gladden, MD*

**9:00-9:45 A Toolbox of Hearing Loss Prevention Strategies**

**NA5-08** *Marshall Chasin, AuD*

**9:45-10:15 In-Ear Monitoring and Hearing Wellness**

**NA5-08** *Heather Malyuk, Au.D., F-AAA*

**10:15-11:00 What Happens to the Vagus Stays in The Vagus: Creating the Resilient Performer**

**NA5-08** *John Chong, MD, FRCPC*

**11:00-11:15 Break**

**11:15-12:15 Keynote Address: The Wellness Imperative**

**NA5-08** *Michael F. Roizen, MD*

**12:15-1:00 Lunch**

**1:00-2:00 The Integrative Model: A Holistic Approach to Wellness for Performing Artists**

**NA5-08** *Andrew Bang, DC, Lyla Blake-Gumbs, MD, Jim Brickman, Jane Ehrman, MEd, CHES, Kathleen Riley, PhD, Michael F. Roizen, MD, Stephen Warner, Jared West, LAc*

**Workshops**

**Concurrent Sessions:**

**2:15-3:15**

**NA1-138 The Embodied Voice: Whole Body Anatomy for Professional Voice Users**

*Jennie Morton, BSc (Hons) Osteopathy*

**NAI-139 Protect Today - Hear Tomorrow**

*Sharon Sandridge PhD, Heather Malyuk, Au.D., F-AAA*

**NA1-140 Physiological Biofeedback for Optimal Performance**

*Kathleen Riley, PhD*

**NA1-142 Warm Up Truth versus Fiction**

*Robert Truax, DO*

**Tour of Biomechanic Hand Lab**

*Zong-Ming Li, PhD*

**Concurrent Sessions:**

**3:15-4:15**

**NA1-138      **Beyond Technique: The Science and Art of Communication****

*Jennie Morton, BSc (Hons) Osteopathy*

**NA1-139      **Performing with Excellence****

*Jane Pernotto Ehrman, M.Ed.*

**NA1-140      **String Players in Motion: Biomechanics and the Development of a Healthy Personal Performance Style****

*Peter Visentin, MM*

**NA1-142      **Principles of Strength and Conditioning/Barre Fitness****

*Katie Rodrick, MS, ATC*

**Concurrent Sessions:**

**4:15-5:15**

**NA1-138      **Core Strength for Musicians and Dancers: Enhance Performance and Prevent Injuries****

*Sally Donabauer, DPT*

**NA1-139      **Protect Today - Hear Tomorrow****

*Sharon Sandridge PhD, Heather Malyuk, Au.D., F-AAA*

**NA1-140      **Artists' Psychophysiology and Ergonomic Analysis****

*John Chong, MD, FRCPC*

**NA1-142      **Acupuncture and Acupressure: Hands-On Healing****

*Jared West, LAc*

**Tour of Cleveland Clinic Voice Center**

*Paul Bryson, MD*

*Director, Cleveland Clinic Voice Center*