

Protecting Performance Health: A Musician's Guide  
February 22, 2015  
Williams Hall

**Program**

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|-------------------|---|
| 1:30 pm – 1:45 pm | Welcome and Opening Remarks<br>Athletes and the Arts<br><i>Rachel L. Roberts,</i><br><i>Leah McKinnon-Howe MS, ANP-BC</i>   |
| 1:45pm - 2:30 pm  | Common Upper Extremity Injuries and Prevention Strategies<br><i>Speakers: Michael Charness, MD, Regina Campbell, PT</i><br><i>Moderator: Martha Neagu, MD, PhD</i>  |
| 2:30 pm – 3:15 pm | Vocal Health: Common Problems when Speaking and Singing<br><i>Speakers: Chandler Thompson, DMA, MS, CCC-SLP, Barbara Worth, MS, CCC-SLP, Pavan Mallur, MD</i><br><i>Moderator: Tom Carroll, MD</i>  |
| 3:15 pm – 3:45pm  | Stretch and Refreshment Break   |
| 3:45 pm – 4:15 pm | A Mind –Body Approach to Performance Anxiety<br><i>Speaker: Lisa Howe, MS, APN-BC</i>   |
| 4:15 pm – 4:45 pm | Noise Induced Hearing Loss and Prevention Strategies<br><i>Sean Elam, Au.D. CCC-A</i><br>Sound Levels and the Risk of Hearing Damage at a Large Music<br>College<br><i>Tom Plsek, MM</i><br><i>Moderator: Jayme Dowdall, MD</i>                                 |
| 4:45 pm – 5:15 pm | Questions for the Experts<br><i>Regina Campbell, PT</i><br><i>Chandler Thompson, DMA, MS, CCC-SLP</i><br><i>Maryann Murphy, MD</i><br><i>Randall Paulsen, MD</i><br><i>Tom Plsek, MM</i><br><br>Jayme Dowdall, MD and Lisa Howe MS, ANP-BC<br><i>Moderators</i> |
| 5:15 pm           | Adjourn   |