



40th Annual PAMA International Symposium Schedule

This schedule is subject to change. **Last update: June 21, 2022**

Thursday, June 23, 2022

Time		Location
7:00 AM	Registration	Conference Lobby (2 nd Flr)
8:00-8:30	Welcome and Introductions – Drs. Dave Hinkamp; Melody Hrubes; Maria Reese, Symposium Co-chairs; Dr. Lucinda Halstead, PAMA President	Grand Ballroom
8:30-9:15	Shirley Ryan Ability Lab Works with the Performing Arts Community – Maria Reese, MD	Grand Ballroom
9:15-10:15	Richard J. Lederman Lecture What are the Barriers to Effectively Implementing Basic Neuroscience Principles of Plasticity in Clinical Practice?: Brain Retraining of Patients with Musicians Dystonia – Nancy Nies Byl, PT, MPH, PhD, FAPTA	Grand Ballroom
10:15-10:45	Poster Presentations with Authors, Networking – Break	Prefunction II (2 nd Flr)
10:45-12:00	Plenary	Grand Ballroom
10:45	Real-Time MRI as a Promising Tool in Clarifying Physiological and Pathophysiological Mechanisms of Embouchure and Support Functions in Wind Instrumentalists – Eckart Altenmüller, MD	
11:00	The MRI Brass Repository Project: An MRI Video Repository for Brass Pedagogy and Movement Disorder Research – Peter Iltis, PhD	
11:15	Establishing a National Performing Arts Health Association in a Developing Country: A Case Study – Bridget Rennie-Salonen, PhD	
11:30	Creating a University-based Physical Therapy Clinic: Challenges and Lessons – Catherine “Cassy” Turner, PT, DPT, PhD	
11:45	More Than Dance: Education and Medical Management of University Dance Students on Injury Management and Communication – Marissa Schaeffer, DPT; Sheyi Ojofeitimi, PT, DPT, OCS; Melody Hrubes, MD	
12:00-1:15	Lunch Membership Committee and Young Professionals Committee (All attendees are welcome to join these meetings, bring or buy a lunch)	
1:15-2:15	Panel Discussion Oscars So White! Recognizing and Remediating Microaggressions in the Performing Arts – H. Steven Sims, MD (Chair/Moderator); Keshia Burch, PhD; Sharyon Culberson, BS	Grand Ballroom
2:15-3:15	Workshops (Concurrent)	
	PAM Medical Interview: Are you Ready to Explore? (Learning to interview PAM pts) – Hara Trouli, MD	Illinois Room
	Healthy Hands & Functional Grip Strength: Principles & Practice Working with Pole & Aerial Artists – Misty Austin, DPT	St. Clair Salon 1
	Human Performance/Health Promotion Workshop – Tuning the Mind and Body – John Chong, MD	Grand Ballroom
	Valuable Strategies for Dancers and Dance Instructors to Enhance Performance and Prevent Injuries – Sabrina Friehe, BSc	St. Clair Salon 2
	Evaluating Prevalence and Purpose of Semi-Occluded Vocal Tract Exercises in the Collegiate Voice Studio – Kristen Sullivan, DMA	St. Clair Salon 3
3:15-3:45	Poster Presentations with Authors - Networking – Break	Prefunction II (2 nd Flr)
3:45-4:00	Athletes & the Arts Update – Randall Dick, FACS	Grand Ballroom

4:00-5:00	Panel Discussion Life and Health in the Blues – <i>Moderator: Dave Hinkamp, MD; Erwin Helfer, Musician and Educator; Bruce Iglauer, Founder, Alligator Records; Toronzo Cannon, Musician</i>	Grand Ballroom
5:00	Adjourn	Grand Ballroom
5:30	Welcome Reception (Guests welcome)	Woodwind Rooftop Patio
Thursday Poster Session (10:15 – 10:45 am AND 3:15 – 3:45 pm)		Prefunction II (2nd Flr)
	Standardized Subjective Examination Protocol to Evaluate Performing Artists' Musculoskeletal Health Status – Part I: Questionnaire Based Online Survey - <i>Florian Avermann, BSc</i>	
	Correcting Forward Head Posture and Rounded Shoulders in Collegiate Dancers: Strengthening versus Manual Release - <i>Jordan Christie</i>	
	How "In-tune" are Musicians to Their Musculoskeletal Problems? A Survey of Dancers, Instrumentalists, and Vocal Performers - <i>Patricia Colucci</i>	
	Safe and Sound: Quantifying and Comparing Sound Energy Levels of a Choral Ensemble - <i>Kristen Sullivan, DMA</i>	
	A Qualitative Investigation into Tertiary Student-Musician's Knowledge of Auditory Health Concepts and National Association of Schools of Music Auditory Health Mandates - <i>Meghan Taylor, MM</i>	
	The Exploration of the Initial Investigation for Health Problems Among Performing Artists in Japan - <i>Minako Uchino, MD</i>	
	Effects of an Online Hearing Conservation Program for College Musicians - <i>David Wilkenfeld, EdD</i>	
	A Pilot Study on the Behavior and Emotional Response of Dancers in Singapore After Sustaining Injuries - <i>Jennifer Yang, MD</i>	
	Occupational Health Problems of Chinese Speaking Musicians - <i>Cehuai Zhang, MM</i>	
Friday, June 24, 2022		
Time		
7:30 AM	Registration	Conference Lobby
8:00-8:15	Announcements – <i>Drs. Dave Hinkamp; Melody Hrubes; Maria Reese, Symposium Co-chairs</i>	Grand Ballroom
8:15-8:30	Alice G. Brandfonbrener Tribute	Grand Ballroom
8:30-9:00	Alice G. Brandfonbrener Young Investigator Award: Impact of Medical Cannabis on Recovery from Playing-Related Musculoskeletal Disorders in Musicians: an Observational Cohort Study - <i>Kat Cottrell, MBBS, BSc</i>	Grand Ballroom
9:00- 9:45	Keynote - Weapons Safety and Injury Prevention - <i>Flynn Smith, Asst Prop Master Chicago P.D. NBC/Universal</i>	Grand Ballroom
9:45- 10:15	Poster Presentations with Authors - Networking – Break	Prefunction II (2 nd Flr)
	Plenary – General (concurrent with Plenary – Dance)	Grand Ballroom
10:15	The Integrative Assessment Pilot Project: Exploring a New Development in Integrative Care for Creative and Performing Artists - <i>Leisa Bellmore, MSc, ST</i>	Grand Ballroom
10:30	Space and Time Constraints: Circus Artists and Access to Healthcare - A Qualitative Study - <i>Agathe Dumont, PhD</i>	Grand Ballroom

10:45	Collaboration Counts: Building a Comprehensive University Fine Arts Wellness Program - <i>Kristen Queen, EdD</i>	Grand Ballroom
11:00	Artists' Satisfaction with Telerehabilitation in Physiotherapy During the COVID-19 Pandemic: A Cross-sectional Study - <i>Shelly-Anne Li, MSc</i>	Grand Ballroom
11:15	Musicians' Dystonia - a Matter of Genes and Practice? <i>Johanna Doll-Lee, MD</i>	Grand Ballroom
11:30	The Influence of Adverse Childhood Experiences on Stress-Reactivity and the Development of Musician's Dystonia - <i>Stine Alpheis, MSc</i>	Grand Ballroom
	Plenary – Dance (concurrent with Plenary – General)	Illinois Room
10:15	A Multidisciplinary Team Approach to Management of a Professional Ballet Company - <i>Courtney Gleason, MD; Amanda Blackmon, PT, DPT; Emma Faulkner, PT, DPT</i>	Illinois Room
10:30	Physical Therapy Management of Chronic Low Back Pain in Breakers: A Case Series Education - <i>Ashley Houck, DPT; Rebecca Kesting, PT, DPT, OCS; Patti Cavaleri PT, DPT, OCS</i>	Illinois Room
10:45	Breaking Down Breaking: The New Olympic Sport - <i>Kelli Schneider, DPT, OCS; Jennifer Janowski, DScPT, OCS, FAAOMPT; Melody Hrubes, MD</i>	Illinois Room
11:00	Comparison of Ankle and Foot Kinematics during Relevé in First Position Barefoot and En Pointe using a Multi-Segment Foot Model - <i>Kimberly Veirs, MPT, PhD, ATC</i>	Illinois Room
11:15	Consider the Cuboid: A Rare Stress Fracture in a Dancer - <i>Emma Desjardins, DO and Tracy Espiritu McKay, DO</i>	Illinois Room
11:30-1:00 PM	Lunch Education Committee and Pre-conference Course Debrief (All attendees are welcome to join the Education Committee meeting, bring or buy a lunch)	
1:00-2:00	Panel Discussion Audition to Curtain Call: A Comprehensive In-House Medical Team Approach to Caring for Performing Artists – <i>Elaine Winslow, MS, ATC, EMT (Moderator); Melody Hrubes, MD; Karen Kubicina, PT, DPT, OCS, ATC; Gail Marion Ayotte, MEd, ATC, LAT, CKTP; Meg Schneider, MS, ATC; Lou Galli, DPM</i>	Grand Ballroom
2:00 – 3:30	TOUR - Goodman Theatre Site Visit - <i>Scott Conn, Director of Production and Operations and Dave Hinkamp, MD, MPH; Scott Conn (Goodman Theatre); Christine Mary Dunford (UIC School of Theatre and Music) [limited space - prior registration required]</i>	Goodman Theatre
2:00-3:00	Workshops (Concurrent)	
	Designing and Implementing a Performing Arts Health Course into an Undergraduate Core Curriculum - <i>Sarah Dunbar, DMA</i>	Grand Ballroom
	Prefabricated Splints for Performers: Who, Wear & Why - <i>Martha Paterson, BS</i>	Illinois Room
	Educating the Musician beyond the Music: A Biopsychosocial Perspective - <i>Hannah Murray, DMA; Madeline Stewart, MM, MS</i>	St. Clair Salon 1
	Injury Prevention in Partnered Lifting: An Exercise Program for Performers - <i>Melody Hrubes, MD; Jennifer Janowski, DScPT, OCS; Kelli Schneider, DPT, OCS</i>	Michigan Room
	Maximizing Functional Training for the Performing Artist: Connecting the Glottis and the Pelvic Floor - <i>Stephanie Higgins, MM</i>	Erie Room
3:00-3:30	Poster Presentations with Authors - Networking – Break	Hyatt – Prefunction II (2 nd Fl)
3:30-4:30	Workshops (Concurrent)	
	The "Non-shoulder" Shoulder Evaluation: A Whole-body Approach to Unraveling the Mysteries of the Shoulder - <i>David Wilkenfeld, ATC</i>	Erie Room
	Neuropathic Pain Components in Musicians with Neck Arm Pain: Evidence and Diagnostic in Neck Arm Pain - <i>Camilla Kapitza, MSc</i>	St. Clair Salon 1
	Implementing Mindfulness Practice in the Rehabilitation of the Professional Voice User - <i>Maurice Goodwin, MS; Sarah McDowell, BM</i>	Illinois Room
	Research Committee Workshop: Research Methods for Developing Performing Arts Researchers – <i>Bronwen Ackermann, PhD; Nadia Azar, PhD; Kimberly Veirs, MPT, PhD</i>	Grand Ballroom
4:30-5:00	Methods Keynote: Survey-based Research: Advantages, Pitfalls, and How to Make Sure You're Maximizing its Potential – J. Matt McCrary, PhD	Grand Ballroom
5:00	Adjourn	Grand Ballroom

5:15	Participant Performance	Grand Ballroom
6:15-8:00	YP Reception International Reception	Level 2 Lounge
7:00	Cultural Options	
Friday Poster Session (9:45 – 10:15 am AND 3:00 – 3:30 pm)		Prefunction II (2nd Flr)
	<p>Injury Prevention Education Provided During Formal Drum Kit Training is Associated with Lower Frequency Reporting of Playing-related Musculoskeletal Disorders - <i>Nadia Azar, PhD</i></p> <p>Anthropometrics: Adapting Industrial, Military and Clothing Design Techniques for Non-Classical Keyboardists - <i>Jacqueline Henderson, PhD</i></p> <p>Rethinking Use-Limiting Conditions: What Do We Know? <i>Scott Homer, MD</i></p> <p>Practice till it Hurts: Occurrence, Treatment and Anxiety Aspects of Playing Related Pain in Music Students - <i>André Lee, MD</i></p> <p>Performing Arts Triage: Happy Healthy Longevity - <i>Sang-Hie Lee, PhD</i></p> <p>Musicians' Hearing Concerns: an Audit Cycle of Presentations to a Performing Arts Medicine Helpline and Medical Clinic - <i>Finola Ryan, BMBS MSc (presented by Claire Cordeaux, BA)</i></p> <p>Standardized Subjective Examination Protocol to Evaluate Performing Artists' Musculoskeletal Health Status – Part II: Interview Based Anamnesis - <i>Heike Schemmann, MSc, PT (presented by Florian Avermann, BSc)</i></p> <p>Ankle Weights for Improving Strength and Fitness in the Dance Class Setting - <i>Clare Weigert</i></p>	
Saturday, June 25, 2022		
Time		
7:30 AM	Registration	Prefunction 3 rd Flr
8:00-8:15	Announcements – Drs. <i>Dave Hinkamp; Melody Hrubes; Maria Reese, Symposium Co-chairs</i>	Lakeshore Ballroom West
8:15-9:15	Plenary – General	Lakeshore Ballroom West
8:15	Swim-up Barre: the Benefits of and Video Demonstration of Aquatic Exercises for Dancers - <i>Katie Rodrick, ATC</i>	Lakeshore Ballroom West
8:30	Length from Strength: Lessons Learned Implementing a Strength and Conditioning Program for a Major Modern Dance Company - <i>Andrew Schaeffer, BA; Antoine Simmons, MA</i>	Lakeshore Ballroom West
8:45	Validation of the Portuguese Online Version of the Musculoskeletal Pain Intensity and Interference Questionnaire for Musicians - MPIQM-Pt: the First Questionnaire Validated for Portuguese Musicians - <i>Ana Zão, MD</i>	Lakeshore Ballroom West
9:00	Steppenwolf Theatre Company - <i>Brooke Flanagan, Executive Director</i>	Lakeshore Ballroom West
8:15-9:15	Panel Presentation: Twenty Years of Innovation at an Integrative Hospital-Based Clinic for Creative and Performing Artists - <i>Vicki Hawkins, BScPT; Shelly-Anne Li, MSc; Leisa Bellmore, MSc, ST</i>	Illinois Room
9:15-10:15	Plenary - Music and Psychology (concurrent with Plenary – AGB Runner-ups)	Lakeshore Ballroom West
9:15	Performance Training: Documentation of a Musicians' Health Pilot Project with Focus on Coping with Music Performance Anxiety - <i>Gail Schwarz, MMus</i>	Lakeshore Ballroom West
9:30	The Mental Health of Performing Artists – The Impact of COVID-19 - <i>Claire Cordeaux, BA</i>	Lakeshore Ballroom West

9:45	The Relationship of Muscle Activity, Contact Pressure on the Mouthpiece and Volume Level when Playing the Trombone - an Exploratory Cross-sectional Study - <i>Dirk Möller, PhD</i>	Lakeshore Ballroom West
10:00	Rates of Fatigue and Recovery in Instrumental Musicians – Quantification and Basis for Work:Rest Ratio Development - <i>J. Matt McCrary, PhD</i>	Lakeshore Ballroom West
9:15-10:15	Plenary - Alice G. Brandfonbrener Young Investigator Award Runner-ups (concurrent with Plenary – Music and Psychology)	Illinois Room
9:15	Playing-related Musculoskeletal Disorders, Risk Factors and Preventive Behaviours in Amateur Musicians - <i>Celeste Rousseau, MSc</i>	Illinois Room
9:35	Playing Related Musculoskeletal Disorders, Risk Factors and Treatment Efficacy in a Large Sample of Oboists - <i>Heather Macdonald, MMus</i>	Illinois Room
9:55	Enabling Access to Healthcare; Perspectives from Artists Who Access Subsidized Health Services - <i>Shelly-Anne Li, MSc</i>	Illinois Room
10:15-10:45	Poster Presentations with Authors - Networking - Break	Prefunction 3 rd Flr
10:45-12:00	Plenary – Music (concurrent with Plenary – General)	Lakeshore Ballroom West
10:45	The Effects of State Anxiety on Practice Behaviors in Expert Pianists - <i>Edoardo Passarotto, MSc</i>	Lakeshore Ballroom West
11:00	Motion Analysis Protocol for the Clinical Evaluation of Playing-related Musculoskeletal Disorders in Violinists, Violists, and Cellists - <i>Eduard Wolf, MSc; Florian Avermann, BSc</i>	Lakeshore Ballroom West
11:15	Assessing Dynamic Pattern Analysis Methods for Tracking Variation in Pianists' Posture across Playing Conditions - <i>Jillian Beacon, MA</i>	Lakeshore Ballroom West
11:30	Focal Hand Dystonia in Musicians - <i>Eileen McGonigal, PhD</i>	Lakeshore Ballroom West
11:45	Music Performance Anxiety and the Italian Sport Psychology S.F.E.R.A. Model: An Explorative Study on 77 Professional Musicians - <i>Luca Mazzon, MSc, BSc</i>	Lakeshore Ballroom West
10:45-12:00	Plenary – General (concurrent with Plenary – Music)	Illinois Room
10:45	Longitudinal Case Study of the Role of Astaxanthin in Treatment of Glottal Dysplasia in a Vocal Professional: Potential Adjuvant or Solo Therapy? <i>Courtney Tipton, MD</i>	Illinois Room
11:00	Voice Outcomes following Nasal Airway Remodeling: A Systematic Review with Meta-analysis - <i>Uneeb Qureshi, MD</i>	Illinois Room
11:15	The Experienced Impact of the COVID-19 Pandemic on Resilience, Age, Qualification, Income and Artistic Activity among Performing Artists in South Africa - <i>Clorinda Panebianco, PhD</i>	Illinois Room
11:30	Let's Get Up & Move! Physical Therapy/Stretching/Ergonomics to Improve Musicians' Tone - <i>Jason Terry, DMA; Dana Daniel Blake, PT, DPT, OCS</i>	Illinois Room
11:45	Self-monitoring of Muscle Tone During Piano Practice - <i>Maria Holian, MA</i>	Illinois Room
12:00-1:00 PM	Lunch Research Committee (All attendees are welcome to join the Research Committee meeting, bring or buy a lunch) Matinee Networking Social [Michigan Room]: Networking Session for long-time PAMA Members and Young Professionals (please pre-register)	
1:00-2:00	Panel Presentation Optimizing Health in the Performing Arts: <i>Jaime Dias Delgado, LCSW; Scott Conn, Director of Production and Operations Goodman Theatre; Jennifer Janowski, DScPT, Physical Therapist Athletico/Joffrey Ballet</i>	Lakeshore Ballroom West
2:00-3:00	Workshops (Concurrent)	
	Toward a Standard Model of Peak Performance Training: Applications Across All Performance Domains - <i>Patrick Gannon, PhD</i>	Michigan Room
	NASM Accreditation Health and Safety Standards: Lessons from a Mid-sized School of Music Housed within a Public University - <i>Kris Chesky, PhD; John Korak, DMA, MM</i>	Illinois Room
	An Off-instrument Retraining Program for Musicians' Focal Hand Dystonia - <i>Bronwen Ackermann, PhD</i>	Lakeshore Ballroom West

	Pre-class Neuromuscular Warm-up for Prevention and Self-management of Cervical Spine and Shoulder Dysfunction in Dancers - <i>Sally Donaubauer, DPT, OCS; Natalie Imrisek, MSPT, CSCS</i>	Erie Room
	Optimizing Vocal Performance: a Framework for Customizing Efficient and Effective Warmups - <i>Melanie Tapson, MSc</i>	Ontario Room
3:00-3:45	Poster Presentations with Authors - Networking - Break	Prefunction 3 rd Flr
3:45-5:00	PAMA Annual General Meeting & Announcement of Poster Competition Winners	Lakeshore Ballroom West
5:00	Adjourn	Lakeshore Ballroom West
6:30 - 8:00 PM	Salons (optional – registration and payment \$48 for dinner) <ul style="list-style-type: none"> • How to Break into the PAM Profession and Role of Research (Beatrix Restaurant) • Living with COVID in the PAM World (Hampton Social) • Athletes and Artists – Same Issues, Different Worlds (Labriola Chicago) • PAM and Medical Cannabis (Quartino Ristorante) 	
Saturday Poster Session (10:15 – 10:45 am AND 3:15 – 3:45 pm)		Prefunction (3rd Flr)
	<p>Seeking Instrumental Fit for Fiddling-Perceptions on Optimising the Interface between Violin and Player - <i>Ju-Yang Chi, MSc (presented by Bronwen Ackermann, PhD)</i></p> <p>The Value of a Backstage Health Clinic for Band and Crew Members on a Touring Music Festival - <i>Michael Eaton, DO</i></p> <p>Integrating Feldenkrais Awareness Through Movement Lessons into a Music School Curriculum: Student and Faculty Perceptions - <i>Mark Erickson, PT</i></p> <p>Does Playing Music Influence the Rehabilitation of a Maxillofacial Defect Patient? <i>Mariko Hattori, PhD; Satoshi Obata, PhD; Hiroshi Churei, DDS, PhD</i></p> <p>Are there Performance-enhancing Drugs in the Musician World? <i>Jeremy Stanek, MD</i></p> <p>Mindful Movement in Early Childhood Music Lessons: Preparing Students for a Lifetime of Sound Practice - <i>Lesley McAllister, DMA</i></p> <p>Reflections IN and ON Practice: A Cellist's Search for Meaning - <i>Estelle Kemp, BMus (presented by Bridget Rennie-Salonen, PhD)</i></p>	
Sunday, June 26, 2022		
Time		
8:00 AM	Sessions Begin	
8:00 – 9:00	Workshops (Concurrent)	
	Non-Patterning: Centering Individuality in Dance-focused Somatic Experiences - <i>Elizabeth Shea, MS</i>	Erie Room
	Screening on the Screen: Comprehensive Virtual Assessment for Performing Artists During a Pandemic - <i>Paola Savvidou, DMA; Kristen Schuyten, DPT</i>	Michigan Room
	Clinical Implementation of Electromyography in Neuromuscular Diagnosis and Biofeedback-training in Performing Artists' Health - <i>Dirk Möller, PhD</i>	Lakeshore Ballroom West
9:00-10:45	Plenary - Medical and Rehabilitation	Lakeshore Ballroom West
9:00	A Motor-Behavioral Framework Toward Task-Oriented Rehabilitation for Performing Artists - <i>Peter Stein, DC, PhD</i>	Lakeshore Ballroom West

9:15	A Case of Saphenous Neuritis in an Eighteen-Year-Old Female Cello Player, and a Review of Up-to-Date Management Strategies - <i>Ashkan Salamatipour, DO</i>	Lakeshore Ballroom West
9:30	Intra-operative use of a Keyboard to Assess Adequacy of Bone and Tendon Repair in Pianists having Hand Surgery under Local Anaesthetic - <i>Sunil Auplish, MD</i>	Lakeshore Ballroom West
9:45	Do Far Transfer Effects Require Near Transfer Effects? Piano-induced Adaptations within Music-related and Non-music-related Domains - <i>Florian Worschech, MSc</i>	Lakeshore Ballroom West
10:00	The Mental Health of Collegiate Dancers during the 2020 COVID-19 pandemic: A Case for Support - <i>Kathleen Gaines, BA</i>	Lakeshore Ballroom West
10:15	Setting the Standard: Education, Baseline Assessment and Return After Concussion in Performing Arts - <i>Kristen Schuyten, DPT</i>	Lakeshore Ballroom West
10:30	Validity and Reliability of the Musicians' Health Literacy Questionnaire, MHL-Q19 – <i>Christine Guphill, PhD (presented by Bronwen Ackermann, PhD)</i>	Lakeshore Ballroom West
10:45 - 11:15 AM	Closing Remarks & Symposium Adjournment – <i>Jason Hu, MD; Drs. Dave Hinkamp; Melody Hrubes; Maria Reese, Symposium Co-chairs</i>	Lakeshore Ballroom West

On days the breakout rooms at Hyatt are not in use for workshops, they should be available for rehearsals for participant performance.

Hyatt Floor Plan 2nd and 3rd Floor Conference Center 633 N St Clair St, Chicago, IL 60611

