



40th Annual PAMA Virtual Symposium

This document will help you to navigate the virtual symposium.

Originally presented on Thursday, June 23, 2022

Time	
8:00-8:30	Welcome and Introductions – Drs. Dave Hinkamp; Melody Hrubes; Maria Reese, Symposium Co-chairs; Dr. Lucinda Halstead, PAMA President
8:30-9:15	Shirley Ryan Ability Lab Works with the Performing Arts Community – Maria Reese, MD
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
10:15-10:45	Poster Presentations with Authors
10:45-12:00	Plenary
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
1:15-2:15	Panel Discussion Oscars So White! Recognizing and Remediating Microaggressions in the Performing Arts – H. Steven Sims, MD (Chair/Moderator); Kesha Burch, PhD; Sharyon Culberson, BS
2:15-3:15	Workshops (Concurrent)
	PAM Medical Interview: Are you Ready to Explore? (Learning to interview PAM pts) – Hara Trouli, MD
	Healthy Hands & Functional Grip Strength: Principles & Practice Working with Pole & Aerial Artists – Misty Austin, DPT
	Human Performance/Health Promotion Workshop – Tuning the Mind and Body – John Chong, MD
	Valuable Strategies for Dancers and Dance Instructors to Enhance Performance and Prevent Injuries – Sabrina Friehe, BSc
	Evaluating Prevalence and Purpose of Semi-Occluded Vocal Tract Exercises in the Collegiate Voice Studio – Kristen Sullivan, DMA
3:45-4:00	Athletes & the Arts Update – Randall Dick, FACSM
4:00-5:00	Panel Discussion Life and Health in the Blues – Moderator: Dave Hinkamp, MD; Erwin Helfer, Musician and Educator; Bruce Iglauer, Founder, Alligator Records; Toronzo Cannon, Musician
Thursday Poster Session 10:15 – 10:45 am	
	Standardized Subjective Examination Protocol to Evaluate Performing Artists' Musculoskeletal Health Status – Part I: Questionnaire Based Online Survey - Florian Avermann, BSc
	Correcting Forward Head Posture and Rounded Shoulders in Collegiate Dancers: Strengthening versus Manual Release - Jordan Christie

How "In-tune" are Musicians to Their Musculoskeletal Problems? A Survey of Dancers, Instrumentalists, and Vocal Performers - *Patricia Colucci*

Safe and Sound: Quantifying and Comparing Sound Energy Levels of a Choral Ensemble - *Kristen Sullivan, DMA*

A Qualitative Investigation into Tertiary Student-Musician's Knowledge of Auditory Health Concepts and National Association of Schools of Music Auditory Health Mandates - *Meghan Taylor, MM*

The Exploration of the Initial Investigation for Health Problems Among Performing Artists in Japan - *Minako Uchino, MD*

Effects of an Online Hearing Conservation Program for College Musicians - *David Wilkenfeld, EdD*

A Pilot Study on the Behavior and Emotional Response of Dancers in Singapore After Sustaining Injuries - *Jennifer Yang, MD*

Occupational Health Problems of Chinese Speaking Musicians - *Cehuai Zhang, MM*

Originally presented on Friday, June 24, 2022

Time	
8:15-8:30	Alice G. Brandfonbrener Tribute
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>
9:00- 9:45	Keynote - Weapons Safety and Injury Prevention - <i>Flynn Smith, Asst Prop Master Chicago P.D. NBC/Universal</i>
9:45- 10:15	Poster Presentations with Authors
	Plenary – General (concurrent with Plenary – Dance)
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>
10:30	Space and Time Constraints: Circus Artists and Access to Healthcare - A Qualitative Study - <i>Agathe Dumont, PhD</i>
10:45	Collaboration Counts: Building a Comprehensive University Fine Arts Wellness Program - <i>Kristen Queen, EdD</i>
11:00	Artists' Satisfaction with Telerehabilitation in Physiotherapy During the COVID-19 Pandemic: A Cross-sectional Study - <i>Shelly-Anne Li, MSc</i>
11:15	Musicians' Dystonia - a Matter of Genes and Practice? <i>Johanna Doll-Lee, MD</i>
11:30	The Influence of Adverse Childhood Experiences on Stress-Reactivity and the Development of Musician's Dystonia - <i>Stine Alpheis, MSc</i>
	Plenary – Dance (concurrent with Plenary – General)
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>
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>
10:45	Breaking Down Breaking: The New Olympic Sport - <i>Kelli Schneider, DPT, OCS; Jennifer Janowski, DScPT, OCS, FAAOMPT; Melody Hrubes, MD</i>
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>
11:15	Consider the Cuboid: A Rare Stress Fracture in a Dancer - <i>Emma Desjardins, DO and Tracy Espiritu McKay, DO</i>
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, MSED, ATC, LAT, CKTP; Meg Schneider, MS, ATC; Lou Galli, DPM</i>
2:00-3:00	Workshops (Concurrent)
	Designing and Implementing a Performing Arts Health Course into an Undergraduate Core Curriculum - <i>Sarah Dunbar, DMA</i>
	Prefabricated Splints for Performers: Who, Wear & Why - <i>Martha Paterson, BS</i>

	Educating the Musician beyond the Music: A Biopsychosocial Perspective - <i>Hannah Murray, DMA; Madeline Stewart, MM, MS</i>	
	Injury Prevention in Partnered Lifting: An Exercise Program for Performers - <i>Melody Hrubes, MD; Jennifer Janowski, DScPT, OCS; Kelli Schneider, DPT, OCS</i>	
	Maximizing Functional Training for the Performing Artist: Connecting the Glottis and the Pelvic Floor - <i>Stephanie Higgins, MM</i>	
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>	
	Neuropathic Pain Components in Musicians with Neck Arm Pain: Evidence and Diagnostic in Neck Arm Pain - <i>Camilla Kapitza, MSc</i>	
	Implementing Mindfulness Practice in the Rehabilitation of the Professional Voice User - <i>Maurice Goodwin, MS; Sarah McDowell, BM</i>	
	Research Committee Workshop: Research Methods for Developing Performing Arts Researchers – <i>Bronwen Ackermann, PhD; Nadia Azar, PhD; Kimberly Veirs, MPT, PhD</i>	
4:30-5:00	Methods Keynote: Survey-based Research: Advantages, Pitfalls, and How to Make Sure You're Maximizing its Potential – <i>J. Matt McCrary, PhD</i>	
Friday Poster Session 9:45 – 10:15 am		
	<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>	
Originally presented on Saturday, June 25, 2022		
Time		
8:15-9:15	Plenary – General	
8:15	Swim-up Barre: the Benefits of and Video Demonstration of Aquatic Exercises for Dancers - <i>Katie Rodrick, ATC</i>	
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>	
8:45	Validation of the Portuguese Online Version of the Musculoskeletal Pain Intensity and Interference Questionnaire for Musicians - MPIIQM-Pt: the First Questionnaire Validated for Portuguese Musicians - <i>Ana Zão, MD</i>	
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>	
9:15-10:15	Plenary - Music and Psychology (concurrent with Plenary – AGB Runner-ups)	

9:15	Performance Training: Documentation of a Musicians' Health Pilot Project with Focus on Coping with Music Performance Anxiety - <i>Gail Schwarz, MMus</i>
9:30	The Mental Health of Performing Artists – The Impact of COVID-19 - <i>Claire Cordeaux, BA</i>
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>
10:00	Rates of Fatigue and Recovery in Instrumental Musicians – Quantification and Basis for Work:Rest Ratio Development - <i>J. Matt McCrary, PhD</i>
9:15-10:15	Plenary - Alice G. Brandfonbrener Young Investigator Award Runner-ups (concurrent with Plenary – Music and Psychology)
9:15	Playing-related Musculoskeletal Disorders, Risk Factors and Preventive Behaviours in Amateur Musicians - <i>Celeste Rousseau, MSc</i>
9:35	Playing Related Musculoskeletal Disorders, Risk Factors and Treatment Efficacy in a Large Sample of Oboists - <i>Heather Macdonald, MMus</i>
9:55	Enabling Access to Healthcare; Perspectives from Artists Who Access Subsidized Health Services - <i>Shelly-Anne Li, MSc</i>
10:15-10:45	Poster Presentations with Authors
10:45-12:00	Plenary – Music (concurrent with Plenary – General)
10:45	The Effects of State Anxiety on Practice Behaviors in Expert Pianists - <i>Edoardo Passarotto, MSc</i>
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>
11:15	Assessing Dynamic Pattern Analysis Methods for Tracking Variation in Pianists' Posture across Playing Conditions - <i>Jillian Beacon, MA</i>
11:30	Focal Hand Dystonia in Musicians - <i>Eileen McGonigal, PhD</i>
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>
10:45-12:00	Plenary – General (concurrent with Plenary – Music)
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>
11:00	Voice Outcomes following Nasal Airway Remodeling: A Systematic Review with Meta-analysis - <i>Uneeb Qureshi, MD</i>
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>
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>
11:45	Self-monitoring of Muscle Tone During Piano Practice - <i>Maria Holian, MA</i>
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>
2:00-3:00	Workshops (Concurrent)
	Toward a Standard Model of Peak Performance Training: Applications Across All Performance Domains - <i>Patrick Gannon, PhD</i>
	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>
	An Off-instrument Retraining Program for Musicians' Focal Hand Dystonia - <i>Bronwen Ackermann, PhD</i>
	Pre-class Neuromuscular Warm-up for Prevention and Self-management of Cervical Spine and Shoulder Dysfunction in Dancers - <i>Sally Donaubauber, DPT, OCS; Natalie Imrisek, MSPT, CSCS</i>
	Optimizing Vocal Performance: a Framework for Customizing Efficient and Effective Warmups - <i>Melanie Tapson, MSc</i>
3:45-5:00	PAMA Annual General Meeting & Announcement of Poster Competition Winners
Saturday Poster Session 10:15 – 10:45 am	

Seeking Instrumental Fit for Fiddling-Perceptions on Optimising the Interface between Violin and Player - *Ju-Yang Chi, MSc (presented by Bronwen Ackermann, PhD)*

The Value of a Backstage Health Clinic for Band and Crew Members on a Touring Music Festival - *Michael Eaton, DO*

Integrating Feldenkrais Awareness Through Movement Lessons into a Music School Curriculum: Student and Faculty Perceptions - *Mark Erickson, PT*

Does Playing Music Influence the Rehabilitation of a Maxillofacial Defect Patient? *Mariko Hattori, PhD; Satoshi Obata, PhD; Hiroshi Churei, DDS, PhD*

Are there Performance-enhancing Drugs in the Musician World? *Jeremy Stanek, MD*

Mindful Movement in Early Childhood Music Lessons: Preparing Students for a Lifetime of Sound Practice - *Lesley McAllister, DMA*

Reflections IN and ON Practice: A Cellist's Search for Meaning - *Estelle Kemp, BMus (presented by Bridget Rennie-Salonen, PhD)*

Originally presented on Sunday, June 26, 2022

Time	
8:00 – 9:00	Workshops (Concurrent)
	Non-Patterning: Centering Individuality in Dance-focused Somatic Experiences - <i>Elizabeth Shea, MS</i>
	Screening on the Screen: Comprehensive Virtual Assessment for Performing Artists During a Pandemic - <i>Paola Savvidou, DMA; Kristen Schuyten, DPT</i>
	Clinical Implementation of Electromyography in Neuromuscular Diagnosis and Biofeedback-training in Performing Artists' Health - <i>Dirk Möller, PhD</i>
9:00-10:45	Plenary - Medical and Rehabilitation
9:00	A Motor-Behavioral Framework Toward Task-Oriented Rehabilitation for Performing Artists - <i>Peter Stein, DC, PhD</i>
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>
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>
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>
10:00	The Mental Health of Collegiate Dancers during the 2020 COVID-19 pandemic: A Case for Support - <i>Kathleen Gaines, BA</i>
10:15	Setting the Standard: Education, Baseline Assessment and Return After Concussion in Performing Arts - <i>Kristen Schuyten, DPT</i>
10:30	Validity and Reliability of the Musicians' Health Literacy Questionnaire, MHL-Q19 – <i>Christine Guptill, PhD (presented by Bronwen Ackermann, PhD)</i>
10:45 - 11:15 AM	Closing Remarks & Symposium Adjournment – <i>Jason Hu, MD; Drs. Dave Hinkamp; Melody Hrubes; Maria Reese, Symposium Co-chairs</i>