

Thursday 18th July (Note: Both Plenary Sessions will be recorded and available to attendees for 1 month post symposium)

7.00 – 8.00	Registration (Cruciform Building)			
8.00 – 8.30	Welcome – Jason Hu, PAMA President; Hara Trouli, Claire Cordeaux, H. Steven Sims (PAMA Symposium Co-chairs); UCL Dean			
8.30 – 9:30	DANCE KEYNOTE - Sharon Watson, MBE, DL – CEO and Principal, Northern School of Contemporary Dance			
9.30 – 11.30	PLENARY 1 - MENTAL HEALTH	PLENARY 2 - VOICE	WORKSHOP	WORKSHOP
9.30 – 9.45	Theory colliding with Practice: everyday decision-making and resilience building at a center devoted to performers' biopsychosocial health – Heather O'Donnell, MSc	Collaboration & Implementation of Comprehensive Voice Screenings for Singing Students between a University & a Clinic: An Educational Case Study – Theodora Nestorova, PhD; Françoise Chagnon, MD	Dissecting the arabesque for efficient, coordinated, and aesthetic movement – Moira McCormack, PhD	Sounds Good: Hearing Conservation Strategies and Risk Mitigation for Performing Artists - Finola Ryan, MBBS
9.45 – 10.00	Evaluating the impact of an artist-centered psychotherapy training elective in family medicine – Shelly-Anne Li, PhD	The role of physiotherapy as part of a multidisciplinary team approach to vocal rehabilitation and care of the professional voice – Genevieve Tawiah, BSc		
10.00 – 10.15	Personal experiences and formal diagnoses of mental health disorders among working musicians before and during career – Jeordie Shenton, MSc	Return to Vocal Performance Following Vocal Fold Surgery – Lucian Sulica, MD		
10.15 – 10.30	Group Vs. Solo Performers: Care Seeking Behaviors – Nathan Hollister, MD	The Fact of the Matter: the 3 EBP pillars of voice care for singers – Melanie Tapson, MSc		
10.30 – 10.45	COFFEE BREAK			
10.45 – 11.00	Leveraging Emotional Intelligence: A Cornerstone for Wellness and Peak Performance – Christoph Wagner, DMA	Exploring the ethical value of the singing voice rehabilitation specialist in a multidisciplinary voice clinic team – Jenna Brown, MSc	Finding the Balance Between Hip Mobility and Stability through Complementary Training with a Resistance Loop - Teal Darkenwald, MFA	Continuing the Global Performing Arts Medicine Conversation Post-PAMathon – Kat Cottrell, MBBS
11.00 – 11.15	Exploring the impact of music educators' teaching approaches on performance anxiety management - Isabella Mazzarolo, PhD	Effects of Singing on Physical and Mental Symptoms and Quality of Life in Post COVID Patients – Anke Steinmetz, MD		
11.15 – 11.30		Perceived Impact of COVID-19 – Associated Breathlessness on Physical Aspects of Voice Quality in Singers - Grace Madueke, MBBS		
11.30 – 12.00	Alice G. Brandfonbrener Young Investigator Award Sustained Musical Engagement through Increased Mental Health Literacy and Reduced Cognitive Load in Musicians – Julia Clearman, Psy.D, MA, BM			
12.00 – 13.00	PANEL - INDUSTRY & MUSICIANS HEALTH Improving the health of the music workforce– what can industry do? Jane Dyball, BA, Panel Chair; John Smith, MA; Peter Leathem, BA; Sriskantharajah Arun Castro, MD, MPH			
13.00 – 14.00	LUNCH & Travel to Field Visits			
14.00 – 16.00	Field Visits <ul style="list-style-type: none">Royal College of MusicRoyal Albert HallMore Field Visits Coming Soon			
TBA	BAPAM Anniversary Party – Royal College of Music <i>[Ticketed Event]</i>			

Friday 19th July (Note: Both Plenary Sessions will be recorded and available to attendees for 1 month post symposium)

7.00 – 8.00	REGISTRATION / Cruciform Lobby			WORKSHOP – Research Translation - Matt McCrary, PhD		Breakfast Committee Meetings (TBA)	
8.00 – 8.05	Announcements - Hara Trouli, Claire Cordeaux, H. Steven Sims (PAMA Symposium Co-chairs)						
8.05 – 9.00	GUEST ARTIST SPEAKER - Dame Evelyn Glennie – ‘In Conversation’ with Dr Finola Ryan						
9.00 – 10.30	Plenary 1 - MUSIC	Plenary 2 - DANCE		WORKSHOP	WORKSHOP	WORKSHOP	
9.00 – 9.15	The relationship between pain level, function, muscle strength and manual dexterity in violin players – Ebru Kaya Mutlu, PT	Health care seeking behavior of contemporary dance students – Larissa Plaatsman, MSc		Elastic Taping Techniques to Prevent and Manage Common Upper Extremity Performance Related Musician Injuries – Aviva Wolff, OT	Uses of AI in Performing Arts Health: A Workshop – Kris Chesky, PhD	Acquiring resilience through embracing vulnerability: Two key practices for recovering professional empowerment for performance – Mark Seton, PhD	When research meets the real-world: Exploring scenarios, challenges and solutions for collaboration and culture change in research and performing arts settings – Liliana Araujo, PhD; Peter Garden, BA
9.15 – 9.30	Ultrasound findings of 184 upper-string players with PRMD – Daniel Chiung Jui Su, MD	Coming full circle: an insight into the process of designing and implementing a health and fitness support programme for dancers – Scott Sinclair, MSc					
9.30 - 9.45	Body Mapping-Informed Pedagogy in the Beginning String Classroom: A Quantitative Investigation - Noelle Rader, DMA	Self-reported health problems of 147 professional dancers from six opera houses or state theatres at the beginning of the season – Anja Hauschild, MD					
9.45 – 10.00	Group medical examination of professional pianists' hands by medical team in Japan – Aya Kanazuka, MD	Building an Ensemble: Integration of Performing Arts Medicine into Studio Culture – Daniel Scheid, PT, DPT; Holly Scheid, BM; Darcy Lei, DO					
10.00 – 10.15	When Hand Size and Piano Keyboard Don't Match: Medical, Professional, and Personal Implications – Barbara Lister-Sink, EdD	Functional performance tests in professional ballet dancers, gender specific differences – Tabea Arens, MSc					
10.15 – 10.45	COFFEE BREAK						
10.45 – 12.15	Plenary 1 - MUSIC	Plenary 2 - DANCE	POSTERS	WORKSHOP	WORKSHOP	WORKSHOP	WORKSHOP
10.45 – 11.00	Beyond “Dystonia”: A Grounded-Theory Study of	An Ounce of Prevention - How Targeted Sequential	POSTER				

	Musicians with Embouchure Syndrome – Xenos Mason, MD	Corrective Exercises Can Potentially Prevent Back Injury in Dancers – Marilyn Miller, BA	PARADE SESSION 1	Special considerations for management of performing artists presenting with dysphonia – Eleftheria Iliadou, MD	Exploring U.S. Healthcare Data and its Application to Performing Arts Medicine Research – Randall Dick, MS	Managing Performance Anxiety: Helping Performers Reach their Artistic Potential – Leslie Bickle, BMus	Potent Practice: Empowering Musicians with Training Strategies for Long-Term Health and Resilience – Lisa Burrell, DMA
11.00 – 11.15	Can Musician's Focal Dystonia be prevented? Evidence from risk and triggering factors – Anna Détári, PhD	A multidisciplinary approach to low back pain in dancers – Rosa Pasculli, MD; Amanda Blackmon, PT, DPT; Emma Faulkner, PT, DPT					
11.15 – 11.30	Musician's Dystonia - a network disorder – Johanna Doll-Lee, MD, MMus	The Foot of the Matter: Metatarsalgia in Dancers – Kristina Quiroigico, MD					
11.30 – 11.45	Neurophenomenology of Mindfulness Pedagogy to Rehabilitation of Two Musicians with Task-Specific Focal Dystonia – Sang-Hie Lee, PhD	Epidemiology of Injuries Reporting to Clinicians at 2021-2023 Breaking Competitions – Scott Lee, DPT					
11.45 – 12.00	Exploring Musicians' Focal Dystonia Awareness, and Performance-related Health Discourse Within the One-to-one Conservatoire Teaching Environment – A Comparative Survey Analysis – David Gardner, PhD	Investigation Into the Kinematics of a Contemporary Dance Style Knee Drop Landing Out of a Sideways Leap, Before and After a Verbal Cueing Intervention – Laura Flanagan, MSc					
12.00 – 12.15	Musicians' Focal Dystonia: the role of the educator – Penelope Roskell, BMus						
12.15 – 13.15	LUNCH					Lunchtime Committees TBA	
13.15 – 14.45	Plenary 1 - MUSIC	Plenary 2 - DANCE	POSTERS	WORKSHOP	WORKSHOP	WORKSHOP	
13.15 – 13.30	Patterns of Embouchure Muscle Activity in French Horn Players – Alan Watson, BSc	Strength to Strength: Using Principles of Contact Improvisation and Resistance Training with Physical Performers – Mike Doolan, MFA	POSTER PARADE SESSION 2	Performing Arts Medicine and Science Pedagogy: A dialogue on developing thoughtful and relevant curriculum - Jill Descoteaux, PhD;	Trauma Informed Care of the Performing Artist – H. Steven Sims, MD	Warm-up and cool down for Musicians, with consideration for the Hypermobile Musician – Sarah Jane Carlton, PT, DPT, MFA; Susanne Callan-Harris PT, MS	
13.30 – 13.45	The association between respiratory symptoms and instrument hygiene in wind	Taping, padding, and shoe modifications techniques for		Catherine Haber, MSc, MAS			

	players – Hans-Christian Jabusch, MD	dancers and performers – Emma Faulkner, DPT					
13.45 – 14.00	Body Awareness of the Orofacial Area in Wind and Brass Instrumentalists with and without orofacial problems. An Observational Study – Sarah Lesjak, MSc	Hop tests for Dancers - Standard assessment, interpretation and practical implication for training – Martha Richter, PT					
14.00 – 14.15	“The Embouchure Project”: A Community-Based Advocacy, Education, and Research Organization – Gabriel Radford, BMus	Dance-specific Aerobic Fitness Test and lower-extremity injuries: could we predict injury risk? Annemiek Tiemens, MSc					
14.15 – 14.30	Wind Instrumentalists and their Respiratory Muscles: An International Survey – Bronwen Ackermann, BSPT	Organizing Proprioception, Balance and Foot Loading in Dancers with Hypermobility and Spinal Asymmetry – Suzanne Martin, DPT					
14.30 – 14.45	Health and Wellness in the University Marching Band: A Systematic Review of the Professional Literature – Michael Thrasher, DMA	Associations Between Body Awareness, Body Trauma and Joint Hypermobility in the Context of Dance – Wendy Timmons, PhD					
14.45 – 15.00	COFFEE BREAK						
15.00 – 16.00	LEDERMAN LECTURE Movement Disorders in Musicians - Professor Mark Edwards						
16.00 – 17.00	PANEL The Psychological Impact of Fame – Susan Raeburn, PhD, Panel Chair; Tamsin Embleton, MA; David Giles, PhD; Philip Selway (Radiohead)	PANEL Behind the Scenes: The Challenges of Providing Medical Coverage and Advocating for the Performing Arts Industry – Yein Lee, DO, Panel Chair; Stephen Fung, DO; Courtney Klimson; Niña Carmela R Tamayo, DO					
17.15 – 18.30	Participants Recital – Jeffery Hall						
18.30 – 20.00	Welcome! PAMA Attendee Reception – Jeffery Hall						

Saturday 20th July (Note: Both Plenary Sessions will be recorded and available to attendees for 1 month post symposium)

7.00 – 8.00	REGISTRATION		YP Committee Workshop – Resumes – Taylor Mravec	Breakfast Committees		
8.00 – 8.05	Announcements - Hara Trouli, Claire Cordeaux, H. Steven Sims (PAMA Symposium Co-chairs)					
8.05 -9.00	KEYNOTE – Dr Pamela Hymel, Disney Experiences					
9.00 – 10.30	Plenary 1 - MUSIC	Plenary 2 - DANCE		WORKSHOPS	WORKSHOPS	WORKSHOPS
9.00 – 9.15	Health education for tertiary music students: A longitudinal cohort study – Bridget Rennie-Salonen, PhD	Low Energy Availability is Associated with the Occurrence of Injury and the Development of Pain in Latin and Standard Dancers – Cornelia Hartinger-Scheiner, MSc		Are we missing the point? Trigger point referral patterns mimicking common cervical and upper extremity diagnoses in musicians – Amanda Blackmon, PT, DPT; Emma Faulkner, PT, DPT	Evolving Integrative Wellness Programs: Combining Approaches to Foster Performer Health and Success – Matthew Tomatz, MA	Gender Affirming Voice Care: developing clinical and cultural competence and putting trans/nonbinary practitioners first – Melanie Tapson, MSc
9.15 – 9.30	Partners in Translation: developing health education resources for instrumental and vocal music teachers using a pragmatic formative process evaluation – Suzanne Wijsman, DMA	Relative Energy Deficiency in Dance (RED-D): a consensus method approach to REDs in dance – Matthew Wyon, PhD				
9.30 - 9.45	Actioning a healthy settings approach for musicians' occupational health education – Alison Evans, PhD	Exploring an Intuitive Eating Framework for University Dancers: A Research-based Pilot Study – Jackson Haborak, BFA				
9.45 – 10.00	Take the leap! A whole-system and applied performance sciences approach to developing a healthy campus, promoting wellness, and optimizing performance in higher music education – Liliana Araujo, PhD; Isabelle Cossette, PhD	Conformity, Communication and the Influence of Social Media on Dancers and Eating Disorders – Dawn Smith-Theodore, MA				

10.00 – 10.15	Impact of COVID-19 on musicians' life: a systematic review – Céleste Rousseau, MSc	Professional contemporary dancers becoming mothers: navigating challenges, vulnerabilities, disrupted habitus, and identity loss – Angela Pickard, PhD				
10.15 – 10.30	Music, health and wellbeing at a British conservatoire: A case study of research-led practice, embeddedness, and partnership – Sara Ascenso, PhD					
10.30 – 10.45	COFFEE BREAK					
10.45 – 12.15	Plenary 1 - MUSIC	Plenary 2 - GENERAL	POSTERS	WORKSHOPS	WORKSHOPS	WORKSHOPS
10.45 – 11.00	What highly experienced classical musicians can teach to music conservatoire students: a public interview project – Emese Hruska, PhD	Conservatoire students' views around health in an Eastern European country – Raluca Matei, PhD	POSTER PARADE SESSION 3	Breaking Down a Breaker Warm Up – Melody Hrubes, MD; Jennifer Janowski, PT, DScPT; Kelli Barton Schneider, PT, DPT	Techniques for Facilitating Breath in Singers Living with Lung Disease – Rachel Goldenberg, DMA	Vocal Zebras – Identify, Diagnose and Treat with Vocal Maneuvers, Multidisciplinary Collaboration and Singing Habilitation Techniques– Lucinda Halstead, MD
11.00 – 11.15	Occupational Health of Black American Jazz Players – Giulia Ripani, PhD	Stepping Out, Stepping Up: How UK Physiotherapists working in Performing Arts Medicine joined physiotherapists working in Sports and Exercise Medicine to develop an exemplar of Performing Arts Medicine Continuing Professional Development – Sarah Upjohn, EdD, MA				
11.15 – 11.30	Between harmony and discord: mental health, stressors, and personality styles	Substance use amongst working musicians: A scoping review – Jeordie Shenton, MSc				

	among professional musicians – a large online survey – Isabel Fernholz, PhD					
11.30 – 11.45	Beyond Inspiration Porn: Shaping a Disability-Inclusive Musical Performance Aesthetic – Dionna Bidny, MMus	Personalized medicine and PAM: Improved data and knowledge sharing to empower performing artists and support increasingly individualized care – J. Matt McCrary, PhD				
11.45 – 12.00		Online Musculoskeletal PAM Assessments: a necessity or a solution? Nikos Reissis, MD				
12.00 – 13.00	LUNCH				Lunchtime Committees TBA	
13.00 – 14.30	Plenary 1 - MUSIC	Plenary 2 - VOICE/MUS THEATRE	POSTERS	WORKSHOPS	WORKSHOPS	WORKSHOPS
13.00 – 13.15	The Role of Occupational Therapy in Musicians' Health: A Scoping Review – Jeffrey Sabo, MA	Practical Clinical & Pedagogical Evaluations of Vibrato Variability: A Workshop on Vocal Vibrato Production, Perception, & Genre/Style – Theodora Nestorova, PhD	POSTER PARADE SESSION 4		Foot Intrinsic Exercises for Pointe Technique – Sarah Edery-Altas, DPT	Tackling mental health in the performing arts - a population health approach – Claire Cordeaux, BA
13.15 – 13.30	Performing Arts Physiotherapy across different European countries – Sarah Lesjak, MSc	A Comprehensive Performing Arts Health Curriculum in the Choral Ensemble: Moving Beyond 'Drink More Water' – Kourtney Austin, PhD				
13.30 – 13.45	Neurological deficits arising from musculoskeletal disorders: a practical overview of common and underdiagnosed	More than a voice: Psychological aspects of vocal healthcare for performing artists – Luke Aldridge-Waddon, PhD				

	causes of performance-related pain among musicians – Ana Zão, MD					
13.45 – 14.00	Task specific tremor in musicians: definition, epidemiology, phenomenology, pathophysiology, and treatment options – André Lee, MD	How the performance of three distinct voice pathology groups in an opera about voice and identity changed perspectives in healthcare, research and development – Thomas Moors, MD				
14.00 – 14.15	MUS-ST: MUSicians' STiffness - Evaluation of muscle stiffness among musicians with and without playing-related musculoskeletal disorders – Cinzia Cruder, PhD	Voice disorders among professional voice users at a performing arts clinic: Common presenting symptoms, risk factors and triggers for Injury - a retrospective study – Lucie Rayner, BSc, MSc				
14.15 – 14.30	Myofascial Trigger Points and the use of Dry Needling in Treatment for Musicians - The Major Chords in Dysfunction – David Mueller, DPT	Physiological Response to Musical Theatre Performance: An Exploratory Case Study – Bonnie Kerlin, MS				
14.45 – 15.00	COFFEE BREAK					
15.00 – 16.00	PANEL Healing the rift: The need for body-mind integration in performing arts education and medicine – Monia Brizzi, MSc, Panel Chair; Maiko	PANEL The Critical Role of Literacies in Translating Research into Practice for Musicians and Performing Arts Healthcare – Suzanne Wijsman, DMA, Panel Chair; Raluca Matei,				

	Kawabata, PhD; Mine Doğantan-Dack, PhD; John Crawford, LRSM, LTCL, MSTAT	PhD; Bridget Rennie-Salonen, PhD; Bronwen Ackermann, BSPT				
16.00 – 17.00	PAMA Annual General Meeting					
17.00 – 19.00	Young Professionals Reception in the Quad					

Sunday July 21st (Note: Both Plenary Sessions will be recorded and available to attendees for 1 month post symposium)

8.00 – 8.30	AWARDS - Poster Awards; Presidential Achievement Award; Life Achievement Award					
8.30 – 9.30	MUSIC KEYNOTE – Professor Aaron Williamon, Royal College of Music London					
9.30 – 11.00	Plenary 1 - MUSIC	Plenary 2 - GENERAL / ACTING		CIRCUS	WORKSHOPS	WORKSHOPS
9.30 – 9.45	Aerosol emission from playing music and its airborne infection risk – Carl Firlie, MD	Mind the Gap: Supporting Mindful Acting and Resilience in Actor Training – Elisa Lewis, PhD		Common Injuries in Circus Artists: literature Review – Mona Almazidi, MSc	Collaborative practice: staying in your lane or sharing the route? Jenevora Williams, PhD; Maurice Goodwin M.S., CCC-SLP	Breaking down the fundamental movements of Bharatanatyam (Indian Classical dance) – Melvin Varghese, DPT
9.45 – 10.00	Cross Training Techniques to Improve Instrumentalist Fitness and Performance – Rose Schmieg, PT; Michele Pye, PhD, ATC	Analysing the impact on actor wellbeing of differing teaching discourses about how and why actors need to emote – Mark Seton, PhD		Exploring the source of pain, injury, pain perception and pain self-efficacy in acrobatic performers and athletes – Bethany Shum, MSc		
10.00 – 10.15	Evidence Based Return to Play Guidelines for the Musician Post-Injury – Sarah Jane Carlton, PT, DPT, MFA	Manifestations of Exhaustion: measures of physical, cognitive and emotional impact of fatigue in production students – Sofia Ornellas Pinto		WORKSHOP Rehabilitation exercises to prepare an aerialist for return to training – Emily Scherb, DPT		
10.15 – 10.30	Musicalizing medicine - translating biomechanics into music teaching – Bronwen Ackermann, BSPT	Building a Toolkit for Touring Artists – H. Steven Sims				

10.30 – 10.45	A review of the demographics of patients in a musicians hand clinic – Andrew Mark Phillips, MA	Training PAM practitioners: building the future – Hara Trouli, MD				
10.45 – 11.00	The experience of ageing among professional classical musicians – Jane Ginsborg, PhD	The PAMathon: Reviewing the first 24hr virtual global Performing Arts Medicine Event – Kat Cottrell, MBBS				
11.00 – 11.15	COFFEE BREAK					
11.15 – 12.15	PANEL 6 Guidelines for Wind and Brass Instrument Players Returning to Play After Surgery – Finola Ryan, MBBS, Panel Chair; Alan Watson, PhD; Colm McGonigle, PhD	PANEL 7 Incorporating Health, Wellness, and Injury Prevention Principles into Teaching Vocal/ Instrumental Music and Dance (sponsored by the PAMA Educators Special Interest Group) - Lea Pearson, DMA, Panel Chair; Bridget Rennie-Salonen, PhD; Filomar Tariao, MD; Andrea Elizabeth White, MA				
12.15 – 12.30	Closing Statements; PAMA 2025 - Announcements					
12.30	Symposium Adjourn					

POSTER PARADE - Friday 19th July

POSTERS 1 (General & Education)

1. Establishing a Performing Arts Medicine Association in Spain: AMPAE – Isabel Artigues, MSc
2. Creation of the Association Française pour la Santé des Artistes de Performance - A journey to improve healthcare for French performing artists – Sébastien Martin
3. A new Performing Arts Health Hub at the Paris Regional Conservatoire: construction, adaption, feedbacks – Céleste Rousseau, MSc
4. Medical professionals working with technique pedagogues: he we do it – Andrew Mark Phillips, MA
5. Music Therapy for Music Students: Using Music Therapy to Support University Music Students' Mental Wellbeing – Gavriel Rubin, MA
6. Music Physiology & Musicians' Medicine at German Universities of Music - New Concepts in Education and Training – Claudia Spahn, PhD
7. Organizational structure of a local interdisciplinary performing arts medical organization – Liz Corwin, DPT
8. An Educational Duet: Harmonizing Musicians' Knowledge and Residents' Training in Performing Arts Medicine – Frances Ann B. Carlos MD MPM
9. Post-Secondary Music Students' Work and Health: An Institutional Ethnography Protocol – Mona Oikarinen, MScR
10. Find the focus: Attentional focus strategies of music university students in different practice phases – Jesper Hohagen, PhD
11. Promoting Wellness and Performance in Chamber Music through Team Coaching – Christoph Wagner, DMA
12. Pain Neuroscience Education - An important part of a modern and evidence-based management in performing artists' health – Dirk Möller, PhD
13. Your teacher may say you have to practice in a healthy way and take many breaks. How do you know when you do it right? Norwegian music students' perceptions and experiences of health – Grete Ege, PT
14. Prevalence and associated factors of performance-related pain among music students versus professional musicians: a multicenter study using a validated tool – Ana Zão, MD
15. Dance-Related Injuries in Adolescents Before and After the COVID-19 Pandemic – Juan Ventura, MS
16. Contact improvisation dancers' experiences of risk in a COVID-19 pandemic context – Vanessa Reiser, MSc
17. Relationship between Eating Attitudes Test Scores and the COVID-19 Pandemic in First-Year University Dancers – Lauren McIntyre, ATC
18. Circus Artists' Access to Medicine: Understanding where artists seek care – Nathan Hollister, MD

POSTERS 2 (Music & Dance)

1. Is Deltoid Muscle Oxygenation and Perfusion Related to Reaction Time in Musicians Playing Stringed Instruments? A Pilot Study – Sule Kecelioglu, MSc
2. Developing and Validating a Teaching and Learning Tool to Facilitate the Acquisition of Healthy Postural Habits and Body Technique by Violin and Viola Students: Synthesis of Research and Results – Julie Ferland-Gagnon, PhD
3. Measurement of Violinist's Performance Relating Scapular Dyskinesia using 3-D scanner: a Pilot Study – Chang-Hyung Lee, MD
4. Characterizing Occupational Health Problems among Guitarists – Nabeel Zuhdi, PhD
5. Effects of a short body-oriented intervention on arm and shoulder muscle tension during instrumental playing – Manfred Nusseck, PhD
6. Occupational health problems among violinists – Anagha Kapsi, BM
7. A Kinematic Motion Analysis Protocol Supporting the Clinical Assessment of Playing-Related Musculoskeletal Disorders in Drummers – David Snowdon, MSc
8. Returning to Dance after a Pseudo-Jones Fracture: A Case Study – Ella Otto, AT
9. Non-traumatic Rib Fracture in Ballet – Juliet Peck, MBBS
10. Chronic exertional compartment syndrome (ECS) in a professional dancer: a case study – Carina Nasrallah, MS
11. The impact of a conditioning program on ankle stability and lower leg endurance in high school dance teams – Alexandra Pooley, MFA
12. Discussing variations of pole modes (spinning or static) to inform physiotherapy-based management of shoulder injury prevalence in pole fitness – Jane Cole, MSc

POSTER PARADE - Saturday 20th July

POSTERS 3 (Mental Health & Voice)

1. Mental disorders and personality styles among professional musicians - two systematic reviews – Isabel Fernholz, PhD
2. "It was always about perfectionist performance" Relationship between life satisfaction and health impairment in playing or singing of university music students – Anna Immerz, PhD
3. Positive and Negative Mental Health among Musicians: A Scoping Review – Giulia Ripani, PhD
4. Performance anxiety in classical music students: prevalence and prevention – Larissa Plaatsman, MSc
5. MPA treatment en masse: a case for a group therapy treatment of music performance anxiety in college musicians – Steven Wasilczuk, BMusEd
6. Talking About Tension: Distinguishing Primary Muscle Tension Dysphonia from Compensatory Hyperfunction in Singers in Training – Theodora Nestorova, PhD
7. The Singing Voice Rehabilitation Specialist: a singing teacher with extra steps, or a highly specialised professional? Jenevora Williams, PhD
8. Pulmonary function analysis and differences among FACH classified opera singers – Ricardo Fuentes-Saavedra
9. What Diet and Nutrition Strategies are Recommended to Singers Suffering from Chronic Laryngitis? Katie Truman-Williams, BA
10. Should Voice Rehabilitation Specialists Professionalise In The UK? Jenna Brown, MSc
11. Unveiling the Thyroid and Singing Voice Connection – Sara Brites, MMus
12. A vocal manual therapy approach to managing laryngopharyngeal reflux in singers – Lydia Flock, MA
13. Your Happy Voice: Navigating Allergy Season by Changing the Way You Breathe – Kate Cubley, MA
14. Relational Acupuncture for Voice Professionals: Fusing Ancient Tradition with Modern Science – Stephen King

POSTERS 4 (Music & Dance)

1. Injury Awareness and Prevention Workshops - Do they have an impact? Nicola Goldsmith, BSc
2. The Use of Osteopathic Manipulative Treatment for Chronic Pain in Musicians – Rebecca Franklin, MS
3. Musicians' Headache: Neck pain and hearing problems as predictors – Irem Eliassen, MSc
4. Recognizing and Addressing Joint Hypermobility in Piano Students: From a Teacher's Perspective – Barbara Lister-Sink, EdD
5. The lived experiences of instrumental musicians with Hypermobility Spectrum Disorder – Tamlyn Harker, BMus
6. Does Using Both Hands for Similar or Different Tasks While Playing an Instrument Affect Simple Reaction Time and Finger Dexterity? A Pilot Study – Selnur Narin Aral, PhD
7. Using platelet-rich plasma to treat embouchure dysfunction, a case series – Mei-Chen Yeh, MD
8. Impact of Medical Care in Wind and Brass Musicians – Devin Reddy, MMus
9. Can foot loading intervention influence the spinal stabilization of a pre-professional female cellist with a diagnosis of adolescent idiopathic scoliosis? A case study presentation – Suzanne Martin, DPT
10. Multi-disciplinary management of a complex professional dancer with multi-system pathologies – Amanda Blackmon, DPT, PT
11. Strengthening Program for Musical Theater Performers – Maeve Talbot, PT, DPT
12. Factors Affecting Injury Risk in Adolescent Ballet Dancers: A Systematic Review – Rama Bhardwaj, MSc
13. Well in Dance - a collaboration between arts and science education in pre-vocational dancers. – Sofia Ornellas Pinto, BSc
14. Ballerina Athlete Low-Energy, Nutritional, and Clinical Evaluation (BALANCE) – Stephen Fung, DO
15. Dance Training Load Measurement as a Tool for Improving Performance and Preventing Injuries – Luís Xarez, PhD