



## 40th Annual PAMA International Symposium Schedule

This schedule is subject to change. Last update: **March 29, 2022**

### Thursday, June 23, 2022

Time	
7:00 AM	Registration
8:00-8:15	<b>Welcome and Introductions</b> – Drs. Dave Hinkamp and Melody Hrubes, Symposium Co-chairs; Dr. Lucinda Halstead, PAMA President
8:15-9:15	<b>Shirley Ryan Ability Lab</b> – Invited Speakers
9:15-10:15	<b>Richard J. Lederman Lecture</b> – Nancy Nies Byl, PT, MPH, PhD, FAPTA
10:15-10:45	<b>Poster Presentations</b> with Authors, Networking – <b>Break</b>
	<b>Plenary</b>
10:45	Real-Time MRI as a Promising Tool in Clarifying Physiological and Pathophysiological Mechanisms of Embouchure and Support Functions in Wind Instrumentalists – <i>Eckart Altenmüller, MD</i>
11:00	The MRI Brass Repository Project: An MRI Video Repository for Brass Pedagogy and Movement Disorder Research – <i>Peter Iltis, PhD</i>
11:15	Development and Validation of the Musicians' Health Literacy Questionnaire MHL-Q19 – <i>Christine Guptill, PhD</i>
11:30	Establishing a National Performing Arts Health Association in a Developing Country: A Case Study – <i>Bridget Rennie-Salonen, PhD</i>
11:45	Creating a University-based Physical Therapy Clinic: Challenges and Lessons – <i>Catherine Turner, DPT</i>
12:00 PM	More Than Dance: Education and Medical Management of University Dance Students on Injury Management and Communication – <i>Marissa Schaeffer, DPT</i>
12:15-1:15	<b>Lunch   Membership Committee and Young Professionals Committee (All attendees are welcome to join these meetings, bring or buy a lunch)</b>
1:15-2:15	<b>Panel Discussion</b> Oscars So White! Recognizing and Remediating Microaggressions in the Performing Arts – <i>H. Steven Sims, MD</i>
2:15-3:15	<b>Workshops (Concurrent)</b>
	PAM Medical Interview: Are you Ready to Explore? (Learning to interview PAM pts) – <i>Hara Trouli, MD</i>
	Healthy Hands & Functional Grip Strength: Principles & Practice Working with Pole & Aerial Artists – <i>Misty Austin, DPT</i>
	Human Performance/Health Promotion Workshop – Tuning the Mind and Body – <i>John Chong, MD</i>
	Valuable Strategies for Dancers and Dance Instructors to Enhance Performance and Prevent Injuries – <i>Sabrina Friehe, BSc</i>
	Evaluating Prevalence and Purpose of Semi-Occluded Vocal Tract Exercises in the Collegiate Voice Studio – <i>Kristen Sullivan, DMA</i>
3:15-3:45	<b>Poster Presentations with Authors - Networking – Break</b>
3:45-4:00	<b>Athletes &amp; the Arts Update</b> – <i>Randall Dick, FACSM</i>
4:00-5:00	<b>Panel Discussion</b> Life and Health in the Blues – Moderator: <i>Dave Hinkamp, MD; Erwin Helfer, Musician and Educator; Bruce Iglauer, Founder, Alligator Records; Lil' Ed Williams, Musician</i>
5:00	<b>Adjourn</b>
5:00	<b>Welcome Reception</b> (Guests welcome) <i>Erwin Helfer Band</i>
6:30 - 8:00 PM	<b>Salons (optional)</b>

**Thursday Poster Session (10:15 – 10:45 am AND 3:15 – 3:45 pm)**

- 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*
- How Knowledgeable are Musical Theatre Performers at California State University, Fullerton about Voice Services Offered by Voice-Specialized Speech-Language Pathologists: Survey Findings - *Jennifer Creamer, BA*
- S.F.E.R.A. Model and Music Performance Anxiety: a Study on 63 Professional Musicians - *Luca Mazzon, MSc*
- 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*
- 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 - *Ana Zão, MD*
- Occupational Health Problems of Chinese Speaking Musicians - *Cehuai Zhang, DMA*

**Friday, June 24, 2022**

Time	
7:30 AM	Registration
8:00-8:15	<b>Announcements</b> – <i>Drs. Dave Hinkamp and Melody Hrubes, Symposium Co-chairs</i>
8:15-8:30	<b>Alice G. Brandfonbrener Tribute</b>
8:30-9:00	<b>Alice G. Brandfonbrener Young Investigator Award:</b> 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	<b>Keynote - Weapons Safety and Injury Prevention</b> - <i>Flynn Smith, Asst Prop Master Chicago P.D. NBC/Universal</i>
9:45- 10:15	<b>Poster Presentations with Authors - Networking - Break</b>
	<b>Plenary A General</b>
10:15	The Integrative Assessment Pilot Project: Exploring a New Development in Integrative Care for Creative and Performing Artists - <i>Leisa Bellmore, MSc</i>
10:30	Space and Time Constraints: Circus Artists and Access to Healthcare a Qualitative Med-High Presentation - <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	TBD

11:30	TBD
	<b>Plenary B Dance</b>
10:30	A Multidisciplinary Team Approach to Management of a Professional Ballet Company - <i>Courtney Gleason, MD</i>
10:45	Physical Therapy Management of Chronic Low Back Pain in Breakers: A Case Series Education - <i>Ashley Houck, DPT</i>
11:00	Breaking Down Breaking: The New Olympic Sport - <i>Kelli Schneider, DPT</i>
11:15	Dance Training Load Measurement as a Tool for Improving Performance and Preventing Injuries - <i>Luís Xarez, PhD</i>
11:30	Comparison of Ankle and Foot Kinematics during Relevé in First Position Barefoot and En Pointe using a Multi-Segment Foot Model - <i>Kimberly Veirs, PhD</i>
11:45-1:00 PM	<b>Lunch   Education Committee and Pre-conference Course Debrief (All attendees are welcome to join the Education Committee meeting, bring or buy a lunch)</b>
1:00-2:00	<b>Panel Discussion</b> Audition to Curtain Call: A Comprehensive In-House Medical Team Approach to Caring for Performing Artists – <i>Elaine Winslow, AT/ATC (Chair); Melody Hrubes, MD; Karen Kubicina, AT/ATC, DPT, PT; Meg Schneider, ATC</i>
2:00-3:00	<b>Workshops (Concurrent)</b>
	Designing and Implementing a Performing Arts Health Course into an Undergraduate - <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</i>
	Injury Prevention in Partnered Lifting: An Exercise Program for Performers - <i>Melody Hrubes, MD</i>
	Maximizing Functional Training for the Performing Artist: Connecting the Glottis and the Pelvic Floor - <i>Stephanie Higgins, MM</i>
3:00-3:30	<b>Poster Presentations with Authors - Networking - Break</b>
3:30-4:30	<b>Workshops (Concurrent)</b>
	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>
	Dance Technique Through the Lens of Biotensegrity - <i>Robin Kish, MFA</i>
	Implementing Mindfulness Practice in the Rehabilitation of the Professional Voice User - <i>Maurice Goodwin, MS</i>
	Research Team Workshop: Methodology for Performing Arts Studies – <i>Serap Bastepe-Gray, MD; Bronwen Ackermann, PhD; Christine Guptill, PhD</i>
4:30-5:00	<b>Methods Keynote: Survey-based Research: Advantages, Pitfalls, and How to Make Sure You're Maximizing its Potential</b> – <i>J. Matt McCrary, PhD</i>
5:00	<b>Adjourn</b>
7:00	Cultural Options
<b>Friday Poster Session (9:45 – 10:15 am AND 3:00 – 3:30 pm)</b>	
	The Influence of Adverse Childhood Experiences on Stress-Reactivity and the Development of Musician's Dystonia - <i>Stine Alpheis, MSc</i>
	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>
	Musicians' Dystonia - a Matter of Genes and Practice? <i>Johanna Doll-Lee, MD</i>
	Rethinking Use-Limiting Conditions: What Do We Know? <i>Scott Homer, MD</i>
	Practice till it Hurts: Occurrence, Treatment and Anxiety Aspects of Playing Related Pain in Music Students - <i>André Lee, MD</i>
	Performing Arts Triage: Happy Healthy Longevity - <i>Sang-Hie Lee, PhD</i>

Musicians' Hearing Concerns: an Audit Cycle of Presentations to a Performing Arts Medicine Helpline and Medical Clinic - *Finola Ryan, BMBS MSc*

Standardized Subjective Examination Protocol to Evaluate Performing Artists' Musculoskeletal Health Status – Part II: Interview Based Anamnesis - *Heike Schemmann, MSc*

Disability and Circus Arts – *Sarah Tuberty, OTR/L*

## Saturday, June 25, 2022

Time	
7:30 AM	Registration
8:00-8:15	<b>Announcements</b> – <i>Drs. Dave Hinkamp and Melody Hrubes, Symposium Co-chairs</i>
8:15-9:15	<b>Plenary</b> Alice G. Brandfonbrener Young Investigators Honorable Mentions
8:15	Playing-related Musculoskeletal Disorders, Risk Factors and Preventive Behaviours in Amateur Musicians - <i>Celeste Rousseau, MSc</i>
8:35	Playing Related Musculoskeletal Disorders, Risk Factors and Treatment Efficacy in a Large Sample of Oboists - <i>Heather Macdonald, MMus</i>
8:55	Enabling Access to Healthcare; Perspectives from Artists Who Access Subsidized Health Services - <i>Shelly-Anne Li, MSc</i>
8:15-9:15	<b>Panel Presentation:</b> Twenty Years of Innovation at an Integrative Hospital-Based Clinic for Creative and Performing Artists - <i>Vicki Hawkins, BSPT</i>
9:15-10:15	<b>Plenary A - Music and Psychology</b>
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	<b>Plenary B - Dance</b>
9:15	TBD
9:30	Swim-up Barre: the Benefits of and Video Demonstration of Aquatic Exercises for Dancers - <i>Katie Rodrick, ATC</i>
9:45	Length from Strength: Lessons Learned Implementing a Strength and Conditioning Program for a Major Modern Dance Company - <i>Andrew Schaeffer, BA</i>
10:00	Consider the Cuboid: A Rare Stress Fracture in a Dancer - <i>Emma Desjardins, DO</i>
10:15-10:45	<b>Poster Presentations with Authors - Networking - Break</b>
10:45 – 11:45	<b>Workshops (Concurrent)</b>
	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</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 Donaubauer, DPT</i>
	Optimizing Vocal Performance: a Framework for Customizing Efficient and Effective Warmups - <i>Melanie Tapson, MSc</i>
11:45-1:00 PM	<b>Lunch   Research Committee (All attendees are welcome to join the Research Committee meeting, bring or buy a lunch)</b>
1:00-2:00	<b>Panel Presentation</b>

	Optimizing Health in the Performing Arts: <i>Jaime Dias Delgado, LCSW Actors Fund Central Region, Scott Conn, Director of Production and Operations Goodman Theatre - Jennifer Janowski PT, DSc, OCS, FAAOMPT, Physical Therapist Athletico/ Joffrey Ballet</i>
2:00-3:15	<b>Plenary A - Music</b>
2:00	The Effects of State Anxiety on Practice Behaviors in Expert Pianists - <i>Edoardo Passarotto, MSc</i>
2:15	Motion Analysis Protocol for the Clinical Evaluation of Playing-related Musculoskeletal Disorders in Violinists, Violists, and Cellists - <i>Eduard Wolf, MSC</i>
2:30	Assessing Dynamic Pattern Analysis Methods for Tracking Variation in Pianists' Posture across Playing Conditions - <i>Jillian Beacon, MA</i>
2:45	Self-monitoring of Muscle Tone During Piano Practice - <i>Maria Holian, MA</i>
3:00	Focal Hand Dystonia in Musicians - <i>Eileen McGonigal, PhD</i>
2:00-3:15	<b>Plenary B – General</b>
2:00	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>
2:15	Voice Outcomes following Nasal Airway Remodeling: A Systematic Review with Meta-analysis - <i>Uneeb Qureshi, MD</i>
2:30	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>
2:45	Let's Get Up & Move! Physical Therapy/Stretching/Ergonomics to Improve Musicians' Tone - <i>Jason Terry, DMA</i>
3:00	TBD
3:15-3:45	<b>Poster Presentations with Authors - Networking - Break</b>
3:45-5:00	<b>PAMA Annual General Meeting &amp; Announcement of Poster Competition Winners</b>
5:00	<b>Adjourn</b>
5:15	<b>Participant Performance</b>
	Evening free for dinner, concerts, recitals, theatrical productions, etc.
<b>Saturday Poster Session (10:15 – 10:45 am AND 3:15 – 3:45 pm)</b>	
	Examining Issues of Healthcare and Treatment Accessibility in US-Based Early Music and Theatre Performance Communities Prior to and During the COVID-19 Pandemic - <i>Esteban Padilla, BS</i>
	Seeking Instrumental Fit for Fiddling-Perceptions on Optimising the Interface between Violin and Player - <i>Ju-Yang Chi, MSc; Bronwen Ackermann, PhD</i>
	The Value of a Backstage Health Clinic for Band and Crew Members on a Touring Music Festival - <i>Michael Eaton, DO</i>
	Integrating Feldenkrais Awareness Through Movement Lessons into a Music School Curriculum: Student and Faculty Perceptions - <i>Mark Erickson, PT</i>
	Does Playing Music Influence the Rehabilitation of a Maxillofacial Defect Patient? <i>Mariko Hattori, PhD</i>
	Anthropometrics: Adapting Industrial, Military and Clothing Design Techniques for Non-Classical Keyboardists - <i>Jacqueline Henderson, PhD</i>
	Are there Performance-enhancing Drugs in the Musician World? <i>Jeremy Stanek, MD</i>
	Mindful Movement in Early Childhood Music Lessons: Preparing Students for a Lifetime of Sound Practice - <i>Lesley McAllister, DMA</i>
	Ankle Weights for Improving Strength and Fitness in the Dance Class Setting - <i>Clare Weigert</i>
	Reflections IN and ON Practice: A Cellist's Search for Meaning - <i>Estelle Kemp, BMus</i>

## Sunday, June 26, 2022

Time	
8:00 AM	Registration
8:00 – 9:00	<b>Workshops (Concurrent)</b>
	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</i>
	Clinical Implementation of Electromyography in Neuromuscular Diagnosis and Biofeedback-training in Performing Artists' Health - <i>Dirk Möller, PhD</i>
10:00-11:30	<b>Plenary - Moderator: Medical and Rehabilitation</b>
10:00	Function-Centered Rehabilitation for Performers' Injuries: a Motor-Behavioral Approach Employing Modular, Task-Oriented Routines - <i>Peter Stein, DC</i>
10:15	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>
10:30	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>
10:45	Do Far Transfer Effects Require Near Transfer Effects? Piano-induced Adaptations within Music-related and Non-music-related Domains - <i>Florian Worschech, MSc</i>
11:00	The Mental Health of Collegiate Dancers during the 2020 COVID-19 pandemic: A Case for Support - <i>Kathleen Gaines, BA</i>
11:15	Setting the Standard: Education, Baseline Assessment and Return After Concussion in Performing Arts - <i>Kristen Schuyten, DPT</i>
11:30 - 12:00 PM	<b>Closing Remarks &amp; Symposium Adjournment</b> – <i>Jason Hu, MD; Drs. Dave Hinkamp and Melody Hrubes, Symposium Co-chairs</i>