## Thursday, July 6, 2023

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Registration &lt;Outside of Uris Auditorium&gt;</td>
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<td>Welcome and Lederman Lecture &lt;Uris Auditorium&gt;</td>
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<tr>
<td>8:00 AM</td>
<td><strong>Welcome and Introduction</strong> - Performance Transformed: Exploring emerging themes in a changed world, <strong>Marissa T. Schaeffer</strong>, <strong>PT</strong>, <strong>DPT</strong>, <strong>OCS</strong>, <strong>CSCS</strong> and <strong>Aviva Wolff</strong>, <strong>EdD</strong>, <strong>OT</strong>, <strong>CHT</strong> Symposium Co-Chairs and <strong>Jason Hu</strong>, <strong>PAMA President</strong></td>
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<td>8:20 AM</td>
<td><strong>Well Cornell Medicine</strong> Welcome, <strong>Michael G Stewart</strong>, <strong>MD</strong></td>
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<td>8:30 AM</td>
<td><strong>Athletes And The Arts</strong> Welcome, <strong>Randy Dick</strong></td>
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<td>8:45 AM</td>
<td><strong>Richard J Lederman Lecture</strong>: Hypermobility Syndromes in Performing Artists, <strong>Tina Wang</strong>, <strong>MD</strong> and <strong>Melisa Bonetti</strong></td>
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<td>9:45 AM</td>
<td>Diversity, Equity, Inclusion in Performing Arts Medicine, <strong>Laurel Daniels Abbruzzese</strong>, <strong>PT</strong>, <strong>EdD</strong></td>
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<td>10:15 AM</td>
<td><strong>Break with Exhibitors</strong> &lt;Griffis Faculty Club&gt;</td>
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<tr>
<td>10:45 AM</td>
<td>PLenary 1 - MENTAL HEALTH ISSUES &lt;Uris Auditorium&gt;</td>
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<td>Is acting a risky business - What does the creative work of acting entail and is resilience a central factor in the actor’s ability to perform? <strong>Julia Grieshofer</strong>, <strong>PhD</strong></td>
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<td>11:00 AM</td>
<td>(Un)Healthy Queens: Beauty Pageants and Drag Performance, <strong>Jennifer Marie Yang</strong>, <strong>MD</strong></td>
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<td>11:15 AM</td>
<td>Polyvagal Theory and The Alba Method: Enhancing Mental Wellness though Acting Technique, <strong>Kate Glasheen-Dentino</strong>, <strong>MFA</strong></td>
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<td>11:30 AM</td>
<td>Musicians’ Experiences of Beta-blockers for Music Performance Anxiety, <strong>Tanja Roos</strong>, <strong>MSc</strong>, <strong>BMus</strong></td>
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<td>11:45 AM</td>
<td>To Feel or Not To Feel: Why do metropolitan dancers use marijuana? <strong>Joshua Honrado</strong>, <strong>DAT</strong>, <strong>ATC</strong>, <strong>CSCS</strong>, <strong>RYT</strong></td>
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<tr>
<td>12:00 PM</td>
<td>Plenary 1 Question and Answer Period</td>
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<tr>
<td>12:15 PM</td>
<td>Lunch on your own Membership Committee and Education Committee meetings; Mentoring Meet and Greet &lt;Griffis Faculty Club&gt;</td>
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<td>1:15 PM</td>
<td><strong>PLENARY 2</strong> - DANCE (Concurrent with MUSIC) &lt;Uris Auditorium&gt;</td>
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<td>Ballet Rehabilitation: A Novel Return to Sport Protocol, <strong>Laurie Glasser</strong>, <strong>MD</strong> and <strong>Giulia Frias</strong></td>
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<td>1:30 PM</td>
<td>Health Monitoring in Elite Adolescent Vocational Dancers, <strong>Stephanie Hulsebosch-Keizer</strong>, <strong>MA</strong></td>
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<td>1:45 PM</td>
<td>When the Shoe Fits: The Role of Health-Related Education in Injury Prevention in Professional Ballet, <strong>Lindsay McNeal Ison</strong>, <strong>EdD</strong>, <strong>PT</strong></td>
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<td>2:00 PM</td>
<td>NYS Workers’ Compensation and the Associated Challenges in Physical Therapy Treatment for Broadway Performing Artists: A Case Series, <strong>Jessi Patz</strong>, <strong>PT</strong>, <strong>DPT</strong>, <strong>CKTP</strong> and <strong>Marissa T. Schaeffer</strong>, <strong>PT</strong>, <strong>DPT</strong>, <strong>OCS</strong>, <strong>CSCS</strong></td>
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<td>2:15 PM</td>
<td>Group Strength Training for Dancers, <strong>Andrew Schaeffer</strong>, <strong>BA</strong>, <strong>CSCS</strong>, <strong>USAWS</strong> and <strong>Antoine Simmons</strong>, <strong>MA</strong>, <strong>CSCS</strong></td>
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<tr>
<td>2:30 PM</td>
<td>Plenary 2 [DANCE] Question and Answer Period</td>
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<td>2:45 PM</td>
<td>Break - Poster Presentations with Authors [Session 1, MUSIC] and Exhibitors &lt;Griffis Faculty Club&gt;</td>
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<td>Keynote and Resources &lt;Uris Auditorium&gt;</td>
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<td>3:15 PM</td>
<td><strong>Keynote Presentation</strong>: At My Lowest, <strong>Hope Boykin</strong></td>
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<td>4:00 PM</td>
<td>Resources for Performing Artists, <strong>Alton Barron</strong>, <strong>MD</strong>; <strong>Harvey Mars</strong>, <strong>Local 802</strong>; <strong>AGMA</strong>, <strong>The Entertainment Community Fund</strong></td>
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<td>5:00 PM</td>
<td>Adjourn</td>
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<tr>
<td>5:15 PM</td>
<td>WELCOME RECEPTION - Cocktails and Jazz - <strong>Omar Hakim and Rachel Z - Trio of Oz</strong> &lt;Belfer Building Terrace&gt;</td>
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Friday, July 7, 2023

7:30 AM  Registration  <Outside of Uris Auditorium>

7:50 AM  Announcements, Marissa T. Schaeffer, PT, DPT, OCS, CSCS and Aviva Wolff, EdD, OT, CHT Symposium Co-Chairs

8:00 AM  Alice G Brandfonbrener Young Investigator Award Winner: Prevalence of Musculoskeletal Pain and Associated Factors among Professional Orchestra Musicians in Norway, Irrem Eliassen, MSc, BA

8:30 AM  CONCURRENT WORKSHOPS [MENTAL HEALTH]  <Uris Auditorium>

9:30 AM  CONCURRENT WORKSHOPS [RESEARCH]  <A250 Auditorium; same building as Uris Aud.>

9:30 AM  Break - Poster Presentations with Authors [Session 2, DANCE] and Exhibitors <Griffis Faculty Club>

10:00 AM  CONCURRENT WORKSHOPS [DANCE]  <Belfer Bldg 2nd Floor (204-B)>

10:00 AM  CONCURRENT WORKSHOPS [MUSIC]  <Belfer Bldg 2nd Floor (204-A)>

11:00 AM  CONCURRENT WORKSHOPS [VOICE]  <Belfer Bldg 2nd Floor (204-C)>

12:00 PM  Lunch on your own; Young Professionals Committee and Research Committee meetings  <Griffis Faculty Club>

1:00 PM  Panel  <Uris Auditorium>

PLENARY 3 - DANCE (Concurrent with MUSIC and VOICE)  <Uris Auditorium>

2:00 PM  Prevalence of Urinary Incontinence and Other Pelvic Floor-related Symptoms in Circus Artists, Heather Heineman, DPT; Brooke Winder, DPT; and Emily Scherb, DPT

2:15 PM  Treating post-acute sequela of SARS-CoV-2 in a professional modern dancer: A case study, Marissa T. Schaeffer, PT, DPT, OCS, CSCS

2:30 PM  Maximizing Wellness for Performing Artists through Perimenopause and Menopause, Brooke Winder, DPT, BFA and Dinah Hampson, PT, RISPT

2:45 PM  A Systematic Review and Meta-analysis of Joint Hypermobility Syndrome in Dancers with Histology and Ultrasound Correlations, Tina Wang, MD

3:00 PM  Break - Poster Presentations with Authors [Session 3, MUSIC] and Exhibitors <Griffis Faculty Club>

3:30 PM  Afternoon Presentations  <Uris Auditorium>

3:30 PM  Healthcare for the Whole Performer, Michael G Stewart, MD

4:00 PM  Medical Management of Musician's Dystonia, Steven J Frucht, MD

4:30 PM  Keynote Presentation: Mental Health Advocacy, Sara Mearns, New York City Ballet

5:00 PM  Adjourn

5:30 PM  Participants Performance <Bohemian National Hall>

6:30 PM  Young Professionals Reception  <Bohemian National Hall>
Saturday, July 8, 2023

7:30 AM  Registration <Outside of Uris Auditorium>
8:00 AM  Announcements, Marissa T. Schaeffer, PT, DPT, OCS, CSCS Symposium Co-Chair

PLENARY 4 – GENERAL <Uris Auditorium>
8:15 AM  Crosstalk: Overcoming interdisciplinary language barriers in Performing Arts Medicine, Jeffrey Sabo, MA
8:30 AM  Extracorporeal Shockwave Therapy for Performing Artists, Kristina Quirolgico, MD and Lauren Elson, MD
8:45 AM  Sets, Costumes & Props...Oh, My! Concerns for the Stage Performer in 2023, Jennifer Janowski, DPT, DScPT; Melody Hrubes, MD; and Kelli Barton Schneider, DPT
9:00 AM  Process Evaluation of a Health Advisory Pathway to Facilitate Management of Musicians’ Performance Health Issues, Jane Ginsborg, PhD
9:15 AM  Plenary 4 [GENERAL] Question and Answer Period
9:30 AM  Panel - A New Perspective on Touring and Mental Health, Susan Raeburn, PhD (Panel Chair); Paula Thomson, PsyD; Tamsin Embleton, MA; and Ryan Dusick, LMFT

10:30 AM  Break with Exhibitors [Griffis Faculty Club]

PLENARY 5 - DANCE (Concurrent with MUSIC) <Weill Auditorium (C200)>
11:00 AM  Foot and Ankle Injuries in Dancers, Christine Townsend, MD
11:15 AM  2022 Consensus Statement on Concussion in Sport: Summary & Considerations for the Performing Arts Community, Sheyi Ojofeitimi, DPT, OCS, CFMT, CIDN
11:30 AM  Interdisciplinary Approach for Sesamoid Osteonecrosis Utilizing Platelet-Rich Plasma Injections, Patricia Cavalieri, DPT; Tracy Espiritu McKay, DO; Marla McReynolds-Waldron, DPT
11:45 AM  Improving Resilience in Performing Artists, Kathleen Davenport, MD
12:00 PM  Plenary 5 [DANCE] Question and Answer Period

PLENARY 5 - MUSIC (Concurrent with DANCE) <Uris Auditorium>
The role of Occupational Therapists in Supporting Musicians’ Health, Christine Guptill, BSc, BMus, MS(OT), PhD
Entrapment Neuropathies in Musicians - Known Pathologies from Another Clinical Perspective, Camilla Kapitza, MSc, OMPT and Brigitte Tampin, DrPH
Orchestrals and Choral Conductors’ Health - An Epidemiological Study, Julia Luger, MSc
Sound Performers South Africa: Impact of a blended learning course for occupational resilience in tertiary music students, Bridget Rennie-Salonen, PhD

ORAL POSTER PRESENTATIONS <Griffis Faculty Club>
See list of topics/presenters below in the Poster section

12:15 PM  Lunch on your own

Invited Speaker <Uris Auditorium>
1:45 PM  The Bullet-Proof Musician, Noa Kageyama, PhD

CONCURRENT PANELS – DANCE <A250 Auditorium>
2:15 PM  Panel - Pre-Participation Dance Screens: Are they one size fits all? Kimberly Veirs, PhD, MPT, BS-ESS (Panel Chair); Catherine Turner, PT, DPT, PhD; Catherine Vargo, PT, DPT; and Meghan Gearhart, PT, DPT

CONCURRENT PANELS – VOICE <Uris Auditorium>
Panel - Perspectives on Managing the Injured Performer, Lucian Sulica, MD (Panel Chair); Scott Sussman, MS; Lucinda Halstead, MD; Deanna McBroome, MM; Christine Estes, MM, MA, CCC-SLP

CONCURRENT PANELS – GENERAL <Weill Auditorium (C200)>
Panel - Best Practices in COVID Prevention in Performing Artists, John Chong, MD, FRCPC (Panel Co-chair); Christine Guptill, BSc, BMus, MS(OT), PhD (Panel Co-chair); David Weiss, MD; Ralph Manchester, MD

CONCURRENT WORKSHOPS <Griffis Faculty Club>
3:15 PM  Break with Exhibitors

CONCURRENT WORKSHOPS [DANCE] <Belfer Bldg, 2nd Floor, 204-B>
3:45 PM  Straight Arm Hanging Analysis and Corrective Exercises for the Aerial Circus Artist’s Shoulder, Emily Scherb, DPT

CONCURRENT WORKSHOPS [MUSIC] <Belfer Bldg, 2nd Floor, 204-A>
A Physical Therapy and Exercise Approach to Managing Ulnar Nerve Subluxations and Dislocations, Cliffton Chan, PhD, BPhysio(Hons)
Breaking the Cycle of Pain and Anguish: It starts with the first lesson, Lea Pearson, DMA

CONCURRENT WORKSHOPS [GENERAL] <Belfer Bldg, 2nd Floor, 204-C>
4:45 PM  Annual Business Meeting <Belfer Bldg, 3rd Floor>
5:45 PM  Adjourn
Sunday, July 9, 2023

8:15 AM  **CONCURRENT WORKSHOPS [GENERAL]**
<**Belfer Bldg, 2nd Floor, 204**>
**Thinking About Performing Arts Research**, Gregory Youdan, MA, MS

8:15 AM  **CONCURRENT WORKSHOPS [MUSIC]**
<**Belfer Bldg, 3rd Floor, BB302A**>
**Preventing Musicians Dystonia**, Eckart Altenmüller, MD, PhD, MA

8:15 AM  **CONCURRENT WORKSHOPS [DANCE]**
<**Belfer Bldg, 3rd Floor, BB302B**>
**A Multidisciplinary Approach to FAI in Dancers**, Stephanie Buza, MD; Phil Colucci, MD; Kathleen Davenport, MD

9:15 AM  **Singers’ Can Lift Heavy Stuff**: The value of adding strength training to singers’ fitness routine and how to safely implement it, Abby Halpin, DPT, MS, BS

9:15 AM  **Clinical Implementation of Electromyography in Neuromuscular Diagnosis and Biofeedback-training in Performing Artists Health**, Dirk Möller, PhD, Dipl. Sportwiss., PT

9:15 AM  **End-stage Dance-specific Rehabilitation Program for Adolescent Dancers Post Patellar Dislocation**, Sally Donaubauer, PT, DPT, OCS; Natalie Imrisek, PT, MSPT, CSCS; Megan Richardson, Dipl Ac, LAc, ATC

10:15 AM  **Juilliard Panel, AGB Runner-Up, and Closing Remarks**
<**Belfer Bldg, 2nd Floor, 204**>
**A Model for Student Health Services at an Elite Conservatory**, Juilliard Medical Staff: Beth Techow; Katy Keller Rule, MS, PT; Heidi Skolnik, MS, CDN, FACSM; Elizabeth Manejias, MD; Aviva Wolff, EdD, OT, CHT; Moderated by Giuliana Hazelwood, MS, LAc

10:15 AM  **Alice G Brandfonbrener Young Investigator Award Runner-Up**: A Validation Study of the Music Identity Measurement Scale, Nabeel Zuhdi, BS, MM

10:45 AM  **Closing Remarks**, Marissa T. Schaeffer, PT, DPT, OCS and Aviva Wolff, EdD, OT, CHT Symposium Co-Chairs and Jason Hu, PAMA President

11:15 AM  **Poster Session 1 - MUSIC [Thursday Afternoon Break]**
<**Griffis Faculty Club**>
**A Descriptive Analysis of the Upper Body Kinematics of Conductors**, Jessica Flammia, BSc and Nadia Azar, PhD
**Effect of Verbal Cuing Versus Visual Biofeedback on Restoring Muscle Activation Patterns Associated with Reduced Injury During Piano Playing**, Rawsam Alasmar, PhD and Nikolai Klotchkov, MM
**Investigation of Non-Classical Musicians: Practices and Exposure to Musculoskeletal Disorders (PRMDs)**, Jacqueline Henderson, PhD
**A virtual simulation lab to practice music performances under pressure**: Science fiction or reality? Janine Stubbe, PhD
**The Effects of COVID-19 on Practice Habits**: Exploring the experiences of senior undergraduate music students, Chloé Vermeulen, MMus
**Embouchure Overuse Syndrome**: A narrative reflection on my injury, rehabilitation, and recovery, Lara Havenga, BMus [presented by Bridget Rennie-Salonen, PhD]

11:30 AM  **Closing Remarks**, Marissa T. Schaeffer, PT, DPT, OCS, CSCS and Aviva Wolff, EdD, OT, CHT Symposium Co-Chairs and Jason Hu, PAMA President

11:45 AM  **Poster Session 2 - DANCE [Friday Morning Break]**
<**Griffis Faculty Club**>
**Ballroom Dance Injuries in a Large Metropolitan City**, Michelle Guadalupe Garcia Ruíz, MD (presenting virtually)
**Coping Mechanisms and Psychological Factors in Dancers**, Madison Witt, PT, DPT; Joan Heeringa, SPT; Emma Massarelli, SPT; Elizabeth McAneny, SPT; Lauren Dalal, SPT
**Interest in Psychological Services within the Dancer Population**, Alyssa Shi, BA and Carolyn Keeler, DO
**Pes Cavus: Beautiful ballet feet or Arch enemies?** Ricardo Fuentes-Saavedra, MD
**Virtual Rehab of an Achilles Tendon Tear, Post Repair, via Virtual Group Classes: Case Report**, Dinah Hampson, PT, RISPT
**Comparing Screening Results of Freshmen University Dancers Pre & Post COVID-19 Pandemic**, Lauren McIntyre, ATC
Characteristics and Treatment Interventions of Musicians with Musculoskeletal Pain, Ben Rhee, BA

Custom-Fitted Smart Tooth Guard to Prevent Inner Lower Lip Trauma in Single-Reed Instrumentalists, Anne Rowland, BS; Brianna Chakrathouk, BS; Ryan Wattar, BS; Khailyn Agis, BS; Cehuai Zhang, MM

Three-Dimensional Motion Analysis of the Upper Extremity Joint in Piano Playing, Aya Kanazuka, MD, PhD, PgDip [virtual only]

The Initial Investigation of the Noise Level in their Working Environment for the Carillon Players: An occupational health perspective, Minako Uchino, MD, PhD; Tadao Okada, MD, MPH

Understanding Student Perceptions of the Learning Environment in a Large NASM-Accredited School of Music, Micheal Moxley, MM; Elaine Whitmire, MM; Jacob Guidi, MM; Trek Boyland, MM; Kris Chesky, PhD

Occupational Health Problems of Violists, Hollie Dzierzanowski, MM, LBME and Kris Chesky, PhD

Three-Dimensional Motion Analysis of the Upper Extremity Joint in Piano Playing, Aya Kanazuka, MD, PhD, PgDip [virtual only]

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Occupational Health Problems of Violists, Hollie Dzierzanowski, MM, LBME and Kris Chesky, PhD

A Nurse as a Performing Arts Theatre Tour Coordinator: Working with a theater project in which every member of the cast and crew is dealing with a medical or emotional challenge, Henya Helene Storch, RN, MSN

Weight Training for Pianists, Sarah Morris, MM

Manual Evaluation of Mobility and Diaphragmatic Tonicity in Lyrical Singers and Non-singers, Tati Helene, PT, MA

Health & Wellbeing of Circus Artists: A Biopsychosocial perspective, Pooja Verma, BSc

Pain in Acrobatic Performers and Acrobatic Athletes: Exploring source of pain, pain perception and pain self-efficacy, Bethany Shum, MSc and Isabel Artigues Cano, MSc

A Literature Review of the Prevalence of Performance-Related Musculoskeletal Disorders in Professional, Full-time Employed Orchestral Musicians, June Sheren, MBBS and Finola Ryan, MBBS

The Prevalence of Playing-related Musculoskeletal, Neuromuscular, and Neurologic Symptoms, Disorders, and Injuries in Professional Orchestral Musicians with a Focus on Geographic, Anatomical, and Instrumental-specific Schema: A scoping review, Christoph Wagner, MM

Assessing Posture while Playing in Musicians - A systematic review, Céleste Rousseau, PhD, PT

Hitting the Road: A Scoping Narrative Review of Literature on the Health of Touring Music Students and Related Populations, Jonah Schmitz, MSc, BA

Abnormalities of Structural and Functional Cortical Sensory Projections in Embouchure Dystonia, André Lee, MD, Prof. Dr.

Gender Differences in Practicing Behavior and Genetic Predisposition in Musician's Dystonia, Johanna Doll-Lee, MD, MM

Neck and Shoulder Pain in Touring Heavy Metal Drummers, Michael Eaton, DO

Development and Validation of the First Questionnaire to Evaluate Pain among Musicians from Different Artistic Contexts: Performance-related Pain Among Musicians Questionnaire (PPAM), Ana Zoa, MD

The Impact of the COVID-19 Pandemic on Canadian Performing Artists' Health and Healthcare Access: An interpretive descriptive study using the social-ecological model, Shelly-Anne Li, MSc

Addressing Musicians' Occupational Health, Well-being, and Social Justice in Community Brass, Pamela Kierman, Mmus and Likhona Tokota (presented by Bridget Rennie-Salonen, BA, PGDIP, LRSM, ABME)

"Post" COVID-19 Pandemic Presentations in Performing Arts Medicine: Managing boundaries and meeting need, Claire Cordeaux, BA, Mres

I Feel Your Pain, Even Though you Don't: An autobiographical exploration and possible neural mechanism of a piano student with Playing-Related Musculoskeletal Disorder feeling upper extremity pain when listening to others play piano, Marc Rumilly, MS, BMus

The Influence of the Audience on Performance Anxiety in the Performing Arts: A Narrative Literature Review, Kwame Asante, MBBS, BSc

Last Update: July 4, 2023  Schedule subject to change