

41st ANNUAL PAMA INTERNATIONAL SYMPOSIUM



SYMPOSIUM SCHEDULE

Last Update: [April 5, 2023](#)

Schedule subject to change

Invited Speakers Denoted in **Bold** Characters

Thursday, July 6, 2023

7:00 AM	Registration	
8:00 AM	Welcome and Introduction - Performance Transformed: Exploring emerging themes in a changed world, <i>Marissa T. Schaeffer, PT, DPT, OCS, CSCS and Aviva Wolff, EdD, OT, CHT Symposium Co-Chairs and Jason Hu, PAMA President</i>	
8:20 AM	Weill Cornell Medicine Welcome, <i>Michael G Stewart, MD</i>	
8:30 AM	Athletes And The Arts Welcome, <i>Randy Dick</i>	
8:45 AM	Richard J Lederman Lecture: Hypermobility Syndromes in Performing Artists, <i>Tina Wang, MD and Melisa Bonetti</i>	
9:45 AM	Diversity, Equity, Inclusion in Performing Arts Medicine, <i>Laurel Abbruzzese, EdD, PT</i>	
10:15 AM	Break	
	PLENARY 1 - MENTAL HEALTH ISSUES	
10:45 AM	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? <i>Julia Grieshofer, PhD</i>	
11:00 AM	(Un)Healthy Queens: Beauty Pageants and Drag Performance, <i>Jennifer Marie Yang, MD</i>	
11:15 AM	Polyvagal Theory and The Alba Method: Enhancing Mental Wellness through Acting Technique, <i>Kate Glasheen-Dentino, MFA</i>	
11:30 AM	Musicians' Experiences of Beta-blockers for Music Performance Anxiety, <i>Tanja Roos, MSc, BMus</i>	
11:45 AM	To Feel or Not To Feel: Why do metropolitan dancers use marijuana? <i>Joshua Honrado, DAT, MS, ATC</i>	
12:00 PM	Plenary 1 Question and Answer Period	
12:15 PM	Lunch on your own; Committee meetings (TBA)	
	PLENARY 2 - DANCE (Concurrent with MUSIC)	PLENARY 2 - MUSIC (Concurrent with DANCE)
1:15 PM	Ballet Rehabilitation: A Novel Return to Sport Protocol, <i>Laurie Glasser, MD and Giulia Frias</i>	The Prevalence of Musculoskeletal Symptoms in Double Bass Players, <i>Frances Levenderis, MMus</i>
1:30 PM	Health Monitoring in Elite Adolescent Vocational Dancers, <i>Stephanie Hulsebosch-Keizer, MA</i>	Barriers and Facilitators to Including Injury Prevention Education Within Drum kit Curricula: Perceptions of independent instructors giving private lessons, <i>Nadia Azar, PhD</i>
1:45 PM	When the Shoe Fits: The Role of Health-Related Education in Injury Prevention in Professional Ballet, <i>Lindsay McNeal Ison, EdD, PT</i>	A Qualitative Analysis of Injury Prevention Education among Oboe Educators, <i>Heather Macdonald, MMus, BMus</i>
2:00 PM	NYS Workers' Compensation and the Associated Challenges in Physical Therapy Treatment for Broadway Performing Artists: A Case Series, <i>Jessi Patz, PT, DPT, CKTP and Marissa T. Schaeffer, PT, DPT, OCS, CSCS</i>	Risk Factors of Playing-related Disorders among European Music Students: Results of the Risk of Music Students (RISMUS) longitudinal multicentre study, <i>Cinzia Cruder, PhD</i>
2:15 PM	Group Strength Training for Dancers, <i>Andrew Schaeffer, BA, CSCS, USAW and Antoine Simmons, MA, CSCS</i>	Hand-arm Vibration Exposure in Drummers, <i>Dylan Durward, MSc presented by Nadia Azar, PhD</i>
2:30 PM	Plenary 2 [DANCE] Question and Answer Period	Training Sound Performers: An international needs-based music teacher survey, <i>Suzanne Wijsman, DMA and Bronwen Ackermann, PhD</i>
2:45 PM	Break - Poster Presentations with Authors [Session 1, MUSIC]	
3:15 PM	Keynote: Hopeful Moments, <i>Hope Boykin</i>	
4:00 PM	Resources for Performing Artists, <i>Local 802, AGMA, The Entertainment Community Fund, Alton Barron, MD</i>	
5:00 PM	Adjourn	
5:15 PM	WELCOME RECEPTION - Cocktails and Jazz - <i>Omar Hakim and Rachel Z - Trio of Oz</i>	

Friday, July 7, 2023

7:30 AM	Registration		
7:50 AM	Announcements, <i>Marissa T. Schaeffer, PT, DPT, OCS, CSCS and Aviva Wolff, EdD, OT, CHT Symposium Co-Chairs</i>		
8:00 AM	Alice G Brandfonbrener Young Investigator Award Winner: Prevalence of Musculoskeletal Pain and Associated Factors among Professional Orchestra Musicians in Norway, <i>Irem Eliassen, BA</i>		
	CONCURRENT WORKSHOPS [MENTAL HEALTH]	CONCURRENT WORKSHOPS [RESEARCH]	
8:30 AM	Workshop - How to Support An Artist Experiencing A Mental Health Crisis, <i>Kathleen McGuire Gaines and Britney Brinkman, PhD</i>	Workshop - PAMA Research Committee, <i>Serap Bastep-Gray, MD</i>	
9:30 AM	Break - Poster Presentations with Authors [Session 2, DANCE]		
10:00 AM	CONCURRENT WORKSHOPS [DANCE]	CONCURRENT WORKSHOPS [MUSIC]	CONCURRENT WORKSHOPS [VOICE]
10:00 AM	Closed Chain Stabilization Exercises for the Hypermobility Performer, <i>Kelli Barton Schneider, DPT; Melody Hrubes, MD; and Jennifer Janowski, PT</i>	Training Smarter, Not Harder: Developing a Functionally Relevant Training Program for Instrumental Musicians, <i>Janice Ying, DPT</i>	Harder Better Faster Stronger: A Reconditioning Protocol for Pandemic-Plagued Vocalists, <i>Melanie Tapson, MSc, BFA, BEd</i>
11:00 AM	Incorporating Osteopathic Manipulative Treatment (OMT) in the Evaluation and Treatment of Foot and Ankle Dysfunctions of Dancers, <i>Haley Busenbarrick, BS and Lailah Issac, DO</i>	Clinical Examination of Musician's Playing Positions. A physiotherapist's approach, <i>Sarah Lesjak, MSc</i>	Where is My Neck? <i>Ann Rhodes, DMA</i>
12:00 PM	Lunch on your own; Committee meetings (TBA)		
1:00 PM	Panel - All That Glitters: The trials and tribulations of funding performing arts medicine, <i>Sajid Surve, DO (Panel Chair); Kris Chesky, PhD; Yein Lee, DO; James Aston, DO</i>		
	PLENARY 3 - DANCE (Concurrent with MUSIC and VOICE)	PLENARY 3 - MUSIC (Concurrent with DANCE and VOICE)	PLENARY 3 - VOICE (Concurrent with DANCE and MUSIC)
2:00 PM	Prevalence of Urinary Incontinence and Other Pelvic Floor-related Symptoms in Circus Artists, <i>Heather Heineman, DPT; Brooke Winder, DPT; and Emily Scherb, DPT</i>	Movement Patterns in Tuba Playing: Comparison of an embouchure dystonia case with healthy professional tuba players using real-time MRI imaging, <i>Eckart Altenmüller, MD, PhD, MA</i>	Supporting Deconditioned Singers after Covid-19 - The CUIMC Broadway Vocal Prehabilitation Program, <i>Holly Reckers, CCC-SLP</i>
2:15 PM	Return to Stage Postpartum, <i>Kathleen Darley, DPT</i>	Applying Functional Anatomy to Assess and Rehabilitate Embouchure Dysfunction, <i>Bronwen Ackermann, BSPT, PhD, MPH and Eckart Altenmüller, MD, PhD, MA</i>	NSAID Use in Performers who Dance and Use Their Voices Professionally, <i>H. Steven Sims MD and Melody Hrubes, MD</i>
2:30 PM	Maximizing Wellness for Performing Artists through Perimenopause and Menopause, <i>Brooke Winder, DPT, BFA and Dinah Hampson, BSc</i>	Performing Artists and Pilates: A Key to Improving Well-being, <i>Larissa Kelloway, PhD</i>	The Broadway Musical Production Vocal Coach, <i>Amanda Flynn, MMus</i>
2:45 PM	A Systematic Review and Meta-analysis of Joint Hypermobility Syndrome in Dancers with Histology and Ultrasound Correlations, <i>Tina Wang, MD</i>	Respiratory Muscle Performance in Wind Instrumentalists: A systematic review and meta-analysis, <i>Sarah Morris, PhD</i>	Perspectives on Managing the Injured Vocal Performer, <i>Lucinda Halstead, MD</i>
3:00 PM	Break - Poster Presentations with Authors [Session 3, MUSIC]		
3:30 PM	Voice and Audiology, <i>Michael G Stewart, MD</i>		
4:00 PM	Medical Management of Musician's Dystonia, <i>Steven J Frucht, MD</i>		
4:15 PM	Guest Artist Speaker, <i>Laurie Anderson</i>		
5:00 PM	Adjourn		
5:30 PM	Participants Performance		
6:30 PM	Young Professionals Reception in the Harkness Courtyard		

Saturday, July 8, 2023

7:30 AM	Registration		
8:00 AM	Announcements, <i>Marissa T. Schaeffer, PT, DPT, OCS, CSCS and Aviva Wolff, EdD, OT, CHT Symposium Co-Chairs</i>		
PLENARY 4 - GENERAL			
8:15 AM	Crosstalk: Overcoming interdisciplinary language barriers in Performing Arts Medicine, <i>Jeffrey Sabo, MA</i>		
8:30 AM	Extracorporeal Shockwave Therapy for Performing Artists, <i>Kristina Quiroigico, MD and Lauren Elson, MD</i>		
8:45 AM	Sets, Costumes & Props...Oh, My! Concerns for the Stage Performer in 2023, <i>Jennifer Janowski, DPT, DScPT; Melody Hrubes, MD; and Kelli Barton Schneider, DPT</i>		
9:00 AM	Process Evaluation of a Health Advisory Pathway to Facilitate Management of Musicians' Performance Health Issues, <i>Jane Ginsborg, PhD</i>		
9:15 AM	Plenary 4 [GENERAL] Question and Answer Period		
9:30 AM	Panel - A New Perspective on Touring and Mental Health, <i>Susan Raeburn, PhD (Panel Chair); Paula Thomson, PsyD; Tamsin Embleton, MA; and Ryan Dusick, LMFT</i>		
10:30 AM	Break - Poster Presentations with Authors [Session 4, GENERAL]		
	PLENARY 5 - DANCE (Concurrent with MUSIC)	PLENARY 5 - MUSIC (Concurrent with DANCE)	ORAL POSTER PRESENTATIONS (in poster area)
11:00 AM	Is Patellofemoral Pain Related to Pubertal Stage, Bone Properties and Anatomical Feature in Young Dancers? <i>Nili Steinberg, PhD and Itzhak Siev-Ner, MD</i>	The role of Occupational Therapists in Supporting Musicians' Health, <i>Christine Guptill, BSc, BMus, MS(OT), PhD</i>	See list of topics/presenters below in the Poster section
11:15 AM	Treating long COVID in a professional modern dancer: A case study, <i>Marissa T. Schaeffer, PT, DPT, OCS, CSCS</i>	Entrapment Neuropathies in Musicians - Known Pathologies from Another Clinical Perspective, <i>Camilla Kapitza, MSc, OMPT and Brigitte Tampin, DrPH</i>	
11:30 AM	Interdisciplinary Approach for Sesamoid Osteonecrosis Utilizing Platelet-Rich Plasma Injections, <i>Patricia Cavaleri, DPT; Tracy Espiritu McKay, DO; Marla McReynolds-Waldron, DPT</i>	Orchestral and Choral Conductors' Health - An Epidemiological Study, <i>Julia Luger, MSc</i>	
11:45 AM	Improving Resilience in Performing Artists, <i>Kathleen Davenport, MD</i>	Sound Performers: Impact of a blended learning course for occupational resilience in tertiary music students, <i>Bridget Rennie-Salonen, PhD</i>	
12:00 PM	Plenary 5 [DANCE] Question and Answer Period	Plenary 5 [MUSIC] Question and Answer Period	
12:15 PM	Lunch on your own; or Sign up for a PAMA Salon (coming soon)		
1:45 PM	The Bullet-Proof Musician, <i>Noa Kageyama, PhD</i>		
	CONCURRENT PANELS - DANCE	CONCURRENT PANELS - AUDIOLOGY	CONCURRENT PANELS - GENERAL
2:15 PM	Panel - Pre-Participation Dance Screens: Are they one size fits all? <i>Kimberly Veirs, PhD, MPT, BS-ESS (Panel Chair); Catherine Turner, PT, DPT, PhD; Catherine Vargo, PT, DPT; and Meghan Gearhart, PT, DPT</i>	Panel - Perspectives on Managing the Injured Performer, <i>Lucian Sulica, MD (Panel Chair); Scott Sussman, MS; Lucinda Halstead, MD; Deanna McBroom, MM</i>	Panel - Best Practices in COVID Prevention in Performing Artists, <i>John Chong, MD, FRCPC (Panel Co-chair); Christine Guptill, BSc, BMus, MS(OT), PhD (Panel Co-chair); David Weiss, MD; Ralph Manchester, MD; Melody Hrubes, MD</i>
3:15 PM	Break		
	CONCURRENT WORKSHOPS [DANCE]	CONCURRENT WORKSHOPS [MUSIC]	CONCURRENT WORKSHOPS [GENERAL]
3:45 PM	Hanging Analysis and Corrective Exercises for the Aerial Circus Artist, <i>Emily Scherb, DPT</i>	A Physical Therapy and Exercise Approach to Managing Ulnar Nerve Subluxations and Dislocations, <i>Cliffon Chan, PhD, BPhysio(HonsI)</i>	Breaking the Cycle of Pain and Anguish: It starts with the first lesson, <i>Lea Pearson, DMA</i>
4:45 PM	Annual Business Meeting		
5:45 PM	Adjourn		

	CONCURRENT WORKSHOPS [GENERAL]	CONCURRENT WORKSHOPS [MUSIC]	CONCURRENT WORKSHOPS [DANCE]
8:15 AM	Thinking About Performing Arts Research, Gregory Youdan, MA, MS	Preventing Musicians Dystonia, Eckart Altenmüller, MD, PhD, MA	A Multidisciplinary Approach to FAI in Dancers, Stephanie Buza, MD; Phil Colucci, MD; Kathleen Davenport, MD
9:15 AM	End-stage Dance-specific Rehabilitation Program for Adolescent Dancers Post Patellar Dislocation, Sally Donaubauer, DPT, OCS	Clinical Implementation of Electromyography in Neuromuscular Diagnosis and Biofeedback-training in Performing Artists Health, Dirk Möller, PhD, Dipl. Sportwiss., PT	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
10:15 AM	A Model for Student Health Services at an Elite Conservatory, Juilliard Medical Staff		
11:15 AM	Alice G Brandfonbrener Young Investigator Award Runner-Up: A Validation Study of the Music Identity Measurement Scale, Nabeel Zuhdi, BS, MM		
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	Symposium Adjourn		

POSTER SESSIONS

Poster Session 1 - MUSIC [Thursday Afternoon Break]

A Descriptive Analysis of the Upper Body Kinematics of Conductors, **Jessica Flammia, BSc and Nadia Azar, PhD**

Effect of Verbal Cueing Versus Visual Biofeedback on Restoring Muscle Activation Patterns Associated with Reduced Injury During Piano Playing, **Rawsam Alasmar, PhD and Serap Bastep-Gray, MD**

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**

Prevalence of Performance-related Musculoskeletal Disorders in South African Instrumental Musicians, **Erryn Green, MSc and Bridget Rennie-Salonen, PhD**

Studying Music During COVID-19: An interpretative phenomenological analysis of the lived experiences of tertiary music students, **Chiara Wheatley, BMus**

Recognizing and Addressing Joint Hypermobility in Piano Students: From a Teacher's Perspective, **Barbara Lister-Sink, EdD, BA**

Poster Session 2 - DANCE [Friday Morning Break]

An Exploratory Study Using the SF-36 on the Behaviour and Emotional Response of Dancers with Injuries in Singapore, **Filomar Cortezano Tario, MD**

Increasing Access for Recreational Circus, **Sarah Tuberty, OTR/L, OTD**

Ballroom Dance Injuries in a Large Metropolitan City, **Michelle Guadalupe Garcia Ruiz, MD**

Coping Mechanisms and Psychological Factors in Dancers, **Madison Witt, SPT; 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, BA**

Comparing Screening Results of Freshmen University Dancers Pre & Post COVID-19 Pandemic, **Lauren McIntyre, ATC**

Poster Session 3 - MUSIC [Friday Afternoon Break]

A Survey on Health Concerns among College-level Jazz Guitarists, *Aaron Best Del Carpio, BM*

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*

Experiences with Xerostomia among Wind Players, *Hyeyeon Kim, MM, BM and Kris Chesky, PhD*

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, BM 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, *Henry Helene Storch, RN, MSN*

Weight Training for Pianists, *Sarah Morris, MM*

Poster Session 4 - GENERAL [Saturday Morning Break]

Brain Activation and Neuroplasticity in Singing Voice Performance, *Maira Jaber, MM*

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

The Transdisciplinary Tango: A Model of Convergence between Biomedical Engineering and Music Students, *Ryan Wattar, BS; Khailyn Agis, BS; Brianna Chakrathouk, BS; Anne Rowland, BS; Cehuai Zhang, MM*

ORAL POSTER PRESENTATIONS (in poster area) - Saturday, 11:00 AM

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*

Self-reported and Objectively Measured Muscle Tension and Neck Kinematics in Violinists Playing with an Ergonomic and Usual Chinrest: A randomised crossover study, *Stephanie Mann, MSc*

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 Zão, 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*

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

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*