

**Thursday July 10<sup>th</sup>** (Note: Both Plenary Sessions will be recorded and available to attendees for 1-month post symposium)

7.00 – 8.00	Registration [Atrium] (coffee, tea, water, pastries, bagels available) [Lobby/Beach]					
8.00 – 8.30	Welcome – Melody Hrubes, MD, PAMA President; Serap Bastepe-Gray, MD; Emily Scherb, DPT (PAMA Symposium Co-chairs); Kris Chesky, PhD, Johns Hopkins University [RM 158]					
8.30 – 9.30	LEDERMAN LECTURER – Dr. Ram Ramachandran, Director of Johns Hopkins Education and Research Center for Occupational Safety and Health [RM 158]					
9.30 – 10.00	COFFEE/TEA Mixer (coffee, tea, water, pastries, bagels available) [Lobby/Beach]					
10.00 – 11.00	PLENARY 1 – MUSIC/ GENERAL [RM 158]	PLENARY 2 - DANCE [RM 820]	WORKSHOP – GENERAL [RM 822]	WORKSHOP - GENERAL [RM 940]	WORKSHOP - MUSIC [RM 944]	
10.00 – 10.15	Understanding Musicians' Perspectives on Primary Healthcare Needs and Service Accessibility in Canada: A Mixed-Methods Study – Kat Cottrell, CCFP MBBS DipABRSM	Medical and Rehabilitation Management of Postural Orthostatic Tachycardia Syndrome (POTS) in Dancers – Emma Faulkner, DPT; Amanda Blackmon, PT; Rosa Pasculli, MD; Courtney Gleason, MD	Band Camp & Beyond: Unique Physical Demands of Marching Arts Athletes – Deborah Seeley, DPT; Janet Konecne, DPT; Edmer Lazaro, DPT	Health Literacy: Providing Performers with a Toolbox of Skills to Help Incorporate More Health and Wellness and Reach Their Artistic Potential – Leslie Bickle, BMus	Pelvic Floor Considerations for Wind Instrumentalists. Understanding the Relationship Between your Breath, Diaphragm, and Pelvic Floor – Anna Saunders, PT, DPT, OCS; Brooke Winder, PT, DPT, OCS; Janice Ying, PT, DPT, OCS	
10.15 – 10.30	Texas Music Educators' Health Literacy and Intentions to Address Health Concepts in Ensembles – Meghan Taylor, PhD	Sex Hormones Influence on Pain and Hypermobility Through the Lens of Two Non-Binary Performing Artists – Amanda Greene, DPT; Keelin Godsey, DPT				
10.30 – 10.45	Understanding Musician Identity - Foundations, Challenges, and Mental Health Implications – Nabeel Zuhdi, PhD	Performance Optimization throughout the Menstrual Cycle – Ella Otto, ATC; Lauren McIntyre, AT/ATC				
10.45 – 11.00	The Neurodivergent Musician: A ThinkTank Project – Anna Détári, PhD; Georgia Dawson	Practical Considerations for Implementing Periodization in Dance – Erika Mayall, MPT				
11.00 – 11.10	S-t-r-e-t-c-h Break and Transition to Room 158					
11.10 – 12.10	Panel Presentation: Occupational Health and Medicine for the Performing Arts – David Hinkamp, MD, MPH; Finola Ryan, MBBS; Aisha Rivera Margarin, MD, MS; Carl Firlie, MD [RM 158]					
12.10 – 13.00	Lunch on your own. Committee meetings: Research [RM 822] or Education [RM 824] Anyone may join a committee meeting (lunch available to purchase or bring a lunch)					
13.00 – 13.15	Remembering Bill Dawson and Deanna McBroom – Lucinda Halstead, MD [RM 158]					
13.15 – 13.45	Alice G. Brandfonbrener Young Investigator Award Winner Presentation: Cellists' Performing Arts Health Awareness and Occupational Health Problems: An epidemiological survey and analysis – Elaine Whitmire, DMA, MM, BM [RM 158]					
13.45 – 14.45	PLENARY 1 – MUSIC [RM 158]	PLENARY 2 - DANCE [RM 820]	WORKSHOP - MUSIC [RM 822]	WORKSHOP - GENERAL [RM 940]	WORKSHOP - DANCE [RM 944]	POSTER PARADE [RM 955]
13.45 – 14.00	Tooth Tunes: A Trumpet Player's Painful Predicament – Francis DeAsis, DO; Yein Lee, DO	Facilitating Translational Research in Dance: Defining What We Do and Why We Do It? Wendy Timmons, PhD	Pain-Free Performance: A Collaborative Workshop for Musicians and Clinicians on	FRAME: A Model of Care for Artists – Rachel Graves, OTR/L; Martha Paterson, OTR/L	Igniting the Groove: Essential Warm-Up for House Dancers – Edwin Jung, DPT	SESSION 1 Listen to 3 minute talks from our poster authors

14.00 – 14.15	Exploring the Relationship Between TMJ Disorders, Posture, and Pain in Woodwind Musicians – Yeliz Gülce Tanımlı, PT	Addressing Healthcare Gaps and Cultural Barriers in Dancer Health and Well-Being – Rosa Pasculli, MD; Courtney Gleason, MD; Amanda Blackmon, PT; Emma Faulkner, DPT	Upper Extremity Health – Aviva Wolff, OT			
14.15 – 14.30	Characterizing Lower Lip Force Exposures During Alto Saxophone Playing – Nikolai Klotchkov, MM; Bailey Liu; Nabeel Zuhdi, PhD; Serap Bastepe-Gray, MD	From Incident to Stage: Comprehensive Post-Concussion Rehabilitation in a Modern Dancer - A Case Report – Sheyi Ojofeitimi, PT				
14.30 – 14.45	Surface Electromyography Measures of Abdominal and Shoulder Girdle Muscle Activity in Professional Trumpet Players – Alexandra Türk-Espitalier, PhD	Efficacy of Shockwave Therapy in the Management of Injuries in Ballet and Professional Dancers: A Systematic Review – Margarida Mota Freitas, MD				
11.00 – 11.10	S-t-r-e-t-c-h Break and Transition to Next Session					
15.00 – 16.00	<b>PLENARY 1 – MENTAL HEALTH [RM 158]</b>	<b>PLENARY 2 – MUSIC [RM 820]</b>	<b>[RM 822]</b>	<b>WORKSHOP - MUSIC [RM 940]</b>	<b>WORKSHOP - VOCAL [RM 944]</b>	<b>POSTERS [RM 955]</b>
15.00 – 15.15	Musicians' Mental Health: Scoping Review and Multidisciplinary Perspectives – Giulia Ripani, PhD	A Symphony of Good Sense: Guidelines for Physiotherapists Who are New to Working with Orchestral Musicians – Sarah Upjohn, EdD, MA		A Healthy Sustainable Career in Music – How the Workplace can Support Occupational Health – Claire Cordeaux, BA; Finola Ryan, MBBS	Empowered Performance From The Core: Practical Techniques to Optimize Breathing and Posture – Pamela Mikkelsen, DPT; Sean Stanton, MM	<b>SESSION 1</b> Please visit our poster room
15.15 – 15.30	Beyond the Score: The Moonlight Sonata Reimagined through Sound and Movement – Raluca Matei, PhD, with guest artists Kelly Hirina and Micah Shapiro (dancers), and Ji Liu (recorded piano)	Understanding the Role of Self-Management in Musicians with Playing-related Musculoskeletal Disorders. A mixed Methods Multiphase Study – Noudy Eleryan, MSc				
15.30 – 15.45	Prevalence and Risk Factors of Music Performance Anxiety in Classical Music Students – Janine Stubbe, PhD	Professional Music Performers' Thoughts About Life Post-retirement – Jane Ginsborg PhD				
15.45 – 16.00	Pain, Performance Anxiety, and Stress-Producing Life Events among Orchestral Players in Brazil: An observational study – Frederico Barreto Kochem, PT	Implementation Determinants of Injury Prevention Programs in Music Education: Insights from Phase 1 of the Musculoskeletal Health for Musicians (MHM) Project – Aviva Wolff, OT				

COFFEE/TEA and NETWORKING [Lobby/Beach]							
16.00 – 16.30	PLENARY 1 – DANCE [RM 158]		PLENARY 2 – MUSIC [RM 820]	WORKSHOP – GENERAL [RM 822]	WORKSHOP - GENERAL [RM 940]	WORKSHOP - MUSIC [RM 944]	POSTERS [RM 955]
16.30 – 16.45	Assessment of Overload Changes and Foot Deformities Among Dancers Podiatric and Pedobarographic Analysis – Adrianna Banio-Krajnik, PhD	Performance Anxiety and Quality of Life Among Slum-Based Music Students in Brazil – Débora Cristina Lima da Silva, PhD; Frederico Barreto Kochem, PhD	Group Interventions for Performing Artists: Collective Approaches to Managing Performance Anxiety and Enhancing Well-Being – Matthew Tomatz, MA	From Symphony to Cacophony and Back- Concussion in the Performing Artist – Steve Rock, MD; Adam Susmarski, DO	Unlocking Jaw Health: The Basics to Evaluating and Treating TMD for Brass and Woodwind Musicians – David Mueller, DPT; Sofie Besser, AT/ATC, DPT; Andrea Lasner, DPT	SESSION 1 Please visit our poster room	
16.45 – 17.00	The Pros and Cons of Using Motion Capture Technology in Screening Dancers – Maeve Talbot, DPT; Anna Fiore, DPT	A Scoping Review of Music Performance Anxiety Interventions: Intervention Design and Delivery – Naoko Sakata, PhD					
17.00 – 17.15	Studios to Stadiums: Translating Your Expertise to Collegiate Dance Teams – Darcy Lei, DO; Daniel Scheid, DPT	Aphantasia, Mind's Eye Blindness, and Implications for Mental Practicing and Audiation – Neesa Sunar, MSW					
17.15 – 17.30	Mapping Sound to Movement to Create a Novel Retraining Method for Dancers – Teal Darkenwald, MFA	A Methodological Framework for Development of Prevention Education - Karolina Sawicka, MA, PhD					
17.30 – 17.45	Embracing Arts in Non-Traditional Spaces: Promoting Individual and Community Well-Being Through Creative Expression – Shravani Rama, MBBS	A Specialized Multimodal Approach to Myofascial Pain Syndrome among Musicians: The Experience of a National Performing Arts Medicine Center – Ana Zão, MD					
17.45 – 18.00	Freelance or Theater Dancers - Who has a higher work ability? Hannah Sophia Hofmann, MSc	Psychological Interventions for the Self-Regulated Enhancement of Music Performance: A systematic review – Veronika Jana Lubert, PhD					
18.00	Adjourn						
18.00	PAMA Welcome Reception – Attendees and Their Guests						

Evening on your own to enjoy DC's attractions

**Friday July 11<sup>th</sup>**

7:00 – 8.00	[Closed Session by Invitation Only] Mentorship Program Reunion <a href="#">[Beach]</a>					
7.30 – 8.00	<b>REGISTRATION</b> <a href="#">[Atrium]</a> (coffee, tea, water, pastries, bagels available)					
8.00 – 8.10	Announcements - Serap Bastepe-Gray, MD; Emily Scherb, DPT (PAMA Symposium Co-chairs) <a href="#">[RM 158]</a>					
8.10 – 8.30	Athletes and the Arts Update – Randy Dick <a href="#">[RM 158]</a>					
8.30 – 9.30	<b>GUEST SPEAKER</b> – Joel Snyder, PhD <a href="#">[RM 158]</a>					
9.30 – 9.50	<b>COFFEE/TEA and NETWORKING</b> (coffee, tea, water, pastries, bagels available) <a href="#">[Lobby/Beach]</a>					
9.50 – 10.50	<b>Plenary 1 - MUSIC</b> <a href="#">[RM 158]</a>	<b>Plenary 2 – GENERAL/ VOCAL</b> <a href="#">[RM 820]</a>	<b>WORKSHOP – GENERAL</b> <a href="#">[RM 822]</a>	<b>WORKSHOP - DANCE</b> <a href="#">[RM 940]</a>	<b>WORKSHOP - GENERAL</b> <a href="#">[RM 944]</a>	<b>POSTER PARADE</b> <a href="#">[RM 955]</a>
9.50 – 10.05	Instrumental and Vocal Music Teachers' Health Knowledge and Health Promotion Strategies: Consonance and Dissonance – Suzanne Wijsman, DMA (Bronwen Ackermann, PhD)	Heroes and Martyrs: De-constructing the Archetypes that Entrap and Undermine Generous, Vulnerable and Courageous Performers – Mark Seton, PhD	Soaring Safely: Concussion Recovery for Circus and Flying Trapeze Artists – Elizabeth Corwin, DPT; Emily Scherb, DPT	The Impact of Breathing on Core Control – Erika Leeds, DPT	Well-Sit to Perform: Improving Posture in the Studio and Practice Rooms – Carina Joly, DMA	<b>SESSION 2</b> Listen to 3 minute talks from our poster authors
10.05 – 10.20	Reclaiming the Stage: Treating Musicians Focal Dystonia - A Movement Based Approach – Sophie Till, MM; Nora Krohn, MM	Behind the mask - Understanding heat and injury challenges in high school and mascot populations – Randy Dick, MS				
10.20 – 10.35	Music Performance Anxiety in Young Students: Educator-Led Programs for Effective Coping Strategy Teaching – Shih-Fan Liu, DMA	A Systematic Review of Hypermobility Spectrum Disorders (HSD) and Hypermobility Ehlers Danlos Syndrome. Effects on Laryngeal Functioning, Voice and Swallowing – Caitriona Munier, MSc				
10.35 – 10.50	The Biomechanics of Drumming Grip Techniques and Their Role in Playing-Related Musculoskeletal Disorders – Justin Stehr, OTR/L	A 7-Week Multicomponent Physical Exercise Intervention on Musicians Reduces Body Regions Affected by Playing-Related Musculoskeletal Disorders – Robin Mailly, MSc				
11.00 – 11.10	S-t-r-e-t-c-h Break and Transition to Next Session					

11.00 – 12.00	<b>Plenary 1 - DANCE [RM 158]</b>	<b>Plenary 2 - MUSIC [RM 820]</b>	<b>WORKSHOP – GENERAL [RM 822]</b>	<b>[RM 940]</b>	<b>WORKSHOP - VOCAL [RM 944]</b>	<b>POSTERS [RM 955]</b>
11.00 – 11.15	A Narrative Review of the Health Challenges Facing Retired Professional Dancers – Cassy Turner, DPT	Characterizing the Biomechanics of Pianists' Movements during Sight-reading and Rehearsed Performance Using Motion Capture – Aljoša Jurinić, DMA	Let's Get to the Core of It: Assessing Core Strength for Performing Artists – Leigh Roberts, PT		Power-Source-Filter: Teaching Hands-on Techniques for the Vocal Performer – Aliza Rudavsky, DPT; Christine Schneider, LMT	<b>SESSION 2</b> Please visit our poster room
11.15 – 11.30	Act IV: the Postpartum Dancer – Jessalynn Adam, MD	Maurice Ravel's Piano Concerto for the Left Hand – A possible trigger for damage of the TFCC in the left-hand wrist of piano players – Jochen Blum, MD, PhD				
11.30 – 11.45	Treating Pelvic Pain and Urinary Urgency with Trauma Informed Pelvic Physical Therapy – Rebecca Kesting, DPT	Correlation Between Finger Length and Left Shoulder Overall Ergonomic Change in Violin Players – Chang-Hyung Lee, MD; Jung Keun Hyun, MD				
11.45 – 12.00	The Injured Man: Exploratory Study on the Behaviour and Emotional Response of Male Dancers after Sustaining Injuries – Filomar Cortezano Tariao, MD	Material Property Effects on Musician Earplug Performance: A Finite Element Analysis – Elayne Jia				
<b>12.00 – 13.00</b>	<b>Lunch on your own. Committee meetings:</b> Young Professionals [RM 822] or Membership [RM 824] <i>Anyone may join a committee meeting (lunch available to purchase or bring a lunch)</i>					
13.00 – 13.10	Helping PAMA – Jason Hu, MD [RM 158]					
13.10 – 14.10	<b>GUEST SPEAKER – Kris Chesky, PhD [RM 158]</b>					
14.10 – 14.20	S-t-r-e-t-c-h Break and Transition to Next Session					
14.20 – 15.20	<b>Plenary 1 - MUSIC [RM 158]</b>	<b>Plenary 2 - GENERAL [RM 820]</b>	<b>WORKSHOP – DANCE [RM 822]</b>	<b>WORKSHOP - DANCE [RM 940]</b>	<b>WORKSHOP - GENERAL [RM 944]</b>	<b>POSTERS [RM 955]</b>
14.20 – 14.35	Occupational Health of Saxophone Players: A Biopsychosocial Comparison Between English and Chinese-Speaking Male Saxophonists –Nabeel Zuhdi, PhD	Investigating the Wellbeing of Stakeholders in a Collegiate-Level Performing Arts Program – Meghan Taylor, PhD	Quick Dancer Cool-Down Routine – Jennifer Janowski, DPT; Kelli Barton Schneider, DPT; Melody Hrubes, MD	From Stage to Recovery: Assessing Injury Patterns and Rehabilitation Needs of Broadway Performers – Niña Carmela Tamayo, DO; Madison Witt, DPT; Samantha Meyers, DPT; Ricardo Fuentes, MD	The Art of Change-Putting Mental Imagery into Practice – Ruth Kasckow, MFA	<b>SESSION 2</b> Please visit our poster room

14.35 – 14.50	Research "Inside-out": A Critical Review of Music Students' Health and How Institutional Ethnography Can Help – Jeffrey Sabo, MA; Christine Gupitill, PhD	A Road Map for Implementing a Post-Concussion Return-to-Performance Program for University Performing Artists – Kristen Schuyten, DPT				
14.50 – 15.05	The Future of Health Education for Musicians: A Framework Proposal Based on Quality Assurance and International Standards – Miki Akaike, PhD	Bulletproofing the Performer's Brain and Body - Re-examining cross-training to integrate physical therapy with mental skills training – Lauren Ostrander McArdle, MSc				
15.05 – 15.20	Dynamic Ultrasound as a Powerful Tool for Musicians' Clinical Evaluation and Treatment: A Practical Overview and Interactive Approach – Ana Zão, MD	The Impact of Exercise Program on Performance Anxiety and Musculoskeletal Pain Designed for Young Musicians on Music Performance Anxiety – Anna Cygańska, PhD				
<b>15.20 – 15.40</b>	<b>COFFEE/TEA and NETWORKING [Lobby/Beach]</b>					
15.40 – 16.40	PREP for PERFORMANCE	<b>GUEST SPEAKER –</b> I've Learned a Thing or Two: Lessons from a Retired Transgender Athlete - <b>Bobbi Lancaster [RM 820]</b>				
16.40 – 17.40	PREP for PERFORMANCE	<b>Panel Presentation:</b> Menopause and The Performing Artist - Performing Through Change, Emerging From A Renaissance – Finola Ryan, MBBS; June Sheren, MBBS; Brooke Winder, PT, DPT, OCS; Kathy Price, PhD		<b>WORKSHOP – RESEARCH COMMITTEE [RM 940]</b> Asking the Best Questions: Strategic visioning for high-impact PAM research – J. Matt McCrary, PhD		
17.40	Adjourn					
18.00 – 19.00	Participants Performance – Plenary 1 Theatre <b>[RM 158]</b>					
19.00	Young Professionals Reception					

## Saturday July 12<sup>th</sup>

7.30 – 7.50	REGISTRATION [Atrium] (coffee, tea, water, pastries, bagels available)					
7.50 – 8.00	Announcements - Serap Bastepe-Gray, MD; Emily Scherb, DPT (PAMA Symposium Co-chairs) [RM 158]					
8.00 – 9.00	<b>Panel Presentation:</b> Movement Beyond Limits: Adaptive Dance in Rehabilitation and Performing Arts Medicine – Niña Carmela Tamayo, DO; Jennifer Yang, MD; Ricardo Fuentes, MD [RM 158]	<b>Panel Presentation:</b> Pathways to Improving Healthcare Practices and Wellness in the Circus Arts – Stephanie Greenspan, DPT; Shenea Stiletto; Janine Stubbe, PhD; Melanie Stuckey, PhD [RM 820]				
9.00 – 9.10	S-t-r-e-t-c-h Break and Transition to Next Session					
9.10 – 10.40	<b>Plenary 1 – CIRCUS/GENERAL</b> [RM 158]	<b>Plenary 2 - MUSIC</b> [RM 820]	[RM 822]	<b>WORKSHOP – GENERAL</b> [RM 940]	<b>WORKSHOP - NUTRITION</b> [RM 944]	<b>POSTER PARADE</b> [RM 955]
9.10 – 9.25	Collaborative Fusion between Theater Production and Engineering through Experiential Learning with Cirque du Soleil in Las Vegas – Jacqueline Henderson, PhD	Practical Insights into the Bergen Philharmonic Orchestra’s Injury Prevention Program – Irem Eliassen, MSc		Ease the Pain (in Studying Pain) – Exploring Survey and U.S Healthcare Data Analysis Options – Randy Dick, MS; Ana Zão, MD, PhD	From Ballet to Broadway: Integrating Sports Nutrition for the Artistic Athlete - Heidi Skolnik, MS, CDN, FACSM; Katy Vedder, BA	<b>SESSION 3</b> Listen to 3 minute talks from our poster authors
9.25 – 9.40	Concussion-related Assessment Data for Film, Television, and Live Event Stunt Performers – Jeff Russell, PhD	Ecological Dynamics in the Music Classroom and Teaching Studio: Exploring a New Paradigm for Injury Prevention – Lisa Burrell, DMA				
9.40 – 9.55	Lifestyle Hacks for Optimizing a Performer's Health – Kelli Barton Schneider, DPT; Jennifer Janowski, DPT; Melody Hrubes, MD	Anthropometry and An Ergonomically Modified Keyboard: Influences on Pianists' Upper Body Kinematics and Muscle Activities with Implications for Injury Prevention – Craig Turner, MSc				
9.55 – 10.10	Magic for Clinical Skills – Jose Fernando Florez Arango, MD	Striking a Chord: How Physiotherapists and Musicians Team Up to Beat Performance Injuries – Laure Guyot de St Michel. PT				



10.10 – 10.25	Don't Go Chasing Waterfalls: Multiple factor prediction of injuries in a circus context – Melanie Stuckey, PhD	Creative Practice: Compelling Performance – Amy Likar, DMA				
10.25 – 10.40		Getting it right: The influence of handedness on Musician's Dystonia – Johanna Doll-Lee, MD				
10.40 – 11.00	COFFEE/TEA Mixer (coffee, tea, water, pastries, bagels available) [Lobby/Beach]					
11.00 – 12.00	KEYNOTE SPEAKER – Brett Whyborn, Cirque du Soleil [RM 158]					
12.00 – 13.05	Lunch on your own. Small Business Support Network (PAMA Members) [RM 822] YP Mentorship & Networking (pre-registration required) [RM 820]					
13.05 – 14.05	Plenary 1 – VOICE [RM 158]	Plenary 2 - DANCE [RM 820]	WORKSHOP – GENERAL [RM 822]	WORKSHOP - GENERAL [RM 940]	WORKSHOP - MUSIC [RM 944]	POSTERS [RM 955]
13.05 – 13.20	Health and Wellbeing of Touring Student Singers: Lessons Learned and Ways Forward – Jonah Schmitz, MSc	Accessibility of On-Site Physical Therapy in Collegiate Dance Programs – Kavita Sarathy, SPT; Juan De La Rosa, SPT	College Care: Building a Support Network for Student Health Clinicians in Performing Arts – Sajid Surve, DO	Building the Performing Arts Athlete: How to Periodize and Create Strength and Conditioning Plans for Live Entertainment – Bonnie Kerlin, MS	Finding Harmony: Integrating Performance Psychology Into Daily Practice for Overuse Injury Reduction and Recovery – Martha Baldwin, MMus; Lauren McArdle	SESSION 3 Please visit our poster room
13.20 – 13.35	Musculoskeletal Problems of Professional Choral Singers using Digital or Paper Scores – Anke Steinmetz, MD	Plié or a Lie?: Lumbar Radiculopathy Disguised as Knee Pain: A Case Study – Gabrielle Avancena, MD; Andres Gronda, MD				
13.35 – 13.50	Physiology Principles in Singing Voice Rehabilitation – Claire Ligon, MEd	The Inter-Rater Reliability of the Airplane Test and the Y Balance Screen of the Star Excursion Balance Test in Dancers – Margaret Wiss, DPT; Angelica Pastrana, PT, DPT				
13.50 – 14.05		Looking Back to Move Forward: Evaluating Performers' Fitness and Chronic Load in the Screening Process – Marissa Schaeffer PT, DPT, CSCS, OCS; Ami Kirollos, DPT				
14.05 – 14.30	COFFEE/TEA and NETWORKING [Lobby/Beach]					
14.30 – 15.30	GUEST ARTIST SPEAKER – Denyce Graves Interviewed by Sarah Hoover, DMA [RM 158]					
15.30 – 15.40	S-t-r-e-t-c-h Break and Transition to Next Session					



15.40 – 16.40	<b>Panel Presentation:</b> The Organization of Post-Secondary Music Students' Work and Health – Christine Guptill, PhD; Mona Oikarinen, MSc; Jeffrey Sabo, MA; Kyle Zavitz, PhD <a href="#">[RM 158]</a>	<b>Panel Presentation:</b> From Science to Stage: Enhancing Concussion Safety for Performing Artists – Lauren McIntyre, AT/ATC; Sheyi Ojofeitimi, DPT, PT; Jeff Russell, AT/ATC, PhD; Elizabeth Barchi, MD <a href="#">[RM 820]</a>				
16.40 – 16.45	S-t-r-e-t-c-h Break and Transition to Next Session					
16.45 – 17.45	<b>PAMA Annual General Meeting</b> <a href="#">[RM 158]</a>					
17.45	<b>Adjourn</b>					

## Sunday July 13<sup>th</sup> [\[Entire day in Room 820\]](#)

9.00 – 9.05	Announcements - Serap Bastepe-Gray, MD; Emily Scherb, DPT (PAMA Symposium Co-chairs)
9.05 – 10.05	<b>Panel Presentation:</b> HCP Training for Performing Artists' Clinical Care – Bronwen Ackermann, PhD, Moderator; Hara Trouli, MD; Andrea Lasner, DPT; Sajid Surve, DO; Rose Schmieg, DHSc
10:05 – 10:30	<b>COFFEE/TEA and NETWORKING</b> ( <i>coffee, tea, water, pastries, bagels available</i> ) <a href="#">[Lobby/Beach]</a>
10:30 – 10:45	Healthcare Professional Competencies in the Assessment and Treatment of Musicians: A Scoping Review – Shelly-Anne Li, PhD
10:45 – 11.00	Singing Zebras: Preliminary Data on the Prevalence of Hypermobility Among Singers – Mairin Srygley, MS
11.00 – 11:15	Perceptions of Strength Training in Performing Artists – Barry Parker, PhD
11:15 – 11:30	Beyond the Stage – Building Rehabilitative Support for Performing Artists in a Conservatory through Athletic Insights and Multidisciplinary Care – Sofie Besser, DPT; Andrea Lasner, DPT; David Mueller, DPT
11:30 – 12.00	<b>Closing Statements; PAMA 2026 – Announcements</b> <b>AWARDS</b> - Poster Awards; Presidential Achievement Award; Life Achievement Award
12.00	<b>Symposium Adjourn</b>

**POSTER PARADE – Thursday July 10<sup>th</sup> [RM 955]****SESSION 1**

1. Striving for Excellence in Performing Arts Medicine: Introducing the Global Movement Systems Approach – Mark Erickson, PT
2. From “Out of Place” to “Out in Front”: How Hobbyist Singers with Imposter Syndrome SING a More Confident Tune in Five Weeks – Sally Galloway, MMed
3. Cyr Wheel - Spinning and Dizziness – Nathan Hollister, MD
4. A Motor Learning Perspective on Preventing Dance Injuries – Donna Krasnow, PhD; Virginia Wilmerding, PhD
5. Unleashing Healthy Artistic Expression By Optimizing the Biomechanics of the Rib Cage – Vanessa Mulvey, MM
6. Views on Alexander Technique (AT) among Higher Education (HE) Music Students: Understanding, Benefits, and Challenges - Federico Pendenza, PhD
7. Yoga for the Bodymind: Promoting Positive Bias in Performing Artists – Elizabeth Shea, MS
8. Occupational Demands, Perceived Stress, Coping, and Wellbeing of Classical Musicians: A Structural Equation Modelling Approach – Simone Willis, PhD
9. The Way We Play: Vulnerabilities in the orchestral sector - Heather Kurzbauer, PhD
10. Life Goes On: Life Satisfaction of Musicians with Dystonia, André Lee, MD
11. Identifying and Mitigating Biopsychosocial Risk Factors in Instrumental Practice – Karolina Sawicka, MA

**POSTER PARADE – Friday July 11<sup>th</sup> [RM 955]****SESSION 2**

1. Assessing Hamstring Length and Hypermobility in Public High School Dance Teams – Carisa Armstrong, MFA; Christine Bergeron, MFA
2. Characterizing Left Hand Finger Force Application Patterns in Guitarists – Serap Bastepe-Gray, MD; Nikolai Klotchkov, MM; Nabeel Zuhdi, PhD
3. Neuropathic Pain and Performing Arts: Setting the Stage for Rehabilitation and Recovery – Michael Costello, PT; Andrew Kunin, PT
4. Body Awareness and Achieving Mindful Movement: Applications for Performing Artist Physical and Mental Health, Optimal Movement, and Authentic Expression – Mark Erickson, PT
5. The Marriage of Dance Science and Dance Technique – Kelly Hirina, MFA; Gayanne Grossman, PT
6. Meta-analysis of Neck and Shoulder Pain in Upper-String Musicians – Jung Keun Hyun, MD; Chang-Hyung Lee, MD
7. Case Study: Strength Training for Pianists – Sarah Morris, DMA
8. Understanding Vocal Health Awareness in Undergraduate Vocal Performers: A Pilot Survey – Sarah Quintana, MA
9. Music, Technology, and Health: The Origin, Development and Future of Interdisciplinary Talent Cultivation at a Taiwanese University – Yu-Huei Su, EdD
10. The Lived Experience of Performance-Related Health and Wellbeing among Flautists – Jiayi Wang, MA
11. Tuning Into Tasks: A Musician's Guide to Task Analysis – Marial Williams, OTR/L; Jeffrey Sabo, MA
12. PNF Techniques to Improve Flexibility in Healthy Dancers – Luís Xarez, PhD; Margarida Mota Freitas, MD

**POSTER PARADE – Saturday July 12<sup>th</sup> [RM 955]****SESSION 3**

1. Play Smarter, Not Harder: Principles and Application of Posture and Ergonomics to Reduce Injury in Musicians – Sarah Jane Carlton, DPT; Susanne Callan-Harris PT, MS
2. Performance-related Pain among Portuguese Young Musicians During an Intensive Orchestra Internship – Maria Luís França
3. Fascia Illuminated Through Dance – May Kesler, PT
4. The Use of ChatGPT to Diagnose Performance-Related Disorders – Joseph Lawton, BA
5. Body Parts with Musculoskeletal Disorders Correlated with Upper Extremity Disability in String Instrument Players – Selnur Narin Aral, PhD
6. The Importance of Mentally Preparing for Performances and Proven Mental Skills That Can Enhance Performance When Added to a Pre-Performance Routine – Angelica Potter, MA
7. Musicians' Focal Dystonia: Care Pathway Development and Implementation – Finola Ryan, MBBS
8. Prophylactic Exercise for Musculoskeletal Pain in Musicians. Pilot study – Iulia-Magdalena Toma, MD
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