SCHEDULE

******* SCHEDULE IS SUBJECT TO CHANGE ***** Last Revised July 21, 2026**

Podcasting Room BB 216

Thursday – July 23				
7:00-8:00am	Registration [front lobby 1300 York Ave]			
8:00-8:15am	Welcome [C-200 Weill; projected in A-250 Estabrook and A-950 Aud.] – 1300 York 2nd. and 9th floors			
8:15-9:15	**Lederman Lecturer - Nutrition Issues in Performing Artists: Problems and Solutions - Dan Benardot, PhD, RD**			
9:15-9:20	Transition			
9:20-10:20	**MUSIC PANEL** [C-200 Weill] Beyond the Sidelines: Addressing Heat Illness in Band and Mascot Populations - Randy Dick, MS; Neha Raukar, MD; James Weaver, PhD; Sue Petrisin, MS	**DANCE PANEL** [A-250] A Biopsychosocial Risk–Resilience Model of Injury in Diverse Dance Populations - Kelli Sharp, DPT; Rose Schmieg, AT/ATC, PhD; Nancy Kadel, MD; Michelle Pye, AT/ATC, PhD	**VOICE PANEL** [A-950] The Developing Voice: Vocal Health Education, Prevention, and Care for the Artist in Training - Maurice Goodwin, MS; Paul Kwak, MD; Errik Hood, DMA; Lizzie Hary, MA	
10:20-10:45	Break [Griffis Lounge Lounge]			
10:45-11:45	**MUSIC PLENARY** [C-200 Weill]	**DANCE PLENARY** [A-250]	**GENERAL PLENARY** [A-950]	**Poster Session 1** [Griffis Lounge]
10:45-11:00	The burden of playing an instrument in an asymmetrical posture: Comparison of grip strength and pressure pain threshold in the right and left upper extremities of string instrument players - Şule Keçelioğlu, PhD, PT	From Corticosteroids to PRP: Practical Approaches to Musculoskeletal Injections in Dancers - Rosa Pasculli, MD, MBA; Courtney Gleason, MD	Relationships Between Head Impacts and Mental Health in Film, Television, and Live Event Stunt Performers - Brendan Martin, MD	All posters are listed at the end of the schedule.

11:00-11:15	Effects of Hand Anthropometry and Keyboard Size on Upper-Limb Muscle Fatigue in Pianists - Robin Mailly, MSc	Increased Prevalence of Scoliosis in Female Professional Ballet Performers - Bradley Lambert, PhD	Concussion Education and Management Recommendations in University Performing Arts Programs - Allyssa Memmini, PhD, LAT, ATC; Kristen Schuyten, DPT
11:15-11:30	Influence of Violin String Height on Upper Extremity Muscle Activity - Sophia Nikitin, MSc	Epidemiology of Musculoskeletal Injury in Ballet Dancers: A Systematic Review and Meta-analysis - Yawen Hu, MSc	The Use of In-ear Dosimetry to Understand Musicians' Unique Sound Exposure (MUSE) - Allison Woodford, AuD
11:30-11:45	The potential relationship between muscle activity and musculoskeletal disorders of upper body regions in instrumentalists - Dirk Möller, PhD, PT	Beyond aesthetics: a matched-controlled study of static and dynamic foot characteristics of 83 professional ballet dancers - Tabea Arens, MSc, PT	The Healing Arts: Orthobiologic Innovations for Performing Artists - Kristina Quirolgico, MD; Jessalynn Adam, MD
11:45-12:45	Lunch on your own	Membership Committee [BB 302 A/B] Development Committee [BB 302 C/D]	
12:45-1:15	[C-200 Weill; projected in A-250 Estabrook and A-950 Aud.]		
	Alice G Brandfonbrener Young Investigator Award: Exploring Musician, Educator and Healthcare Practitioner Perspectives Surrounding Lower Limb Kinetic Chain Involvement in Piano Playing: A mixed-methods study - Jane Liu, MPT		
1:15-1:25	Award Presentation		
1:25-2:25	**Keynote - Dr. Pam Hymel**		
2:25-2:45	Break [Griffis Lounge Lounge]		
2:45-3:45	**GENERAL PLENARY** [C-200]	**MUSIC PLENARY** [A-250]	**MENTAL HEALTH PLENARY** [A-950]
2:45-3:00	From Touch to Performance: Less tactile gating during expert-level tasks relates to better motor performance in experts - Julia Tom, PhD	How Do Upper-Body Anthropometry and Keyboard Size Influence Whole-Body Coordination and Muscular Demands in Expert Pianists? Craig Turner, MSc presented by Rachael Greenwell, DPT	A Qualitative Study on Anxiety throughout Professional Dance Careers - Hannah Sophia Hofmann, MSc

3:00-3:15	Shockwave Therapy - Katherine Yao, MD	Influence of Instrument Support Systems on Muscle Activity and Airflow Control in Bassoonists — the Case of the Ergobassoon System - Christoff Zalpour, PhD presented by Céleste Rousseau, PhD, PT	Building Mental Resilience in Dance Training: A Structured Workshop for Developing Focus, Visualization, and Adaptive Self-Talk in Dance Students - Lea Jabbarian, PhD	
3:15-3:30	Updating the Dancers, Instrumentalists, Vocalists, and Actors (DIVA) Screening Tool Using a Delphi Consensus Process - Kat Cottrell, MBBS, CCFP and Brendan Martin, MD	A PCA–LDA Framework for Motion Capture Data: Identifying Pain-Related Movement Patterns in Musicians - Nikolaus Ballenberger, PhD, MPT	The Main Pressures of Life as a Dancer: Reflecting on occupational health in dance in the United Kingdom - Erin Sanchez, PhD	
3:30-3:45	Evidence-based hearing health clinical and artistic practice guideline: Systematic review and consensus recommendations - J. Matt McCrary, PhD	Effects of Timani Exercises on Ease of Playing, Physical Discomfort, and Performance in Professional Violinists: A randomised controlled trial - Elvira van Groningen, BA presented by Tina Nilssen, MA	After the Final Bow: Aging and occupational health experiences of post-professional dancers - Lindsay Allen, PT, DPT, MBA; Jonathen Hillman, SPT, PTA; Khristyana Toh, SPT, PTA; Jenny E. Blevins, PT, DPT, NCS	
3:45-4:00	Transition			
4:00-5:00	**MUSIC WORKSHOP** [A-250] Demystifying Brass Instruments and Mouthpieces for Providers - Jeremy Stanek, MD	**GENERAL WORKSHOP** [BB 204 C] Building Transdisciplinary Collaborations for Musicians' Health: Lessons from the Global Summit on Occupational Health in Music - Kris Chesky, PhD; Judy Palac, DM	**DANCE WORKSHOP** [BB 302 A/B] The Science Behind the Stiletto: Clinical Insights and Movement Training for Dancers in Heels - Angelica Pastrana, DPT; Nicole Mawhirter, DPT	**VOCAL WORKSHOP** [BB 302 C/D] Unlocking the Rib Cage: Intro to Manual Techniques and Strategies for Pressure Management in Performers - Rachael Greenwell, DPT; Rachel Luccarelli PT, DPT
5:00 pm	Adjourn			
5:15-6:30	Welcome Reception at 1334 York Ave			

Friday – July 24				
7:00-8:00am	Registration [front lobby 1300 York Ave]			
8:00-8:15am 8:15- 8:30	Announcements [C-200 Weill; projected in A-250 Estabrook and A-950 Aud.] Athletes and the Arts Update- Randy Dick, MS			
8:30-9:15	**MUSIC PLENARY** [C-200]	**DANCE PLENARY** [A-250]	**GENERAL PLENARY** [A-950]	
8:30-8:45	Prevention of Aerosol Emissions in Wind Instruments - Ankush Govil; Harsha Koneru, BSE; Blake Verdigets	The Cost of Perfection: The Hidden Health Burden of Dancers - Kyla Baron, MPH; Rahni Lindsey, MS	A Pilot Study Following Performing Artists over the Course of a Production: Mental Health Fluctuations and Protective Factors - Melissa Garber, MA	
8:45-9:00	Advancing Musicians' Healthcare through Core Competencies and Institutional Responsibilities: A Modified Delphi Study - Shelly-Anne Li, PhD	Dynamic Ultrasound Evaluation of the Dancer Hip and Ankle - Philip Montana, MD, MFA	From Fragmented Initiatives to an Integrated Student Life Policy: the Codarts Student Life Framework - Stephanie Hulsebosch, MA	
9:00-9:15	The rhythm of the left hand on the strings: Comparison of finger dexterity in high-string and low-string instrument players - Ebru Kaya Mutlu, PT; Şule Keçelioğlu, PhD, PT	fNIRS as non-invasive neuroimaging technique to measure two brains dancing in a close embrace - Anke Heber, MSc	The Next Step: Standardising Continuing Professional Development for UK Based Physiotherapists Working with Performing Artists - Sarah Upjohn, MA, EdD	
9:15-9:20	Transition			
9:20-10:20	**MUSIC PLENARY** [C-200]	**DANCE PLENARY** [A-250]	**HEARING & VOICE PLENARY** [A-950]	**Poster Session 2** [Griffis Lounge]
9:20-9:35	The Efficacy of Hypnosis for the Alleviation of Performance Anxiety and the Improvement of Performance Quality in Classical Pianists - Donald Goodman, DMA, PhD	From the Jump: Pilates as a Cross-Training Method and Effect on Dancer Jump Performance - Sofie Besser, DPT, ATC; Elizabeth Ahearn, MFA; Lindsay Backiev, DPT; Amanda Greene, DPT	Distortion Product Otoacoustic Emissions amplitude shift and Words in Babble test in normal hearing subjects exposed to music - Eleftheria Iliadou, MD, PhD	All posters are listed at the end of the schedule.

Friday continued

9:35-9:50	(Dis)connected, (dis)embodied, (dis)integrated: An Autoethnographic Exploration of the Impact of Mindfulness Training on Music Performance Anxiety - Rebecca Herman, MSc	'Hell Week'; Impact and Effectiveness of Intensive Hip-Hop Team Rehearsals Preceding Competitions - Andrea Valentini, MSc	Assessing Sound Exposure and Hearing Health Awareness in Jazz Ensembles: Development of the JEN–Johns Hopkins Collaborative Research Program - Kris Chesky, PhD		
9:50-10:05	Building the Bridge: Empowering Collegiate Music Students through Performing Arts Health - Sarah Morris, DMA	Zero Injuries in Dance: Controlling training factors - Luís Xarez, PhD	Direct Water Hydration for the Vocal Folds: Damp Gauze VS Nebulizer - Carles Expósito Rovira, PT		
10:05-10:20	Sustaining the Singer: Integrating Mental Health into the Heart of Young Artist Training - David Mancini, MD	Back in Full Swing: Return-to-Performance Considerations for a Broadway Swing Post-MCL Tear - Dylan Modugno, DPT and Samantha Meyers, DPT	The Vocal Health of UK Rappers - Mariella Fortune-Ely, MBBS		
10:20-10:45	Break [Griffis Lounge Lounge]				
10:45-11:45	**GENERAL WORKSHOP** [C-200] Introducing the PAMA Learning Hub: Building the Future of Performing Arts Medicine Education - Kat Cottrell, MBBS, CCFP	**DANCE WORKSHOP** [BB 204 A] Bollywood without Boundaries: Evaluating Cultural Integration in Adaptive Dance – Rushi Lavani, DO and Niña Carmela R. Tamayo, DO MS MPH	**ACTING WORKSHOP** [BB 204 B] Embodied Memory and Artistic Longevity: A Trauma Informed Workshop for Performing Artists - Devin Nikki Thomas, DHSc, MPH	**VOICE WORKSHOP** [BB 302 B] Cultivating Vocal Tract Resonance: Clinical and Vocology Strategies for Whole-Body Alignment in Singers - Sean Stanton, DMA; Pamela Mikkelsen, DPT	**DANCE WORKSHOP** [BB 302 C/D] Using improvisation as a motor learning tool for enhancing balance in dancers - Donna Krasnow, PhD and Virginia Wilmerding, PhD
11:45-12:45	Lunch on your own	JPAM Editorial Board [BB 302 C/D] YP Committee [BB 302 B] Long Range Planning [BB 204 A] IPAM Committee [BB 204 A]			
12:45-1:45	[C-200 Weill; projected in A-250 Estabrook and A-950 Aud.] **Invited Speaker** Jenna Bainbridge with Brittney Mims, DPT				
1:45-2:00	Transition				

Friday continued

2:00-3:00	**GENERAL WORKSHOP** [C-200] President's Choice: De-escalation workshop – Melody Hrubes, MD; Brandon Davidson, BFA	**MUSIC WORKSHOP** [A-250] Understanding the Musician's Hand: Carpal Bone Mechanics and Manual Therapy Approaches - Irem Eliassen, MSc	**CIRCUS WORKSHOP** [BB 302 B] Back in Rotation: Post-Concussion Return to Spinning for Circus and Performing Artists - Elizabeth Corwin, DPT; Emily Scherb, DPT; Krystle Celis-Palaganas, AT/ATC	**DANCE WORKSHOP** [BB 302 C/D] The Body Speaks (and Sometimes Screams): Emotional Integration in Physical and Movement Therapies in Performers - Pamela Mikkelsen, DPT; Valerie Cabag, MFA, MS
3:00-3:15	Break [Griffis Lounge Lounge]			
3:15-5:15	**Invited Speaker** [Marymount Manhattan College Theater] Viewing of "Dear Lara" a documentary with Q&A to Follow **-** Lara St. John			
5:15pm	Adjourn			
5:45-6:45	**Participant Performance** [Marymount Manhattan College Theater]			
Saturday – July 25				
7:30-8:00am	Registration [front lobby 1300 York Ave]			
8:00-8:15am	Announcements			
8:15-9:15	**Invited Speaker** [C-200 Weill; projected in A-250 Estabrook and A-950 Aud.] Stefanie Curtiss - MusiCares			
9:15-9:30	Transition			
9:30-10:30	**NUTRITION, FUELING, & HORMONAL HEALTH PLENARY** [C-200]	**CLINICAL/JOINT HEALTH PLENARY** [A-250]	**VOICE PLENARY** [A-950]	**Poster Session 3** [Griffis Lounge]
9:30-9:45	Duty of Care & Scope of Practice: An Inquiry into Dance Teacher Understandings of Eating Disorders - Tess Vosper, MSc	Acute on chronic shoulder instability: One dancers journey to return to work - Maeve Talbot, DPT	Physical therapy as a beneficial adjuvant treatment to voice therapy after vocal fold surgery - Claire Ligon, Med; Monique Watson, DPT	All posters are listed at the end of the schedule.
9:45-10:00	Playing Your Part: What every dance provider and educator needs to know to support optimal fueling in dancers - Monika Saigal, MS	If a Patient Has Stomach Issues... Think Connective Tissues! Carla Foster, DPT; Mistral Hay, DPT	Injury Risk Reduction from the Bottom Up: The Health & Performance Pyramid for Elite Vocalists - Carina Nasrallah, ATC/LAT	

Saturday continued

10:00-10:15	Hormonal Suppression and Injury Risk in Dancers: Finding Balance in the Art of Movement - Rahni Lindsey, MS; Kyla Baron, MPH	Strength in Flight: Normative Strength Values in Aerial Artists Utilizing the Athletic Shoulder Test - Elizabeth Corwin, DPT; Abi Jeskey, BS; Aelizah Espiritu, BS; Emily Scherb, DPT	Stimulability Testing and Videostroboscopy: Using Task-Specific Dynamic Assessment to Inform Clinical Decision Making for Vocal Performers – Rachel Coleman, MS; Natalie Atkinson, MA
10:15-10:30	Relative Energy Deficiency in Sport (REDs)- It's not just a costume color and it's not just for sport - Veronica Prieur, DPT presented by Kristen Schuyten, DPT	Rhythms of Recovery: Optimizing Sleep and Performance in Performing Artists - Joanna Fong-Isariyawongse, MD	Clinical Insights into Testosterone-Related Voice Change in Cisgender Women Singers: A Multimodal Case Series - Teresa Procter, SLPD, MM; Maurice Goodwin, MS
10:30-10:35	Transition		
10:35-11:35	**DANCE PLENARY** [C-200]	**MUSIC PLENARY** [A-250]	**MUSIC PLENARY** [A-950]
10:35-10:50	Anthropometric Measures Associated with Orthopedic Injuries in Professional Ballet Performers: New DEXA Screening Criteria? Patrick McCulloch, MD presented by Bradley Lambert, PhD	Investigating How Performance Demands Affect Mouthpiece Force in Trumpet Players: Implications for Reducing Lip Injury Risk - Elayne Jia	The Footwear Gap in Marching Performance Artists: The Need for Research - Samia Vanderkolff, MSc
10:50-11:05	Implementation of a Wearable Inertial Measurement Device in Ballet for a Functional Movement Assessment: A Pilot Study - Lesley Parrish, DPT, PhD	Evaluation of Flexor Digitorum Superficialis-Small Function: A Novel Dynamic Assessment Technique in Professional Music Performance - Mandy Zhang, MBBS, MMED	Biometric Measures Among Various Roles in Marching Artists - Troy Coppus, EdD, ATC; Michael Thrasher, DMA
11:05-11:20	Ultra-slow rhythms in shared and individualized neural substrates of Butoh meditative dance - Alexis Sunderlage, OTR/L	Pianists' Biomechanical Load Related to their Expressive Intentions - Felipe Verdugo, DMA	“The Band's all here”: Are its members ready to beat the heat? The link between Sickle Cell Trait and Exertional Heat Illness - Rose Schmieg, PT, DHS

Saturday continued

11:20-11:35	Return to Stage Postpartum - Kathleen Darley, DPT	Use of a Novel Tuba Stand to Optimize Playing Posture and Ergonomics in Tuba Players - Sarah Jane Carlton, PT, DPT, MFA; Jack Earnhart, MA; Connor Higley, MM	Feeling Hot Hot Hot: Environmental Considerations for Outdoor Performers - Deborah Seeley, DPT; Edmer Lazaro, DPT; Janet Konecne, DPT		
11:35-12:45	Lunch on your own	Research Committee [BB 302 A/B]	Education Committee [BB 302 C/D]		
12:45-1:45	**ACTING WORKSHOP** [C-200] The Anatomy of a Fight Scene: What Clinicians Can Learn From the Art and Impact of Screen Combat - Adrian Miranda, DPT	**VOICE WORKSHOP** [A-250] Setting the Stage: maximizing voice (and other arts) therapy outcomes with strong supporting roles - Melanie Tapson, MSc	**GENERAL WORKSHOP** [Cayuga Room] Band Camp & Beyond 201: Physical Demands & Common Ailments in the Marching Arts - Deborah Seeley, DPT; Edmer Lazaro, DPT; Janet Konecne, DPT	**DANCE WORKSHOP** [BB 302 A/B] Performing Arts Athletes and The Pelvic Floor: What Are You Missing? Rebekah Hibbert, ATC; Sara Gagliano, DPT; Sydney Stevens, DPT	
1:45-1:50	Transition				
1:50-2:50	**MUSIC WORKSHOP** [C-200] Orthotics for Viola and Violin: Rehabilitation Principles in Instrument Set-Up - Ricardo Fuentes-Saavedra, MD presented by Stephen Fung, MD; Yein Lee, DO; Sajid Surve, DO; Daphne Gerling, DMA	**RESEARCH WORKSHOP** [A-250] Advancing Performer Wellness: An Interactive Knowledge Translation Workshop for Higher Education Settings – PAMA Research Committee	**VOICE WORKSHOP** [A-950] Vocal Zebras 2: Addressing Challenges In Vocal Training, Performance Venues And Communicating With Health Professionals By Promoting Performer Advocacy - Lucinda Halstead, MD; Jill Terhaar Lewis, DMA	**DANCE WORKSHOP** [BB 302 A/B] Deep Core Engagement in Floor Barre: Integrating Anatomy with Dance Practice and Injury Prevention in Performing Artists of All Disciplines - Nancy Kadel, MD	**GENERAL WORKSHOP** [BB 302 C/D] Fast-Track Clinical Reasoning for Backstage Physical Therapy: Frameworks, Training, and Case Vignettes - Marissa Schaeffer, DPT, MBA; Brittney Mims, DPT
2:50-3:00	Break				
3:00-4:00	**GENERAL PANEL** [C-200] Mental Health in the Entertainment Industry: Identifying Risks and Strategies for Mitigation – Samantha Buck, JD; Alice Ride, BA; Michelle Backe, LCSW, MSW; Sean Hayden, JD	**DANCE PANEL** [A-250] Bone Stress Injuries and Relative Energy Deficiency in Dancers: Translating Consensus Updates into Clinical Practice - Rosa Pasculli, MD, MBA; Courtney Gleason, MD; Emma Faulkner, DPT; Rachel Jones, RD	**DANCE PANEL** [A-950] Dancing Through the Elements: Producing an International Outdoor Dance Festival		

Saturday continued

4:00-5:00	**Annual General Meeting** [C-200]		
5:00 pm	Adjourn		
5:15 pm	Young Professionals Reception [Belfer Building, 2nd Floor Outdoor Patio]		
Sunday			
8:00-8:15am	Announcements [C-200]		
8:15-9:15	**GENERAL WORKSHOP** [BB 302 A/B] Backstage First Aid: Essential Injury Management for Performing Artists - Phil Schuyten, DPT; Kristen Schuyten, DPT	**DANCE WORKSHOP** [BB 302 C/D] Leveling the Playing Field: Preventative Care Strategies for Performers on Raked Stages - Dylan Modugno, DPT	
9:15-9:20	Transition		
9:20-10:20	**DANCE PLENARY** [C-200]	**MUSIC PLENARY** [A-250]	**MUSIC PLENARY** [A-950]
9:20-9:35	How Can We Do Better: Physical Therapy Care at Summer Dance Intensives - Margaret Wiss, DPT, MFA	Does the reaction time vary depending on the type of instrument group played? Selnur Narin Aral, PhD, PT presented by Şule Keçelioğlu, PhD, PT	Assessing Collegiate Student Musicians in the Touring Environment - Jonah Schmitz, MSc
9:35-9:50	From Data to Durability: Implementing a Periodized Injury Risk Reduction Program for Collegiate Dancers - Daniel Scheid, DPT; Darcy Lei, DO	Applying Multisensory Awareness in Music Performance & Pedagogy - Zulfiia O. Tursunova, MMus	Development and Piloting of an Organizational Toolkit to Implement Injury Prevention in Collegiate Music Programs: The Musculoskeletal Health for Musicians Project - Aviva Wolff, OT, EdD
9:50-10:05	Trapped in Technique: The Reasons and Risks of Early Specialization in Dance - Monique Watson, DPT, Sofie Massa, DPT; Sofie Besser, DPT; Andrea Lasner, DPT	Health theories and self-concepts of pop music students within their (musical) socialization - Melanie Ptatscheck, PhD, MPH	One Size Doesn't Fit All: Keyboard Size, Performance Limits, and Injury Risk in Pianists - Elizabeth Schumann, DMA

Sunday continued

10:05-10:20	Utilization of the Zena Rommett Floor Barre Technique and Pilates for Dancers in Cross-Training for Competitive-based Dance Teams at the Higher Education level in decreasing rate of injury - Mary Simone Burns, PhD	Break a leg! Exploring the performance preparations of a professional music ensemble - Jeroen Vanbever, MSc, MMus	Prevalence of performance-related musculoskeletal problems and risk factors for injury among members of the University of the Philippines Symphony Orchestra - Ma. Carissa Abelita, MD
10:20-10:40	Break		
10:40-11:40 pm	**DANCE PANEL** [C-200] Dancing Through Life: A Collaborative Model for Performer Health on Broadway - Brittney Mims, DPT; Dan Ginader, DPT, PT; Melody Hrubes, MD; Peyton Taylor Becker, BFA	**GENERAL PANEL** [A-250] Break a Leg, but Watch your Head: Concussion Recommendations for the Performing Arts Provider - Kristen Schuyten, DPT; Allyssa Memmini, AT/ATC, PhD; Emily Scherb, DPT; Lauren McIntyre, AT/ATC	
11:45-12:00	Symposium Wrap-up [C-200]		
12:00 PM	Symposium Adjourn [C-200]		

Poster Session 1 - Thursday, July 23, 10:45 am [Griffis Lounge]

Charting the Hero's Journey: A Co-Designed Board Game for Performing Artists' Self-Reflection - Sara Rashighi Firoozabadi, Mdes; presented by Shelly-Anne Li, PhD
Chronic Laryngeal Strain in Flutists - Camila Martinez, BFA
Building the Bridge: Empowering Collegiate Music Students through Performing Arts Health - Sarah Morris, DMA
Beyond the Movement: Addressing Gender, Race, and Identity in Dance/Movement Therapy in Education and Practice - Kaanthi Rama, MBBS
A Novel Method to Measure Ankle Proprioception in Dancers - Avery Lincoln, SPT
Utilizing extracorporeal shockwave therapy for lateral ankle sprain in a professional ballet dancer - Juliana Nikolich, DPT; Caroline Krumm, DPT
Beyond Flexibility: Revolutionizing Dancer Longevity Through Nutrition, Prehabilitation, and Monitoring - Deandra Romain, MBBS
A Regional Interdependent Approach to Cervical Disc Herniation, Labral Tear, and Muscle Tension Dysphonia in a Broadway Performer: A Case Study - Meredith Craig, DPT and Rachael Greenwell, PT, DPT, OCS
Developing a personal wellness and longevity plan: A holistic musicians' wellness curriculum – Emily Gee, DPT
Scene Change: Advancing Collegiate Dance Support through Mental Skills Training - Tess Vosper, MSc and Lauren McArdle, MSc

Poster Session 2 - Friday, July 24, 9:20 am [Griffis Lounge]

On Thin Ice: Screening Figure Skaters for Injury Risk - Kristen Schuyten, DPT

Nanoprogramme in Performing Arts Medicine, Faculty of Medicine, Université Laval, Quebec - Caroline Blouin, DMD

Association between health literacy and the onset of performance-related pain and anxiety among musicians - Estela Oliveira, MD

When the Music Hurts: Temporomandibular Dysfunction (TMD) and Embouchure Overuse In Brass and Woodwind Musicians - Megan Rao, DPT

Musician-Tailored Physical Therapy Exercises and Mindfulness Mental Training: A Small Sample Clinical Feasibility Study - Sang-Hie Lee, PhD

Empowering Dancers through Menstrual Cycle Education: Evaluating Knowledge Retention and Application - Ella Otto, ATC

Leading Medicine Meets the Grand Voice: A Collaborative Artist Care Model for Vocal Health - Teresa Procter, MM

Assessing Normative Values for High School Dance Teams in Lower Extremity Endurance - Carisa Armstrong, MFA

Lessons from the Road: A Single-Provider Case Study of Stress, Sleep, and Fatigue While Touring - Hailey Calkins, ATC

Integrating Mental Skills Training into Pre-Professional Dance Education: A Framework for Enhancing Performance and Promoting Wellbeing - Arianna Shimits, MA, CMPC

Poster Session 3 - Saturday, July 25, 9:30 am [Griffis Lounge]

Mirror, Mirror; How do we as healthcare professionals create an environment where the performing athlete's internal perception of self is an accurate reflection of reality? Melissa Scheetz, MSc

The Harpsichordist's Weak Finger: A Case Report - Beata Vayngortin, MD

Diagnosis and Management of Tap-Specific Injury in a Professional Dancer: The Impact of Onsite Dance-Specific PT and Team-Based Care - Melissa Buffer, MSPT

Break Out of Your Invisible Chains: Exploring In-phase and Anti-phase Rhythmic Synchronization to Cultivate Expressive Awareness and Creative Freedom in Movement - Natsuko Oshima, DPT

Interest in Injury Prevention, Nutrition Education, and Psychology Consultation in Dancers Presenting to a University Health System Clinic - Carolyn Keeler, DO, MPH

Acoustic and Perceptual Predictors of Vocal Evaluation in American Classical Singers - Haruka Kondo, MA

Schroth-Method Physical Therapy Exercises in Adult Idiopathic Scoliosis: A Case Study of a Professional Dancer - Shidi Lin, DPT

Exploring kinesthetic glitch and choreography for application in arts and medicine contexts – Shantel Ehrenberg, PhD