2006 SYMPOSIUM SCHEDULE

Medical Problems of Musicians & Dancers
June 22–25, 2006
Aspen, Colorado

PROGRAM COMMITTEE
John P. Chong, MD, Co-Chair—Hamilton, Ontario, Canada
Janice Guudde Plastino, PhD, Co-chair—Irvine, CA
Clay Miller, MD—Peabody, MA
Michael S. Weinstein, MD—Seattle, WA

PROGRAM

THURSDAY, JUNE 22, Wheeler Opera House

7:45—Registration, Coffee
8:20—Welcome and Introductions—John Chong and Janice Plastino

BASIC MECHANISMS
8:30—A Neck Injury in Female Standard Ballroom Dancers—Teri Riding
8:45—Psychophysical Assessment of Left Hand Movement Discrimination in Experienced Cellists and Non-Musicians—Ilka Kolodziej
9:00—Hand Asymmetry: A Study of Young String Players’ and Non-String Players’ Finger Dexterity—Judith Ann Palac and David Sogin
9:15—Efficacy of the 7/8 Piano Keyboard Among Adult Small-Handed Expert Pianists—Brenda Wristen
9:30—Break

10:00—KEYNOTE: Stress and the Performing Artist—Bessel van der Kolk
11:45—Break for Lunch

Noon—Lunch Discussions
• First Timers—moderator TBA
• Dance Medicine—Nancy Kadel
• Music Medicine—John Chong
1:45—HIV/AIDS—David Aboulafia

CLINICAL STUDIES
2:45—Tic Disorders in Musicians—Richard Lederman
3:00—Brain Cortical Activation of Musicians Affected with Focal Hand Dystonia—Naotaka Sakai
3:15—Arthrogenic Muscle Inhibition and Stiffness of the Spine and Lower Limb in Dancers and Motor Control of Dance Movement—Roger Hobden
3:30—Break
4:00—The Pre-Participation Screening Evaluation: Achieving Our Goals or Wasting Our Time?—Bonnie Weigert
4:55—Adjourn
5:15—Welcome Reception, Mountain Chalet

FRIDAY, JUNE 23, Wheeler Opera House

8:00—Registration, Coffee and Tea
8:20—Announcements

POPULATION STUDIES
8:30—Work Environment, Satisfaction with Work Task Quality, and Related Issues Correlate with Orchestra Musicians Health—Martti Vastamäki
8:45—Health Conditions of Instrumental Music Students in Sibelius Academy—Heidi Vastamäki-Mehtälä
9:40—Posters and Break

- Health Promotion in Schools of Music—Occupational Health—Lessons from Music—Annchristine Fjellman-Wiklund
- Personal Case History: Playing-Related Injury, Depression, and Treatments—Ellen Walker

10:00—Contributing Factors to Injury in Music College and Conservatory Students—Regina Campbell

10:15—AIDS and the Performing Artist: Neurologic Complications—David Aboulafia

PREVENTION & EDUCATION

11:05—On the Value of Intrinsic Rather than Traditional Achievement Goals for Performing Artists—Nathalie Lacaille

11:20—Music, Medicine, and Myths—Sang-Hie Lee, David Barfield, Patricia Bowes

11:45—Health-Promoting Schools of Music—Kris Chesky

12:00—Break for Lunch

12:15—Lunch Discussions

- HIV/AIDS—David Aboulafia
- Music Education—Kris Chesky and Annchristine Fjellman-Wiklund
- Dance Education—Robin Lakes and Bonnie Robson

1:30—Bringing Health and Wellness Practices into a University Music Program—David Sternbach

1:45—Case Presentations with Multi-Disciplinary Panels—John Chong, Clay Miller, Janice Plastino, Michael Weinstein

2:45—RICHARD J. LEDERMAN LECTURE: The Body Keeps the Score—Bessel van der Kolk

3:45—Break and Posters

4:00—Participants Performance—Adrienne Brown

5:00—Adjourn

SATURDAY, JUNE 24, District Theatre

8:00—Breakfast and PAMA Business Meeting (members and nonmembers invited)

THERAPY WORKSHOP

10:00—Small groups will rotate through stations

- Evans/Bartenieff Technique—Mary Burns
- Pilates—Leah Fleisher
- OT—Sarah Greenbaum
- PT—Terry Buisman
- Acupuncture—Bill Russell
- Alexander Technique—Amy Likar

11:30—Break for Lunch

12:15—Injury Prevention for Dancers—Melanie Doskocil and young dancers from the Aspen Ballet (Master Class and performance)

1:15—Hip Problems in the Young Dancer: Causes, Treatment and Prevention—Michelina Cassella-Kulak

1:45—PANEL: The Young Dancer—moderated by Janice Plastino. Michelina Cassella-Kulak, Bonnie Robson, Virginia Wilmerding

2:15—Break

2:30—Hidden Messages and Roots of Authoritarianism in Western Concert Dance Teaching—Robin Lakes

3:00—Self Reported Injury and Health Questionnaire of University Level Dancers: Determining Musculoskeletal Injuries—Kristen Berger

3:15—Adjourn

SUNDAY, JUNE 25, Wheeler Opera House

8:40—Announcements

8:45—Risk Factors for Piano Related Pain among College Students—Eri Yoshimura

9:00—Overuse Injuries in Non-Classical Recreational Instrumentalists—Taylor Buckley

9:15—Beyond Diagnosis: Retraining the Hammered Dulcimer Player—Lucille Reilly

9:30—The Psychological Impact of Making Major Changes in Technique and Effective Coping Mechanisms—Shara Sand

9:45—Master Class (TBA)

11:00—Adjourn

Program and schedule are subject to change