

# Medical Problems of Musicians & Dancers

June 22–25, 2006  
Aspen, Colorado

## 2006 SYMPOSIUM SCHEDULE

### PROGRAM COMMITTEE

John P. Chong, MD, Co-Chair—Hamilton, Ontario, Canada  
Janice Gudde 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 Move-  
ment Discrimination in Experienced Cellists and  
Non-Musicians—Iłka Kolodziej

9:00—Hand Asymmetry: A Study of Young String Play-  
ers' 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 Con-  
trol of Dance Movement—Roger Hobden

3:30—Break

3:45—Dancing “On Pointe”: Anatomic, Kinematic, and  
Kinetic Analyses—Nancy Kadel

4:00—The Pre-Participation Screening Evaluation:  
Achieving Our Goals or Wasting Our Time?—  
Bonnie Weigert

4:15—ALICE G. BRANDFONBRENER YOUNG  
INVESTIGATOR AWARD: Craniomandibular  
Dysfunction and Violin Playing: Prevalence and  
the Influence of Oral Splints on Head and Neck  
Muscles in Violinists—Anke Steinmetz

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 Orches-  
tra 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 Lacaillie

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 Greenebaum
- **PT**—Terry Buisman
- **Acupuncture**—Bill Russell
- **Alexander Technique**—Amy Likar

11:30—Break for Lunch

12:15—**Injury Prevention for Dancers**—Melanie Duskocil 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*