

The 26th Annual Symposium on **Medical Problems of Musicians & Dancers**

Wheeler Opera House, Aspen, Colorado
June 19–22, 2008

2008 SYMPOSIUM SCHEDULE

PROGRAM COMMITTEE

Nancy J. Kadel, MD, Co-Chair—San Francisco, CA
Sang-Hie Lee, PhD, EdD, MM, Co-Chair—Tampa FL
Keith A. Bengtson, MD—Rochester MN
Roger Hobden, MD, Dip Sport Med—Montreal, Canada

PROGRAM

THURSDAY, JUNE 19, Wheeler Opera House

- 7:45 Registration, Coffee and Tea
- 8:30 **Introduction**, Nancy Kadel and Sang-Hie Lee, Program Co-Chairs
Welcome, Alan Fletcher, CEO, Aspen Music Festival and School
- 8:40 Brass Musician Health & Performance: Maximizing Health Promotion & Performance. Ned Breschel
- 8:55 Previous Music-induced Pain Problems in a Population of 330 Freshman Music School Students. Alice Brandfonbrener
- 9:10 Measurement of Turnout in Dance Research: A Critical Review. Lowry Champion
- 9:25 Posters and Break
- Musculoskeletal Disorders and Asymmetric Playing Position of the Upper Extremity and Back in Music Teachers. Cecilia Wahlström Edling, Ann-cristine Fjellman-Wiklund
 - Strengthening the Intrinsic Muscles of the Hand: A Comparison of Two Training Approaches. Kota Reichert, Cindy Benson-McGregor
 - Service Organizations and Performing Arts Medicine. Marc Brodsky, Victoria Lin
 - The Amateur Musician as a Focus for the Center for Wellness and Research in the Performing Arts at Baldwin-Wallace College Conservatory of Music. Peter Landgren, June Hart Romeo
- 10:00 Two Hands: The Leon Fleisher Story, a documentary introduced by Leah Fleisher
- 10:40 Factors Affecting the Performance Wellness of Jazz Pianists in Practice and Performance. Graham Wood
- 10:55 The Impact of High-Intensity Sound During Performance:
On Hearing. Kris Chesky
On Voice. Florence Blager
- 11:40 Adjourn for Lunch
Lunch Discussions, Mountain Chalet
- First Timers
 - Hearing and Voice
- 1:35 Keyboard Span of Old Music Instruments: Concerning Hand Span and Overuse Trouble of Pianists. Naotaka Sakai
- 1:50 Cuboid Injury in a Ballerina. Selina Shah
- 2:05 When Should Young Dancers Go on Pointe: Myth versus Reality. Judith Peterson
- 2:20 Posters and Break
- 2:50 The Influence of the Profession on Functional Ankle Stability in Musicians, Dancers and Soccer Players. Susanne Rein
- 3:05 Creatine Phosphate Recovery Kinetics in Female Dancers, Runners and Sedentary Controls. Virginia Wilmerding
- 3:20 Saving Flute Players' Cervical Spines. Alexandra Tuerk-Espitalier
- 3:35 Lifted Chinrests with Custom Contour and their Effect on Playing-Related Physical Problems in Violinists. Gary Frisch, Lynne Denig
- 3:50 **RICHARD J. LEDERMAN LECTURE**
New Directions in the Psychology of Leadership among Musicians. Alan Fletcher
- 4:40 Adjourn
- 5:00 Welcome Reception, Mountain Chalet

FRIDAY, JUNE 20, Wheeler Opera House

- 8:00 Registration—Coffee and Tea
- 8:30 Announcements
- 8:35 Ulnar Neuropathy in Instrumental Musicians. Richard Lederman
- 8:50 Nerve Compression Syndromes: A Surgeon's Perspective. Ian Winspur
- 9:05 Three-Dimensional Movement Analysis in Pianists: Evaluation of the Ω -Method. Dagmar Wolff
- 9:20 Trunk Endurance Exercise and the Effect on Instrumental Performance: Comparison of the Pilates Method and a Trunk and Proximal Upper-Extremity Endurance Exercise Program. Kristie Kava
- 9:35 Warm-Up in Dance: Specificity, Duration and Intensity. Luis Xarez Rodrigues, Sofia Carvalheiro
- 9:50 Posters and Break
- An fMRI Study on Focal Dystonia in Professional Musicians. Hiroshi Arino
 - The Prevalence of Asthma among Musicians in Australia. Anita Fuhrmann
 - Keeping Jazz 'Alive' in New Orleans—Pre and Post Katrina. Helene Greece
 - Strategies to Improve Performance as a Vocalist: A Self-Experiment. Judith Pinto Coy
 - Orofacial Problems Commonly Found in Musicians. Miguel Pais Clemente
- 10:30 **PANEL: Future Education in Arts Medicine**
Marijeanne Liederbach, Bronwen Ackermann, Susan Arjmand, Nancy Kadel, Clay Miller. Moderator: Sang-Hie Lee
- 11:30 Adjourn for Lunch
Lunch Discussions, Mountain Chalet
- Education
 - Dance
 - Music
- 1:10 Spinal Dysfunction and the Professional Dancer. Roger Hobden
- 1:50 Feldenkrais-based Treatment for Musicians: Reflections from a Physiotherapy Practice. Sarah Wiin, Suzanne Wijsman
- 2:05 Injury Prevention in Dance. James Garrick
- 3:00 **ALICE G. BRANDFONBRENER YOUNG INVESTIGATOR AWARD**
Effects of Performance Evaluation on State Anxiety, EMG Activity, and Performance Quality in Pianists. Michiko Yoshie

3:35 Posters and Break

4:00 **Participants' Performance** - Adrienne Brown

SATURDAY, JUNE 21, Aspen Schools

- 8:00 Breakfast, PAMA Business Meeting—members requested to attend and non-members invited
- 10:00 Teaching to the Whole Artist: Integrating Pedagogy, Anatomy and Psychology to Educate Artists. Kathryn Daniels
- 11:00 **CONCURRENT SESSIONS**
- A. Use of Biofeedback for Establishing Baselines on Students' Technique. Kathleen Riley, Veda Kaplinsky
 - B. Workshop: Working with Musicians—Feldenkrais. Sarah Wiin, Suzanne Wijsman
- 11:45 Lunch
- 12:15 Teaching Postural Alignment and Core Support. Kathryn Daniels
- 1:10 **CONCURRENT SESSIONS**
- A. Surface EMG for Research, Teaching, Diagnosis and Treatment. John Chong with Marc Brodsky, Jeffrey Cohen
 - B. Movement Session: The Use of Large Rubber Bands in Training Performing Artists for Conditioning and Muscle Balance. Vera Bullen
- 2:00 Workshop: Relax Your Neck, Liberate Your Shoulders. Eric Franklin
- 3:50 Adjourn

SUNDAY, JUNE 22, Wheeler Opera House

- 8:15 Registration
- 8:45 Music Identity: Differences between Music Majors and Non-Music Major College Musicians. Kris Chesky
- 9:00 Kinematic Analysis of Skilled and Unskilled Violinists. Maria Bengtson
- 9:15 Orchestral Daily Life: Onstage Strategies for Prevention of Injury. Janet Horvath
- 9:55 **MASTER CLASS: Violin.** Cho-Liang (Jimmy) Lin
- 11:15 Adjourn

For the 2009 program:

Abstracts and applications must be received by October 30, 2008