<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td>Registration (Schoenberg Hall Lobby)</td>
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<tr>
<td>8:00-8:20</td>
<td>Welcome and Introductions – Ralph Manchester, MD, PAMA President; Malcolm Taw, MD, 2019 Symposium Co-chair; Travis J. Cross, DM, 2019 Symposium Co-chair (Schoenberg Hall)</td>
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<td>8:20-9:45</td>
<td>Richard J. Lederman Lectures: Translation of the NAM Initiatives on Well-Being and Resilience to Performing Arts Medicine, Victor J. Dauz, MD, National Academy of Medicine NHM Initiatives and Research to Optimize the Health and Well-Being of Performing Artists, David Shurtleff, PhD, National Center for Complementary &amp; Integrative Health, National Institutes of Health (Schoenberg Hall)</td>
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<tr>
<td>9:45-10:15</td>
<td>Poster Presentations with Authors (Schoenberg Bldg.) - Networking - Break</td>
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<tr>
<td>9:45-10:45</td>
<td>Teaching Demonstration/Masterclass</td>
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<td></td>
<td>UCLA Wind Conducting Workshop, Malory Thompson, DMA; Travis J. Cross, DM (Ostin Recording Studio)</td>
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<tr>
<td>10:45 -</td>
<td>Panel Discussion</td>
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<td>12:15 pm</td>
<td>Primary Care and the Performing Arts Medical Home, Susan Arjmand, MD (Moderator); David Hinkamp, MD; Ralph Manchester, MD; Brief description of Moeller drum technique by Guest Artist Joe Concillo (SMB 1345 (Band Room))</td>
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<tr>
<td>10:45-12:15</td>
<td>Plenary - Moderator: Jennie Morton, MS, BSc (Schoenberg Hall)</td>
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<td>10:45</td>
<td>Development of a 3D Motion Capture Model of the Foot to Evaluate Dancers' Biomechanics: A Review of the Literature and Methodological Framework for Proposing a Model, Kimberly Veirs, MPT, ATC</td>
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<td>11:00</td>
<td>Performing Artist and Athlete Health Monitor – Experiences and Expectations of Professional Ballet Dancers Using a Self-Monitor, Stephanie Kazer-Kuhlbusch, MA</td>
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<td>11:15</td>
<td>Modification of Sagittal Plane Loading During Saut de Chat Landing in Dancers, Danielle Jarvis, PhD</td>
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<td>11:30</td>
<td>Association Between Pain and Functioning Scales Among Contemporary Dance Students: a Prospective Cohort Study, Janine Stubbe, PhD</td>
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<td>11:45</td>
<td>Biomechanical Analysis of the Dance-Specific, Graded Rehabilitation Program, Catherine Haber, MAS</td>
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<tr>
<td>12:00 pm</td>
<td>Are We Doing Enough to Help Our Dancers? Mental Health Needs and Mental Health Holes in the Dance Community (Part One: The Survey), Kathleen McGuire Gaines, BA</td>
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<tr>
<td>10:45-12:00</td>
<td>Workshops (Concurrent)</td>
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<tr>
<td>10:45</td>
<td>Cardio Imagery &amp; Rehearsal and EMDR: Using Brain-Based Techniques to Support Peak Performance Functioning, Patrick Gannon, PhD (SMB 1343 (Orchestra Room))</td>
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<tr>
<td>12:00 pm</td>
<td>Precision Rehabilitation for Upper Extremity Injuries in Musicians: Individualized Assessment, Prevention and Treatment, Aviva Wolff, EdD, OT, CHT (SMB 1344)</td>
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<tr>
<td>12:00 pm</td>
<td>Incorporating Concepts of Yin/Yang, Qi, and Meridians into Breathing Technique for Singing, Deanna McBroom, BMusEd, MM (SMB 1325 (Choir Room))</td>
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37th Annual PAMA International Symposium – Los Angeles, California

12:15-1:45 Lunch | Membership Committee (Room SMB 1420) and Young Professionals Committee (Room SMB 1460). All attendees are welcome to join these meetings, bring or buy a lunch.
1:45-2:00 Athletes & the Arts Update, Randall Dick, FACSCh (Schoenberg Hall)
2:00-2:30 Between the Lines - Common Issues Faced by Professional Baseball and Performing Arts Athletes Gary Green, MD, Medical Director & Research Director, Major League Baseball (Schoenberg Hall)
2:30-3:45 Panel Discussion - Beast Meets Fest - Applying Sport Science to the World of DIVA (Dance, Instrumentalist, Vocalist, Actor), Randall Dick, FACSCh (Moderator); Clay Miller, MD, MFA; Serena Weren, BA, BM, DMA, MM, MMEd; Chisa Yamaguchi; Alyiah Snyder, PhD (Schoenberg Hall)
2:30-3:45 Workshops (Concurrent)
  - Empowering Performing Artists During Injury Healing and Wellness: How Can the Healthcare Practitioner Serve as a Facilitator? Brooke Winder; DPT (SMB 1325 (Choir Room))
  - Effective Pilates for Enhanced Performance, Regina Muy De Los Reyes, BA and Jennifer Yang, MD (SMB 1343 (Orchestra Room))
3:45-4:15 Poster Presentations with Authors (Schoenberg Bldg.) - Networking - Break
4:15-5:00 Featured Venue Site Presentation - Triskalidendakaphobia, Delusion, Depression: Reflections on Personality Pathologies in Three Successful Immigrant Hollywood Composers (Arnold Schoenberg, Erich Korngold & Boris Morros), Nancy Lee Harper, BM, DMA (Schoenberg Hall)
5:00 Adjourn
5:00 Welcome Reception (Guests welcome) (Schoenberg Music Building Courtyard/Steps)
6:30 - 8:00 pm Salons (optional) Registration available at the PAMA registration desk - Integrative Medicine (Skylight Gardens), Moderators: Marc Brody, MD and John Chong, MD - How to Promote Mental Health Self Care thru Social Connection for Creatives: The You Get This Tool Kit (Napa Valley Grille), Moderators: Bethany Butman, Susan Ramburn, PhD, and Patrick Gannon, PhD - Athletes and the Arts (Broxton Brewery and Public House), Moderator: Randall Dick, FACSCh - Primary Care Interest Group (STK Westwood), Moderator: Susan Arjmand, MD

Poster Session (Friday) [Schoenberg Music Building]

Management of Hypermobility Disorders in the Dancer with an Emphasis on Opioid Alternatives, Linda Bluestein, MD
Injury Prevention and Health Promotion: Knowledge and Attitudes of Performing Artists, Lisa Bruchfeld, MSc, ATC, CPT, MScO
The Acute Effects of Various Warm-Up Protocols on Dancers, Jennifer Holmen, MS
A Lifting Progression for Safe Rehabilitation in Male Ballet Dancers, Melody Hrubes, MD
Comparisons between Piouette Movement Analysis With the Use of Smartphone Video and 3-D Motion Capture, Annette Kozin, DPT, PhD
Factors in the Decision to Seek Medical Care in Dancers Presenting to a Dancer Wellness Clinic, Carolyn Krierer, DO
Comparison of Non-Weight Bearing Plantar Flexion Range of Motion Using a Standard Goniometer and Motion Capture of Elite Ballet Dancers, Kaitlin Lucy, BS
Risk Factors and Lower Limb Injuries of Dancers – A Cross-Sectional Pilot Study, Dirk Möller, PT
Non-Obstructing Fibroma in an Irish Dancer - Not Just an Incidental Finding, Kelly Joy Vaidyaratnam, DO
Saturday, June 29, 2019

8:00-8:05 Announcements — Malcolm Taw, MD, 2019 Symposium Co-chair; Travis J. Gross, DMA, 2019 Symposium Co-chair (Schoenberg Hall)

8:05-8:30 Alice G. Brandon-Brener Young Investigator Award Winner: Playing-Related Injuries and Posture Among Saxophonists, Chelcie Shanoff, BMus, MM (Schoenberg Hall)

8:30-9:00 Nutrition for the Performing Arts, Dan Benardot, PhD (Schoenberg Hall)

9:00-9:45 Keynote
Sunil Jaggar, National Endowment for the Arts (Schoenberg Hall)

9:45 - 10:15 Poster Presentations with Authors (Schoenberg Bldg.) - Networking - Break

10:15 Tertiary Students’ Experiences of a Musicians’ Occupational Health Course: An Interpretative Phenomenological Analysis, Bridget Rennie-Salomé, PhD, PGDipMus, LRAM, BA, LicA

10:30 Adaptation of the Athletic Identity Measurement Scale: Factor Validity and Psychometric Evaluation for Use with Musicians, Kris Chesky, BM, MMEd, PhD

10:45 Optimal Performance Programme: An Educational Programme for Classical Music Students, Juze Streamers, MSC

11:00 Prevalence and Patterns of Playing-related Musculoskeletal Disorders in Drummers, Nadia R. Azar, PhD

11:15 Incidence of Injuries Reported in A World Class Drum And Bugle Corps, Janet Keene, DPT

11:30-11:50 Alice G. Brandon-Brener Young Investigator Honorable Mention
Immediate Effect of Exercises of Scapular Stabilisation on Shoulder and Forearm Muscles Activation While Playing the Violin, Céleste Rousseaux, MSC, PT

10:15-11:30 Workshops (Concurrent)

Panel Discussion (Session moderator: Bethany Bultman)

1:30-2:45 Workshop
Music, Breath & Meditation: Integrating Creative Arts Therapies, Yoga & Mindfulness for Performer Self-Care, Michael A. Lohse, MA, MT-BC, RYT (Schoenberg Hall)

3:00 Childhood Adversity: A Troubling Relationship with Anxiety, Injuries, and Orthopedic Surgery in Performing Artist, Paula Thomson, PsyD

3:30 Performing Artists of a Certain Age: Exploring the Overall Function and Quality of Life in Senior Performers, Jennifer Yang, MD

3:45 Can Physical Therapists Help? A Systematic Review and Meta-Analysis of Interventions to Address Music Performance Anxiety in Music Students, Emily Gee, PT, DPT

4:15-5:00 Workshops (Concurrent)

All Performing Artists Need a Vibrant, Resilient Voice! East/West/Alternative Medicines/Exercises That Optimize Vocal Health, Lucindo Holtes, MD (SMB 1325 (Choir Room))

Functional Dry Needling for Myofascial Pain in Performers, Yein Lee, DO (SMB 1343 (Orchestra Room))

How Can We Help to Prevent Repetitive Strain Injury in Music Students While Simultaneously Enhancing Musical Expression? Tina Margareta Kjøns, MA (SMB 1345 (Band Room))

5:30-6:30 Poster Presentations with Authors (Schoenberg Bldg.) - Networking - Break

7:00 pm Drum Corps International at the Rose Bowl
FREE tickets available. See Dorry or Julie at the registration table. Show starts at 5:00 pm but the best part of the show will begin around 7:00 pm. Rose Bowl Stadium, 1001 Rose Bowl Drive, Pasadena, CA

Poster Session (Saturday) (Schoenberg Music Building)

Assessing Awareness and Knowledge of the Phonatory Onset in Collegiate Level Singers, Kourtney Austin, BMusEd, MA

Performing Shared Decision Making: Using Traditional Indian Dance Choreography to Understand ICU Patient-Provider Communication, Shriya Brahmi, MBA

Saxophone Epidemiology Survey: Musculoskeletal and Non-Musculoskeletal Occupational Health, Michael Davis, MM

Facial Muscle Activation Patterns Across Woodwind Instruments, Sarah Dunbar, DMA, Solid Serve, DO

You Got This: Quantitative Results from Community Based Mental Self-Care for the Creative Community, Megan McStroeyec

How Might the ‘Insider’ Knowledge of Performing Artists Produce ‘Blind Spots’ that Adversely Impact their Wellbeing? Mark Seton, BA, PhD

Evidence-Based Health and Wellness Education in Collegiate Performing Arts Programs, Jani Springer, ME, MS

Occupational Fatigue in the Performing Arts: Integration of Theory, Models, and Assessment Strategies, Kristen Sullivan, BA, MM, DMA

Experiences with Disabilities in Higher Education, Bonnie Vonhoff, BA, MM, DA

Scapholunate Ligament Injury in Musicians: Diagnosis, Pathogenesis, and Treatment, Calvin Fesler, MD

A Systematic Review of Music Performance Anxiety (MPA) Research: Implications for Researchers, Schools of Music Administrators, Nabeel Zohbi, BS, MM
Sunday, June 30, 2019

2:45 Development and Design of the Musicians’ Health Literacy Questionnaire (MHL-Q20), Jane Ginsborg, BMus, BSc, PhD
3:00 Characterization and Classification of a Little-Known Performance Disorder in Brass Musicians: Results from a Survey, Eric Wallace, MM

2:00-3:15 Workshops (Concurrent)
- Research Committee Workshop, PAMA Research Committee, Esther Notlon, MED, LAT, ATC, CSCS (SMB 1325 [Choir Room])
- Integrative Acupuncture for Performing Artists, Bridget Chin, MD; Louren Elson, MD (SMB 1343 [Orchestra Room])
- Character, Persona and Shape: How Healthier Creation of a Role Can Enable Healthier “Letting Go” of a Role, Mark Seton, BA, PhD (Ostin Ensemble Room)

3:15-4:00 Poster Presentations with Authors (Schoenberg Lobby) - Networking - Break
4:00-5:00 PAMA Annual General Meeting & Announcement of Poster Competition Winners (Schoenberg Hall)
5:00 Adjourn
5:15 Participant Recital (Schoenberg Hall)

Afternoon free for dinner, concerts, recitals, theatrical productions, etc.

Poster Session (Sunday) [Schoenberg Music Building]

Health Patterns of Clarinetists: An Epidemiologic Survey, Kelsey Behel, BM, MM

Relationship Between Vitamin D Deficiency Risk, Depression Symptoms, and Health-Related Quality of Life in Theater Personnel, Darby Hooton, MS, AT

Student Musicians with Hyperhidrosis (excessive sweat): An Investigation of Performance Problems due to Excessive Sweating, Daemen Kim, BM, MM

Force Attenuation Properties of Padded Dance Support Socks, Jeffrey Russell, PhD, AT, FAIDMS

My Journey Back to Playing: Injury Recovery from a Musician’s Perspective, Judy Pelac, DMA

Dancers and Caffeine: Revealing the Gaps in Current Research and What We Can Gain from Further Study, Alexandra Pooley, MSc

Temporary Threshold Shift in Singers - A Pilot Study, Tirdo Ryan, BA, BM, BA, MS, MSc

An Analysis of Sway Area and Sway Velocity of a Dancer’s Postural Control, Aisha Sheikh, MPT

Monday, July 1, 2019

Time
8:00 am Registration (Schoenberg Hall Lobby)
8:30-9:15 Mindrack: Using Brain-Computer Interface to Translate Emotions into Music, Sofia Siracchi (Schoenberg Hall)
8:30-9:45 Workshops (Concurrent)
- Applications of Health Education Theories in Choral Music Education: A Scientific Sing-Along, Rachel Nyetom, BA, MM (SMB 1325 [Choir Room])
- Discovering a Balance Between East-West Mind-Body Practices for Healthy Musicians, Gail Schwarz, BMus(Hons) (SMB 1343 [Orchestra Room])

9:45-10:15 Networking - Break