Performing Arts Medicine Association and Glenn Gould School of the Royal Conservatory present

**Music...Movement...Mood**

*Bringing Together Health Professionals and Artists to Explore How Basic Science Enhances Rehabilitation, Prevention and Performance*

February 8-9, 2014

Fourth Annual Toronto Regional Meeting of PAMA

Royal Conservatory of Music
273 Bloor Street West
Toronto, Ontario Canada

PAMA is an international member organization comprised of dedicated physicians, therapists, trainers, educators and administrators, as well as performers and students with the common goal of improving the well being of performing artists. The annual Symposium is held in conjunction with the summer Aspen Music Festival & School, Aspen, Colorado.

Visit [www.artsmed.org](http://www.artsmed.org)

Presented by

**PAMA**

Performing Arts Medicine Association

The Glenn Gould School is one of the few music schools in North America dedicated exclusively to performance. With an enrollment of 125, students have many performance opportunities and virtually unlimited access to practice studios. With small scale, internationally recognized faculty, and immersive performance environment, our students have access to everything they need to fulfill their dreams.

Visit [www.rcmusic.ca](http://www.rcmusic.ca)

**Supporters and Sponsors**

Thank you to our supporters and sponsors!

**For More Information**

[www.artsmed.org](http://www.artsmed.org) for conference details (PAMA)

For questions contact course directors:

John Chong, MD FRCPAC
John.Chong@sympatico.ca

Bonnie Robson, MD FRCPAC
bonnie.robson@xplornet.com

Royal Conservatory of Music
273 Bloor Street West
Toronto, Ontario Canada
# Schedule

## Saturday February 8, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 am</td>
<td>Registration</td>
</tr>
<tr>
<td>8:45</td>
<td>Welcome, John Chong, MD, FRCPC, PAMA President and James Anagnoson, MM, Dean RCM Glenn Gould School</td>
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<tr>
<td></td>
<td>Introduction of Dignitaries: George Randolph, President/Founder, Randolph Academy; Anita Vandenbergh, Vice President Healthy Dancer Canada; Brenda Stykes, Royal Academy of Dance, Canada; Don McLean, Dean Faculty of Music University of Toronto</td>
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<tr>
<td>9:00</td>
<td>Basic Science: Why haven't we used scientific information to determine optimal dance and music technique? Ralph Manchester, MD</td>
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<tr>
<td>9:30</td>
<td>Musculoskeletal Injury to Professional Dancers: Prevalence and Associated Factors: An International Cross-sectional Study, Craig Jacobs, BFA, DC, MSc, FCCS(C)</td>
</tr>
<tr>
<td>10:00</td>
<td>Understanding Myo-Neural Medicine for Performing Arts, Phillip J McAllister, BKin, ACRB, CScS, ABFP, DC</td>
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<tr>
<td>10:30</td>
<td>Break</td>
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<tr>
<td>10:45</td>
<td>Q &amp; A Panel of the Speakers, Moderator: Peter Lejkowski, BKin, DC, FRCCSS(C)</td>
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<tr>
<td>11:15</td>
<td>Vocal Disorders, Susan Arjmand, MD</td>
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<tr>
<td>11:45</td>
<td>Sleep Disorders in Performing Artists, Anna Borowska, MD, FRCPC</td>
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<tr>
<td>12:15</td>
<td>Lunch on your own</td>
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<tr>
<td>1:30</td>
<td>Disney’s Four Steps to Wellness, Julie Kirchen, BA</td>
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<tr>
<td>2:00</td>
<td>Q &amp; A Panel of the Speakers - Clinical/Wellness Aspects of Performing, Moderator: Meiyen Lee</td>
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<tr>
<td>2:30</td>
<td>Concurrent Workshops</td>
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<tr>
<td></td>
<td>A. Healthy Voice Workshop, Linda Brennan, PhD</td>
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<td>B. Tuning the Mind and Body of the Musician, a Biofeedback Approach, John Chong, MD, FRCPC and James Anagnoson, MM</td>
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<tr>
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<td>C. GyroKinesis Movement Workshop, Janet Johnson, BFA, MA</td>
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<tr>
<td>3:30</td>
<td>Break</td>
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<tr>
<td>3:45</td>
<td>Panel - Music...Movement...Mood, Moderator: Bonnie Robson, MD FRCPC</td>
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<tr>
<td>5:00</td>
<td>Adjourn</td>
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## Sunday February 9, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>10:00</td>
<td>Opening Remarks, Film Athletes and the Arts, John Chong, MD, FRCPC, PAMA President</td>
</tr>
<tr>
<td>10:15</td>
<td>The Care and Feeding of the Human Voice, Aileen Burford-Mason, PhD</td>
</tr>
<tr>
<td>10:55</td>
<td>Demon in the Wings: Stage Fright in Performers, Linda Brennan, PhD</td>
</tr>
<tr>
<td>11:35</td>
<td>Concurrent Workshops</td>
</tr>
<tr>
<td></td>
<td>A. Artist Health Centre; Self Esteem Tool Box for the Artist, Ruth Bittorf, RN(EC), MN, NP and Anita Shack, BFA, FATA, DC</td>
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<tr>
<td></td>
<td>B. Hearing Conservation in Schools of Music, Marshall Chasin, AuD, MSc</td>
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<tr>
<td></td>
<td>C. Voice and Dance Technique Integration in Musical Theatre-Triple Threat Double Trouble? Jennie Morton, BSc (Hons)</td>
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<tr>
<td></td>
<td>D. Pilates with a Physiotherapist; Safely Balance Your Strength and Flexibility, Susan Czyzo, BPte, Msc, PT</td>
</tr>
<tr>
<td>12:35</td>
<td>Break and Short Lunch on your own</td>
</tr>
<tr>
<td>1:00</td>
<td>Choir, Canadian Memorial Chiropractic College</td>
</tr>
<tr>
<td>1:15</td>
<td>Panel: What is an Injury? Moderator: Dr. Laura Cruz; Panelists: Peter Lejkowski, BKin, DC, FRCCSS(C); Craig Jacobs, BFA, DC, MSc, FCCS(C); Christine Guptill, BMus, BSc, MS(OT), PhD, OT Reg. (Ont.); Marijeanne Liederbach, PhD, PT, ATC, CScS; Ralph Manchester, MD</td>
</tr>
<tr>
<td>2:30</td>
<td>Closing Remarks and Evaluations, John Chong, MD, FRCPC, PAMA President</td>
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<tr>
<td>2:45</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>
Presenters

James Anagnoson, MM
Dean Glenn Gould School
Royal Conservatory
Toronto, ON

Susan Arjmand, MD
Adjunct Lecturer, Department of Medical Education,
University of Illinois, College of Medicine
Chicago, Il

Ruth Bittorf, RN(EC), MN, NP
Primary Health Care Nurse Practitioner at Al and Malka
Green Artists’ Health Centre
Toronto ON

Anna Borowska, MD, FRCPC
Psychiatrist Pain Program
St Paul’s Hospital
Sleep Disorders Program UBC Hospital
Vancouver BC

Linda Brennan, PhD
Faculty: The American Academy of Dramatic Arts LA
South Coast Repertory Costa Mesa
Psychotherapist Private Practice
Los Angeles CA

Aileen Burford-Mason, PhD
Immunologist, Biochemist, Cell Biologist
Author: “Eat Well Age Better”
Toronto ON

Marshall Chasin, AuD, MSc
Director of Audiology Research
Musicians Clinics of Canada
Toronto ON

John Chong, MD, FRCPC
Medical Director Musicians Clinics of Canada
Faculty Glenn Gould School of Royal Conservatory
President PAMA
Toronto ON

Susan Czyzo, BPte, Msc, PT
Registered Physiotherapist
Pivot Sports Medicine and Orthopedics
Toronto ON

Christine Guptill, BMus, BSc, MS(OT), PhD, OT Reg. (Ont.)
Assistant Professor, Music Performance Studies, Western
University 2013-14 Research Fellow, Canadian Association of
Occupational Therapists

Craig Jacobs, BFA, DC,MSc, FCCS(C)
Assistant Professor/Clinician Division of Clinical Education
Canadian Memorial Chiropractic College
Clinical Research Coordinator
UOIT-CMCC Centre for the Study of
Disability Prevention and Rehabilitation
Toronto ON

Janet Johnson, BFA, MA
Dancer/Choreographer/Teacher/Movement Specialist Co-artistic
Director Guelph Dance
Certified Gyrokinesis Instructor
Guelph ON

Julie Kirchen, BA
Wellness Program Manager
Walt Disney Parks and Resorts, Wellness
Anaheim, California

Peter Lejkowski, BKin, DC, FRCCSS(C)
Sports Specialist Chiropractor
Pivot Sports Medicine and Orthopedics
Toronto, ON

Marijeanne Liederbach, PhD, PT, ATC, CSCS
Director, Harkness Center for Dance Injuries
NYU Hospital for Joint Diseases
NYU Langone Medical Center

Ralph Manchester, MD
Director University Health Service
Rochester NY

Phillip J McAllister, BKin, ACRB, CSCS, ABFP, DC
Guelph ON

Jennie Morton, BSc (Hons) Osteopathy
UCL Honorary Lecturer: MSc Performing Arts Medicine
Lecturer for BAPAM (British Association for Performing Arts Medicine) & Dance UK: Healthier Dancer Programme
PAMA Membership Committee Chair

Anita Shack, BFA, FATA, DC
Staff Chiropractor at the Toronto Western Hospital
Al and Malka Green Artists’ Health Centre
Who should attend:
All professionals who provide care and training for performing artists will gain new insights, knowledge, and skills to improve their practice. Performers and students will learn how performance skills can be improved.

**Registration and Fees**

<table>
<thead>
<tr>
<th>Registration Type</th>
<th>PAMA Members</th>
<th>Non-PAMA Members</th>
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<tbody>
<tr>
<td><strong>Full Conference Registration</strong></td>
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</tr>
<tr>
<td>PAMA Members</td>
<td>Physician/DO/Chiropractor/Dentist - $150</td>
<td>Physician/DO/Chiropractor/Dentist - $180</td>
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<td></td>
<td>Teachers/Allied Health Professionals - $100</td>
<td>Teachers/Allied Health Professionals - $130</td>
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<tr>
<td>Non-PAMA Members</td>
<td>Physician/DO/Chiropractor/Dentist - $180</td>
<td>Physician/DO/Chiropractor/Dentist - $90</td>
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<tr>
<td></td>
<td>Teachers/Allied Health Professionals - $130</td>
<td>Teachers/Allied Health Professionals - $65</td>
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**One Day Conference Registration**

<table>
<thead>
<tr>
<th>PAMA Members</th>
<th>Non-PAMA Members</th>
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<tbody>
<tr>
<td>Physician/DO/Chiropractor/Dentist - $75</td>
<td>Physician/DO/Chiropractor/Dentist - $90</td>
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<tr>
<td>Teachers/Allied Health Professionals - $50</td>
<td>Teachers/Allied Health Professionals - $65</td>
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</tbody>
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**Student Discounts**
Glenn Gould School and Randolf Academy Students Complimentary!
However, you must pre-register by phoning Gloria at Pivot 416-767-4868. Do not register online.

**Registration and payment options:**
Registration is by credit card only when registering online. To register online visit the registration website at: [www.artsmed.org/toronto2014.html](http://www.artsmed.org/toronto2014.html)
If you wish to pay by cheque, contact Gloria at 416-767-4868.

**Transportation and Lodging**
The TELUS Centre for Performance and Learning is conveniently located near the corner of Bloor Street and University Avenue. To reach the Conservatory by public transit, take the TTC subway to either St. George or Museum station. There is no parking available, but there are several municipal parking lots in the immediate area.

**Special Hotel Rate:**
Intercontinental Toronto Yorkville  
220 Bloor Street West  
Toronto, ON M5S 1T8  
416-960-5200  
[www.toronto.intercontinental.com](http://www.toronto.intercontinental.com)

*Refer to Royal Conservatory of Music to receive the rate $168.00*