

PRESIDENT'S MESSAGE

Laurel Daniels Abbruzzese, PT, EdD | labbruzzese@orthopt.org

**PASIG at PAMA 2023
NY, NY | IADMS - Columbus NY**

The mission of the Performing Arts Special Interest Group (PASIG) is to be the leading physical therapy resource to the performing arts community. We want to help position our members as experts in managing movement and functional performance impairments in performing artists. In support of this mission, the PASIG continues to have a presence at the International Association of Dance Medicine and Science (IADMS) Annual Conference and the Performing Arts Medical Association (PAMA) International Symposium. This October the IADMS conference is being held in Columbus, Ohio. This past July we were well represented by PASIG members at the PAMA conference in NYC, hosted by Weil Cornell Medical Center.

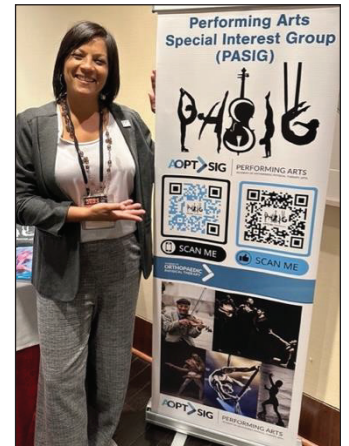
We encourage our members to be active in these groups to ensure that performing arts physical therapists have a voice within the larger performing arts medicine community. It is also a great opportunity to learn, network and share your expertise.

Make Plans for PASIG at CSM 2024

If you have not yet registered for the 2024 APTA Combined Sections Meeting, what are you waiting for? APTA CSM 2024 will be held Feb. 15-17, 2024 in Boston, Massachusetts at the Boston Convention and Exposition Center (BCEC). This year we will hold our SIG membership meetings between educational sessions in Boston...which means no 6:30 a.m. start!! The PASIG Membership meeting will be Friday, February 16th from 1:30-2:30 p.m.

At our business meeting we will welcome new leaders and present awards to PASIG Poster scholarship recipients. Student members of the PASIG who have had their abstract accepted for CSM 2023 are invited to apply for a scholarship for CSM 2024. The topic must be related to performing arts and physical therapy to be considered for the scholarship. The accepted abstract could be a platform or poster presentation. Once your abstract is accepted, you are welcome to apply for the scholarship. Note: you must show proof of your abstract acceptance to CSM 2024, and plan to attend CSM 2024.

Link to application: <https://www.orthopt.org/scholarship-application-pasig.php>



We are also excited to offer two dedicated PASIG Educational Sessions at CSM 2024:

Session ID Number: 18278

Title: Foundations for Optimizing Movement Performance and Return to Play for Instrumental Musicians

Speakers: Janice Ying, PT, DPT, Clare Frank, PT, DPT, Erin Hayden, PT, DPT, Michael Tsang, PT, DPT

Session ID Number: 18017

Title: To Screen or not to Screen: Important Considerations for Conducting Pre-Season Wellness Screens with Dancers

Speakers: Laurel Daniels Abbruzzese, PT, EdD, Marissa Hentis, PT, DPT, OCS, CSCS, Kynaston Schultz, PT, DPT, OCS, Annette Karim, PT, DPT, PhD, OCS, FAAOMPT

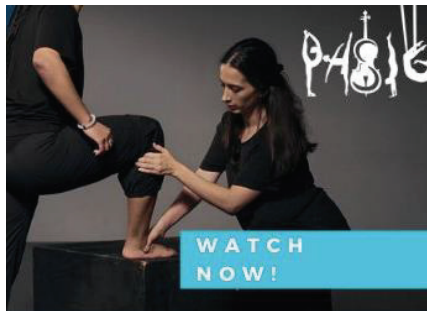
WELCOME PASIG COMMUNICATIONS/ PR CHAIR - AMANDA WILLIAMSON!

The PASIG leadership team is excited to welcome Amanda Williamson, PT, DPT, CSCS as our new Communications/PR Chair. Amanda is a performing Arts PT based in Orlando Florida. She previously held the position of Director for Public Relations for the Florida Physical Therapy Association. We are grateful that she will now share her talents with the PASIG.

PASIG OUTREACH - VIDEO PROJECT DANIELLE FARZANEGAN

In 2023 we produced a PASIG outreach video under the leadership of Danielle Farzanegan. The video is posted to our PASIG Webpage. Three different versions can be found on our closed Facebook page. This initiative falls within

the AOPT strategic framework: Positioning and Public Awareness - Position members as experts in managing movement and functional performance impairments. All PASIG members may reuse the video as needed. We also encourage you to repost the video and share it with your own networks. Be sure to check it out!!



SCAN ME

<https://www.youtube.com/watch?v=ah4XcvX1giE>
<https://www.facebook.com/groups/PT4PERFORMERS/>

PASIG CITATION BLASTS RESEARCH CHAIR, MICHAEL TSANG

A call for all students and clinicians to be authors and contribute to our PASIG Citation Blasts for November 2023 and beyond! If you, PT students, residents/fellows, or your colleagues may be



interested in contributing to a Citation Blast (whether you have already been an author, or if you are interested in writing your first annotated bibliography), please email Michael Tsang king-hontsang@hotmail.com. It is easy to learn, and guidance can be provided to you every step of the way. Thank you!

Our citation blasts are pushed out to PASIG members via email each month. If not a member, be sure to join!

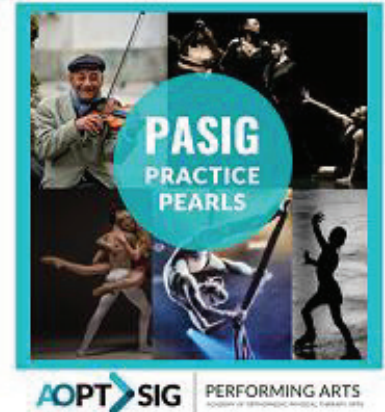
A special thank you to each of our PASIG Citation Blast authors below for their annotated bibliographies in the second half of 2022 and first half of 2023. We appreciate your contributions to our PASIG community on current performing arts medicine literature!

- Kelly O'Shaughnessy - An Overview of Injuries in Adolescent Artistic Gymnasts
- Elizabeth Rothstein - Hallux Sesamoids: Pathology and Management Amongst Dancers
- Elizabeth Janowitz - Patellofemoral Pain in Ballet Dancers
- Nicole Harry - Achilles Tendon Disorders in Ballet Dancers
- Emily Loftus - Kinesiotaping for Performing Artists
- Belinda Le - Prevalence of Eating Disorders and Body Dissatisfaction among Dancers
- Charissa Chaban - Compensated Turnout and Alignment of the Lower Body in Dancers

PASIG PRACTICE PEARLS - PODCAST COORDINATOR, SARAH EDERY-ALTAS

The Evolution and Scope of Backstage Practice in Performing Arts Physical Therapy

Our summer 2023 podcast discusses the evolution, variety, and unique scope of performing arts physical therapy care in a backstage environment. We are humbled to hear from master clinicians, Marika Molnar and Sean Gallagher, who have carved the way for performing arts physical therapy practitioners over the last 40 years. Both are influential leaders in establishing the performing arts physical therapy community and interprofessional medical and research-based performing arts organizations.



SCAN ME

Listen to Marika and Sean talk about their work supporting the varied clients from the cast, the management, and the crews of elite ballet companies, Broadway shows, and other fantastical entertainment shows such as Cirque du Soleil.

We want to thank Dr. Nicole Mawhirter, who served as the host of this episode of the PASIG Practice Pearls Podcast.

The PASIG would also like to give an extra big shout out to Dr. Sarah Edery-Altas, who has coordinated the PASIG Practice Pearls Podcast Series over the last 2 years. She will be stepping

away from her role as Podcast Manager this fall in order to focus more of her attention on Return to Dance guidelines.

Before leaving us, Sarah lined up the next podcast in the series, which will feature Elisa LaBelle, a clinician from NeuroSport, who will extend our discussion on backstage care for the performing artist.



CLINICAL MANAGEMENT OF CIRCUS ARTISTS

Now is the time to order the new PASIG Independent Study Course on Circus Artists! Too often artistic athletes report that their healthcare providers lack an understanding of the physical demands and context of their activity, and they don't trust us. This course pulls together the experience and expertise of the authors, as well as an extensive review of the sports science related to circus arts and acrobatics you won't see anywhere else!

Topics and Authors

- **Circus 101: Features and Feats of Circus Bodies**
Emily Scherb, PT, DPT; Heather Heineman, PT, DPT, OCS, WCS; Dawn Muci, DPT, SCS, ATC
- **Aerial Athletes: Flying, Hanging, Wrapping, Catching**
Emily Scherb, PT, DPT; Heather Heineman, PT, DPT, OCS, WCS
- **Equilibrium, Propulsion, Impact, and Control: Landing the Skills to Treat Ground Acrobats**
Dawn Muci, DPT, SCS, ATC; Stephanie Greenspan, PT, DPT, OCS, NCS

This ISC can be found on the Academy of Orthopedics website: <https://www.orthopt.org/content/education/independent-study-courses>

PERFORMING ARTS FELLOWSHIP UPDATE TIFFANY MARRULLI

There are currently 3 accredited Performing Arts Fellowship programs accepting applications for new fellows. Fellowship education is a great way to increase your knowledge and skill set for the management of performing arts patients. Fellowships are open to individuals who have completed an accredited physical therapy residency and/or a current specialist certification from the ABPTS. If you are interested in furthering your performing arts career, please contact the program directors below for more information regarding each program.

Columbia University Irving Medical Center and West Side Dance Performing Arts Fellowship

- Program Director: Laurel Abbruzzese la110@cumc.columbia.edu
- <https://www.ps.columbia.edu/education/academic-programs/programs-physical-therapy/performing-arts-fellowship>

Harkness Center for Dance Injuries Performing Arts Fellowship

- Program Director: Angela Stolfi harkness@nyulangone.org
- <https://med.nyu.edu/departments-institutes/orthopedic-surgery/specialty-programs/harkness-center-dance-injuries/education/professional-development-students-healthcare-practitioners/academic-observation-fellowship>

The Johns Hopkins Hospital Performing Arts Fellowship

- Program Director: Andrea Lasner danceFIT@jhmi.edu
- https://www.hopkinsmedicine.org/physical_medicine_rehabilitation/education_training/therapy-residency/physical-therapy/performing-arts-pt-fellowship.html

If you have questions about starting a new Performing Arts Fellowship, please reach out to the PASIG Fellowship chair, Tiffany Marulli tiffany.marulli@osumc.edu

On behalf of the Performing Arts Special Interest Group (PASIG), AOPT

CLINICAL MANAGEMENT OF CIRCUS ARTISTS

Independent Study Course 32.3

Description
This course provides a comprehensive review of circus arts in the United States and why an increasingly greater number of physical therapists may be called upon to evaluate and treat this growing population of artists. The authors discuss the various disciplines and apparatus used in circus arts, providing a background for the epidemiology and mechanism of injuries specific for various performers. The unique physical demands and characteristics of circus artists are discussed. A review of common circus injuries and associated risk factors, along with considerations of beliefs and conceptions artists have about injuries and health care, is also provided. In each monograph, the uniqueness of physical therapy care as it relates to the circus artists is highlighted. The course is complemented with extensive figures, videos, and case examples.

Learning Objectives
Upon completion of this monograph series, the participant will be able to:

1. Describe the history and demographic trends of circus artist participation.
2. Understand fundamental skills, apparatus, and musculoskeletal demands and typical physical modifications associated with participation in circus arts.
3. Recognize various intrinsic and extrinsic factors that can contribute to injury risk in circus artists and the role of a physical therapist in addressing these risk factors.
4. List common musculoskeletal conditions associated with participation in circus arts.
5. Design a post-injury rehabilitation plan that integrates the circus artists' perceptions and needs into their injury management.
6. Select tests and measures relevant to the demands of different circus disciplines to assess physical readiness prior to participation in or for return to training and performance.

Topics and Authors
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Aerial Athletes: Flying, Hanging, Wrapping, Catching
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Editorial Staff
Editor—Guy G. Simoneau, PT, PhD, FAPTA
Managing Editor—Sharon Klinski

For Registration Fees and Additional Questions,
visit orthopt.org

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