

President's Message

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PASIG Mission

The mission of the Performing Arts Special Interest Group (PASIG) is to be the leading physical therapy resource to the performing arts community.

PASIG Updates

- The PASIG is focused on moving our strategic initiatives forward with support from our AOPT Board champions. We want to express our gratitude and best wishes to our Board liaison, Tara Jo Manal, who will be moving on to serve as VP of Scientific Affairs at the APTA. We hate to see you go but wish you the very best Tara Jo!
- We have recorded the first 2 episodes in our Podcast Series, "PASIG Practice Pearls." Members can find links to the Podcasts on Backstage care of the Performing Artist on our web page. Thank you to Janice Ying, Marissa Schaeffer, and Rosie Canizares for your leadership on this project.
- We have updated the webpage to make the new resources created by the Outreach Committee easier to find. Thank you to Brooke Winder, Kimberly Veirs, and Tara Fredrickson for your work on this task.
- The authors of our new Circus Arts Independent Study Course are making progress and are on track for a 2022 release date. Thank you Sara Edery Altas and Katrina Lee, our ISC Chairs, and ISC authors, Emily Scherb, Matthew Greenfield, Dawn Muci, and Heather Heineman.
- Each of the 4 Performing Arts Fellowship Programs are preparing educational modules geared towards the specialized care of the performing artist. Those modules should be ready by December 2021.
- SIG Officer Nominations are open. We are seeking candidates for the open positions of PASIG Vice President/Education and Nominating Committee. Both positions will have 3-year terms beginning at CSM (2022-2025). If you have any questions, please contact our Nominating Committee Chair, Duane Scotti duane@sparkyourtraining.com
- The new PASIG apparel is a big hit (especially the ¼ zips). Consider purchasing PASIG masks and pinky balls as gifts! All proceeds support our strategic initiatives.



- We are planning to host a virtual PASIG Membership Meeting in August. Details will be sent to members via an email blast.

PASIG Performing Arts Fellowship Spotlight

The PASIG continues to support performing arts fellowship training as a means of advancing one's practice in this subspecialty area. For information about Fellowships, please contact: our Chair, Tiffani Marruli at tiffani.marulli@osumc.edu. We would also like to spotlight our PASIG members that have completed performing arts fellowships this past year.

**Amanda Edwards, PT, DPT, OCS
Performing Arts Physical Therapy Fellow-in-Training**

The Ohio State University Wexner Medical Center, Jameson Crane Sports Medicine Institute



"The Performing Arts Physical Therapy Fellowship at Ohio State University was a truly amazing experience, even during a pandemic! It was challenging, fun and rewarding, and helped me grow into an expert Performing Arts Medicine clinician. The program taught me how to efficiently assess and manage a performing artist from initial injury to return to sport. It was structured with didactic coursework, mentor hours, and onsite coverage, as well as other opportunities. I felt that the mentorship experience was one of the most valuable components, as my mentors were very knowledgeable, supportive, and provided ongoing feedback which helped me to develop into the clinician I am today.

"I would highly recommend the Performing Arts Physical Therapy Fellowship to anyone with a strong passion for the performing arts, wanting to better serve this population. It is an invaluable opportunity, in which you will further expand upon your own Performing Arts Medicine knowledge, experience, clinical skills, and decision-making."

For questions about the program at OHSU contact Tiffani Marruli at tiffani.marulli@osumc.edu

**Monique DeLuca, PT, DPT, OCS
Fellowship-Trained Performing Arts Physical Therapist**



"I chose to complete the Johns Hopkins Performing Arts Physical Therapy Fellowship to advance my clinical knowledge to equip me with the skills to best serve performing artists. As a former dancer and musician, I have always had a strong desire to work with performing artists and this fellowship provided me with targeted didactic and clinical experiences that allowed me to grow as a clinician and fulfill my dream of working with this unique population.

"As a former resident in orthopedic physical therapy, I have found that the structure of both residencies and fellowships allowed me to grow professionally at an accelerated rate that is unparalleled by traditional practice. The most rewarding aspects of the fellowship for me were the one-on-one mentorship provided by clinicians with expertise in this area along with my ability to network and collaborate with various performing arts specialists. At Johns

Hopkins, I have had the opportunity to collaborate with various professionals for both research and outreach initiatives with a focus on optimizing performance and reducing future injuries of performing artists.

“Since completing my fellowship January 2021, I have begun working full time with Johns Hopkins Rehabilitation network and I am currently involved in expanding the current performing arts program at a new clinic. Additionally, I hope to be involved in the fellowship program and share my experiences to help future fellows grow and develop through both mentorship and didactic work.”

For questions about the program at Johns Hopkins, contact: Andrea Lasner at alasner1@jhmi.edu

Patricia Cavaleri, PT, DPT, OCS Fellowship-Trained Performing Arts Physical Therapist



“Growing up, my life revolved around dance and music. While I always loved the arts, I wasn’t sure how I wanted to turn that love into a career until high school when I was in a health and wellness class learning about muscle functions. That class started my journey to combine my interest in how the human body works with arts and movement. I completed a BS in Applied Health Sciences at the University of Wisconsin-Parkside with the plan of attending PT school. After a gap year serving in AmeriCorps, I obtained my DPT from Columbia University. While there, I took the performing arts elective and performed as part of the dance community at the school. After graduation, I worked in an outpatient private practice for a few years while working per diem backstage for Broadway and Off-Broadway productions, contributing to PASIG citation blasts, and obtained OCS certification. During 2020, I completed the **Harkness Center for Dance Injuries Performing Arts Physical Therapy Fellowship at NYU** to gain further mentorship in treating artists. Since completing the program, I feel more confident in my skills as a performing arts specialist, I’ve made connections with mentors that have continued to help me grow and am working to continue to help grow the knowledge of care for this wonderful population. I’d highly recommend considering a fellowship if you’re interested in mentorship and to grow your clinical skills while working with performers.”

For questions about the HCIDI program, contact Mark Hall at Mark.Hall@nyulangone.org

The **Columbia University Irving Medical Center/West Side Dance Physical Therapy Fellowship Program** will welcome Kendall Lynch, PT, DPT, OCS, PMA-CPT, as its inaugural fellow in September 2021. For questions about the CUIMC/WSDPT program, contact Laurel Daniels Abbruzzese at la110@cumc.columbia.edu

PASIG CSM DPT Student Scholarship Winner Spotlight

After CSM 2021, PASIG Scholarship Chair, Anna Saunders, interviewed the winners about their research. Here is an excerpt from the interview with the entry level DPT PASIG scholarship winner, **Abigail Skallerud** from Wayne State University Department of Physical Therapy.

“Our research, “**Comparing Functional Lumbar Lordosis in Collegiate Dancers With and Without Low Back Pain,**” analyzed the relationships between functional lumbar lordosis, passive hip range of motion and core endurance to the incidence of low

back pain in collegiate dancers. We found that increased lumbar lordosis in single leg stance movements on the right (right retiré and développé) was correlated with increased low back pain incidence, whereas hip range of motion and core endurance measures were not related to low back pain incidence. We also found that increased supine bridge hold time was inversely related to increased lumbar lordosis in functional dance movements. What we have noticed in the research is the lack of statistical power in most of the studies due to small sample sizes (our research included) and a lack of established normative values for both range of motion and core endurance measures that encompass the athleticism and flexibility that dancers require. We suggest using our research for screening dancers for low back pain risk or injury assessment. Evaluating right retiré and développé for increased lordosis can be used to assess injury risk or possibly understand low back pain presentation. Supine bridge hold could be used to evaluate if dancers have increased lumbar lordosis in right retiré and développé, which in turn could potentially increase their risk of developing low back pain. One of the biggest areas for future research is to develop normative values for core endurance and range of motion specifically for dancers, as current established norms do not account for the athleticism and flexibility dancers often possess. This would help define what values are linked to increased injury risk and better guide treatment interventions. This requires increased statistical power to studies to be able to collect this information. Another area for future research is to investigate the differences in movement between one side and the other. Our study found significance with right sided movement but not with left sided movement. Exploring the reason behind this difference would be a great area for future study as well. “

Communications Committee Update - Dawn Muci

Don’t miss out on PASIG news and member spotlights! Be sure to follow Twitter handle: @OrthopaedicAPTA, Instagram handle: @APTA_Orthopaedic, and Facebook: @PT4Performers.

If you missed the Spotlight Series on social media, archived posts are also on the web. <https://www.orthopt.org/content/special-interest-groups/performing-arts/member-spotlight>

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