

PRESIDENT'S MESSAGE

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

PASIG MEMBERSHIP MEETING IN PERSON AT CSM!

As I end my first term as PASIG President, I am excited to announce that we will have our first in-person membership meeting in 3 years at the 2023 Combined Sections Meeting in San Diego! Join us on Thursday, February 23, 2023, 6:30-7:15 a.m. Meet fellow colleagues that share your passion for working with performing artists. Our meeting will be followed by PASIG Sponsored programming. Mark your calendars for these CSM events:

Thursday Feb 23 6:30-7:15 am

PASIG General Membership Meeting

Thursday Feb 23 8:00-10:00 am

PASIG Sponsored Programming

OR-14476 Evidence-Based Lower Limb Updates in Dance: Risk Factors, Rehab, and Prevention *Robyn Porter Rice, PT, MSPT, PhD and Dawn Muci, PT, DPT, ATC*

Saturday Feb. 25th 12:00 – 1:00pm

PASIG Screening Meeting

Saturday Feb. 25th 3:00 – 4:00pm

PASIG Fellowship Meeting

Saturday Feb. 25th 1:00 – 3:00pm

Performing Arts Poster Session

3290 Verbal Feedback Versus Verbal and Self Assessment Feedback for Pre-Professional Female Adolescent Dancers *Marisa Nicole Autera, SPT and Jennifer T. Gentile, PT, DPT*

3291 Dynamic Balance Performance Predictors: Relative GRIP Strength, Dysfunctional Breathing, and Sex *Brent Alfred Harper, PT, DPT, DSc, Jason Funke, Austin Kang, SPT, Nicole Kielty, SPT, Don Tran, SPT, Casey Nobles Vogel, PT, DPT, Emmanuel Babatunde John, PT, DPT, MBA, MPH, PhD and Jacklyn Heino Brechter, PT, DPT, PhD*

3292 Dry Needling Use and Management of Chronic Ankle Instability in a Dancer: A Case Report *Amy Humphrey, PT, DPT*

3293 Prevalence of Musculoskeletal Pain/Discomfort in Musical Ensemble Conductors: Associations with Personal and Environmental Characteristics *Gregory Francis Marchetti, PT, PhD and Caron Daley*

3294 Coping Mechanisms and Psychological Factors in Dancers

Elizabeth Lynn McAneny, SPT, Emma G. Massarelli, SPT, Isabella Raroque, SPT, Joan K. Heeringa, SPT, Lauren Dalal,

SPT, Madison Witt, SPT, Naomi Shapira, SPT, ATC, Vera Menchikova, SPT and Laurel Daniels Abbruzzese, PT, EdD

3295 Video Assessment of Dancers and Non-Dancers - a Virtual Reliability Study

Marla McReynolds-Waldron, PT, DPT, Amanda Kate Fox, PT, DPT and Laurel Daniels Abbruzzese, PT, EdD

3296 Development of the Japanese Dance Functional Outcome Survey: Cross-Cultural Adaptation and Preliminary Validation Study

Yuriko Nabeta, PT, DPT, Mayumi Kuno-Mizumura and Shaw Bronner

3297 Effects of Abrupt Tempo Changes on Landing Mechanics during Repeated Jumps for Ballet Dancers

Natsuko Oshima, PT, DPT, Hui-Ting Goh, PT, PhD, Mark D. Weber, PT, ATC, PhD and CHENG-Ju Hung, PT

3298 Annual Wellness Screening of University Level Dancers Pre COVID-19 Compared to Post COVID-19

Sarah Jean Powner, PT, DPT and Marisa E. Hentis, PT, DPT

3299 Stinger Injury in a Collegiate Dancer: A Case Report

Isabella Scangamor, PT, DPT, Sarah Elizabeth Edery-Altas, PT, DPT and Stephen Michael Kareha, PT, DPT, ATC, PhD

3300 In Vivo Assessment of Dancers Weight-Bearing Barefoot and En Pointe Using a Multi-Segment Foot Model

Kimberly Perrella Veirs, PT, MPT, ATC, PhD, Josiah Rippetoe, Carol Pierce Dionne, PT, DPT, PhD, Jonathan D Baldwin and Lynn M. Jeffries, PT, DPT, PhD

3301 If You're Not Loading Your Dancers, What's the Pointe?

Amanda Williamson, PT, DPT

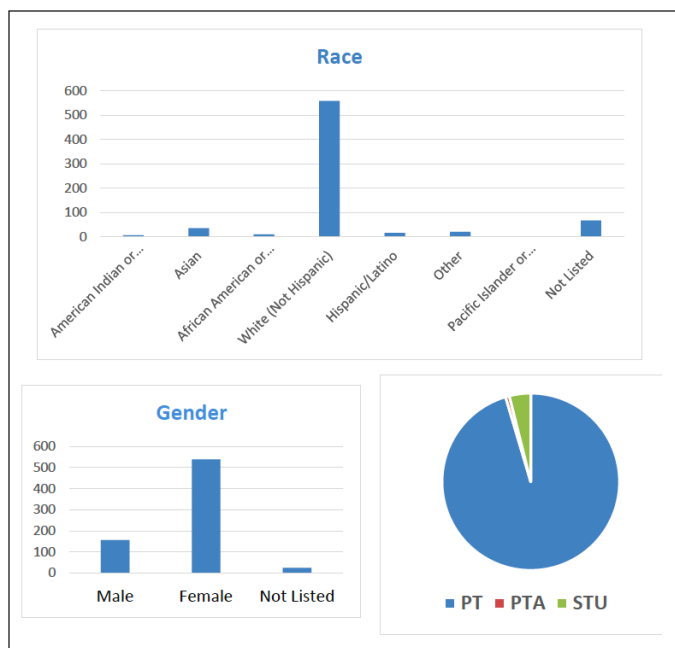
MEMBERSHIP COMMITTEE UPDATE Jessica Waters

Our formal PASIG membership roster has dropped to 686 members. Our closed PASIG Facebook numbers are up to 381 members. <https://www.facebook.com/groups/PT4PERFORMERS/>

Be sure to update your membership status on the Performing Arts SIG web page.

The demographics of our membership as of 10/14/22 are depicted below.

Show your PASIG pride! PASIG merchandise, featuring our new logo designed by Victoria Lu, is available for purchase by members on our AOPT website. The revenue generated will support PASIG strategic initiatives. Please note: limited sizes are available in the clothing options.



EDUCATION COMMITTEE UPDATE

VP, Melissa Strzelinski

In the summer of 2020, the PASIG formed an ISC Task Force led by Katrina Lee and Sarah Edery-Altas. They recruited authors, Emily Scherb, Dawn Muci, Heather Heineman, and Stephanie Greenspan to create a new Independent Study Course (ISC) on Circus Artists for the Academy of Orthopaedics.

Circus is a spectacular joy to watch. The lights and spectacle can highlight examples of extreme physical proficiency. However, the reality of working in the circus arts requires years of training, maintenance behind the scenes and great physical therapy care. Although the professional artist may be what immediately comes to mind, professional artists make up the minority of the circus artists who need care.

Circus as a recreational pastime has been exploding in the United States for the last 20 years with studios popping up all over the country to teach circus and aerial skills. In addition, dance schools are adding acrobatics, gymnastics gyms are adding aerial

arts, and yoga studios are moving their practice off the ground and into the air. Circus arts seem to be everywhere and if you haven't seen an artist in your clinic yet, you will soon.

To work with the circus artist patient from novice to professional, a physical therapist should understand the demands of their training and of their specific disciplines. To help clinicians appreciate the circus world and the challenges that circus artists face at all levels we have developed an independent study course on circus arts.

Clinical Management of Circus Artists

- Circus 101: Features and Feats of Circus Bodies
- Aerial Athletes: Flying, Hanging, Wrapping, Catching
- Equilibrium, Propulsion, Impact, and Control: Landing the Skills to Treat Ground Acrobats

This independent study course (ISC) 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.

The new ISC can be found on the Academy of Orthopaedics website:

<https://www.orthopt.org/content/education/independent-study-courses>

OUTREACH COMMITTEE UPDATE

Danielle Farzanegan

The Outreach Committee is working on a video project to demonstrate “What is Performing Arts Physical Therapy.” To promote awareness about the role of performing arts physical therapist to consumers (artists) and arts companies/employers. This initiative falls within the AOPT strategic framework: **Positioning and Public Awareness** - Position members as experts in managing movement and functional performance impairments. Please contact Danielle if you are supporting Outreach initiatives.

COMMUNICATIONS COMMITTEE UPDATE

Dawn Muci

The Communications Committee will be working closely with AOPT to push our messages out through various social media accounts. Be sure to follow Twitter handle: @OrthopedicAPTA, Instagram handle: @APTA_Orthopaedic, and Facebook: @PT4Performers.

RESEARCH COMMITTEE UPDATE

Michael Tsang

PASIG continues to produce Citation Blasts on a diverse array of topics that are sent directly to members and posted to the web. Thank you to the following authors for your contributions. This has been an excellent way for student physical therapists to contribute to the PASIG.

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|------------------|---|---|
| August | Compensated Turnout and Alignment of the Lower Body in Dancers and its Relation to Injury | Charissa Chaban, PT, MPT, OCS, ATC, NCPT |
| September | Prevalence of Eating Disorders and Body Dissatisfaction among Dancers | Belinda Le, SPT |
| October | Kinesiotaping for Performing Artists | Emily Loftus, SPT |
| November | Achilles Tendon Disorders in Ballet Dancers | Nicole Harry, SPT Elizabeth Janowitz, SPT Michelle Dolphin, PT, DPT, MS, OCS, FAAOMPT |

PERFORMING ARTS FELLOWSHIP UPDATE

Tiffany Marruli

Congratulations to the Columbia University Irving Medical Center/West Side Dance Physical Therapy Performing Arts Fellowship which was accredited by the ABPTRFE in September 2022 after graduating its first fellow, Kendall Lynch in July 2022. We are fortunate to have four accredited Performing Arts Fellowship programs that offer a variety of opportunities for clinical practice, onsite coverage, and mentorship with performing artists.

A Performing Arts Fellowship 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](#)

The Ohio State University Wexner Medical Center Performing Arts Fellowship

- Program Director: Tiffany Marulli tiffany.marulli@osumc.edu
- <https://hrs.osu.edu/academics/graduate-programs/clinical-doctorate-in-physical-therapy/residencies-and-fellowships/performing-arts>



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

Circus 101: Features and Feats of Circus Bodies
Emily Scherb, PT, DPT; Heather Heineman, PT, DPT, OCS, WCS; Dawn Muci, PT, 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, PT, DPT, SCS, ATC;
Stephanie Greenspan, PT, DPT, OCS, NCS

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Managing Editor—Sharon Klinski

For Registration Fees and Additional Questions,
visit orthopt.org

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Physical Therapy
Association