



Title – Multi-Disciplinary Care for the Performing Artist

Date – Wednesday, June 17, 2020

Time – 9:00 a.m. – 2:15 p.m.

CEUs – 4.5

Cost – \$75

Workshop Description/Audience -This workshop is targeted to ATs currently in and interested in the performing arts setting. Emphasis will be placed on the multi-disciplinary care approach for the performing artists. This will include presentations from the following health care providers: certified athletic trainers, physical therapist, licensed clinical social worker, and sports dietitian.

Level of Difficulty - Advanced

Format - Lecture / Lab

Schedule

8:30 AM – 9:00 AM - Onsite Registration

9:00 AM – 9:15 AM – Opening Remarks

9:15 AM – 10:00 AM - Lecture

**When “Healthy” Goes Too Far: The Relationship of Energy Availability and Injury in Dancers**

Val Schonberg MS, RD, CSSD, LD, NCMP & Mandy Blackmon PT, DPT, OCS, CMTPT

**Description:** Studies and experience demonstrate that student and professional dancers often consume less the recommended daily allowance of energy (calories). A prolonged energy imbalance, in which the amount of energy consumed is less than the amount of energy expended, affects a dancer’s physiological health, mental focus and may compromise technique. Nutrition cannot prevent all injuries, but taken to the extreme and combined with a tendency toward perfectionism, otherwise healthy eating can result in poor health, inadequate recovery and other emotional and metabolic disturbances. The health, well-being and performance of today’s dancers depends on teachers, artistic directors, physical therapists and other practitioners understanding the line between what’s healthy and appropriate versus potentially pathological. A team approach will be emphasized for preventing, identifying, and addressing these issues in our dancers.

**Participants will be able to:**

1. Identify the multi-variable components of Relative Energy Deficiency in Sport (RED-S) and how it differs from the traditional definition on Female Athlete Triad.



2. Identify the immediate and long-term psychological and physical impact of RED-S in the dancer population.
3. Discuss strategies for identifying and treating RED-S in dancers, utilizing a team healthcare approach.
4. Discuss prevention strategies, utilizing the same team healthcare approach.

Domain/Task: Injury and Illness Prevention and Wellness Promotion / 0106

10:00 AM – 10:45 AM - Lecture

### **Mind Your Balance: Exploring the Mind Body Connection Through an Athlete's Perspective**

Bryn Chafin, LCSW

**Description:** Athletes have an opportunity to experience the intimate relationship between the mind and the body in an intensified way. Physical health has an impact on mental and emotional well being and vice versa. This connection is exemplified in, but not limited to, the storage of memory and trauma, stress responses, verbal and non-verbal communication, and self-perception. In order to promote optimal health, it is important to consider the whole person: body, mind, and spirit. In doing so, an athlete can decrease burnout, increase their sense of self, and perform more effectively.

#### **Participants will be able to:**

1. Summarize a general overview of the mind body connection.
2. Examine and apply collaborative and holistic care considering the optimal health of the whole person: body, mind, spirit.
3. Determine an understanding of the athlete's unique experience and perspective of the mind body connection.
4. Identify and compare mental and emotional risk factors that increase the potential for injury and illness in athletes.

Domain/Task: Injury and Illness Prevention and Wellness Promotion / 0106

10:45 AM – 11:00 AM

**Break**

11:00 AM – 12:00 PM – Lecture- EBP Approval Pending

### **Reducing Sound-Induced Hearing Loss in Athletic Trainers and Performers to Whom They Provide Healthcare**

Jeffrey A. Russell, PhD, ATC, FIADMS

**Description:** Athletic trainers who work with musicians and other entertainment artists are routinely exposed to high sound levels as an occupational hazard. Marching band facilities, concert halls, and a variety of theater spaces are examples of venues where performing arts ATs may practice. Studies of musicians establish that sound levels in these environments are high and hearing loss is likely [2,5,7]. Nonetheless, even under ideal circumstances of education and complimentary hearing protection provision, protection of hearing in musicians is far from universal [1,4]. In addition, for athletic trainers who work with marching bands, sound levels to which they are exposed far exceed recommended daily dosages, in spite of the ATs not being embedded within a band [6]. Overall, then, sound levels present a



substantial risk of hearing loss to those in many performing arts environments. Methods to both measure [3] and reduce [4] individual sound exposure will be presented.

**Participants will be able to:**

1. Describe the risks to hearing inherent in music and other performing arts venues.
2. Interpret research literature in the field of sound exposure and sound-induced hearing loss.
3. Explain the purpose and use of a personal noise dosimeter.
4. Differentiate among hearing protection devices for their suitability in preserving hearing.
5. Select an appropriate hearing protection device for themselves and performers with whom they work.

Domain/Task: Injury and illness prevention and wellness promotion / 0101, 0102, 0103, 0104, 0105

12:00 PM – 12:10 PM

**Break**

12:10 PM – 1:10 PM – Lecture - EBP Approval Pending

**Using Balance Tests to Assess Injury Risk and Make Return-to-Activity Decisions in Dancers**

Jatin Ambegaonkar, PhD ATC

**Description:** ATs working with dancers use balance tests in their clinical practice to: (1) identify dancers at higher injury risk, or (2) make return-to-activity, performance, or progress decisions after injury. However, multiple balance tests exist that examine different aspects of postural stability e.g. the Star Excursion Balance Test (SEBT), and others. ATs may thus face a practice gap and find it challenging to decide which test(s) to choose when providing optimal patient-care. This program intends to fill this gap by providing participants evidence-based guidance on how and which balance tests to choose to improve their patient-centered care based on their patients' goals.

**Participants will be able to:**

1. Describe common balance tests used for dancers and performing arts
2. Analyze different postural stability components assessed by balance tests
3. Compare balance tests on their abilities to predict injury risk and progress in dancers and performing artists

Domains/Tasks: Injury and illness prevention and wellness promotion; Examination, Assessment, and Diagnosis / 0101, 0102, 0203, 0204, 0205

1:15 PM – 2:15 PM - Lab

**Step Up Your Game: Taping Techniques for Foot and Ankle Injuries Common in the Performing Arts**

Gail Marion Ayotte MSEd, ATC, LAT, CKTP

**Description:** This session spotlights taping techniques for foot and ankle injuries common in the performing arts by example of an in-house Athletic Training program at Radio City Music Hall/Madison Square Garden Entertainment. This lab will include identification of intrinsic and extrinsic variables that contribute to injury, instruction and demonstration (and allow participants to tape and pad) for prevention and treatment of foot and ankle injuries common in the performing arts.



**Participants will be able to:**

1. To identify and analyze contributing factors to foot and ankle injuries common in the performing arts.
2. To assess, problem solve, demonstrate appropriate treatments for prevention and treatment of foot and ankle injuries common in the performing arts.

Domains/Tasks: Injury and Illness Prevention and Wellness Promotion, Immediate and Emergency Care, Therapeutic Intervention / 0101, 0303, 0404