

Winston-Salem Dance Medicine Conference 2021 (WiSDM 2021)

Nov. 12, 2021
10 am–2:30 pm
9:30 am Tech Check-in

Live Stream Webinar

Program Overview and Objectives

Participation in dance as a sport continues to grow. As a result of increased participation, therefore, there is a growing need for health care providers to understand this group of athletes and their unique demands: their biomechanics are extreme, their psychosocial stressors are significant and the treatments they require are unique. Despite the growth of dance, familiarity with dance medicine (including the physiological and psychological concerns of dancers) remains relatively sparse among practitioners. The field of dance medicine involves complex biomechanics and an intricate interplay between sport, art, and emotional expression, which is often poorly understood by physicians and other healthcare professionals who treat this unique group. This can lead to delays in care, missed diagnoses, or suboptimal patient interactions when discussing injury. The intent of this conference is to educate a diverse population about the important core concepts in Dance Medicine. It seeks to explore the biomechanical, psychological, nutritional, and rehabilitative needs of a dancer through a novel interdisciplinary approach.

Upon completion of this conference, participants should be better able to:

- Identify pertinent historical elements and anatomy of dancers as it pertains to injury risk, presentation, and rehabilitation.
- Demonstrate integration of biomechanical analysis for assessing injury risk of for creating rehabilitation programs.
- Demonstrate proper execution of high-yield, dance-specific physical examination maneuvers and integrate them into clinical practice.
- Demonstrate the ability to read imaging in clinical context and incorporate specific “don’t miss” and “look alike” expert tips into their general reading algorithm.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest School of Medicine and part of the NC AHEC System and Physical Medicine and Rehabilitation at Wake Forest Baptist Health.

Continued



Who Should Participate

Physicians, physical and occupational therapists, athletic trainers, nurse practitioners and physician assistants, chiropractors, dieticians, sports scientists, biomedical engineers, sports medicine fellows, medical residents, medical students, dance instructors and dancers.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Featured Speaker



Nancy Kadel, MD, is an orthopaedic surgeon who trained at the Harvard Combined Orthopaedic Surgical Residency, and was fellowship trained in Foot & Ankle Reconstruction at the New England Baptist Hospital. She specializes in the diagnosis and treatment of musculoskeletal injuries with a focus on foot and ankle problems and the care of dancers and performing artists. She sees patients at Seattle Spine and Sports Medicine Clinic and runs the Seattle Clinic for Performing Artists (COPA) with Dr. Matthew Grierson, MD, and together they also have a monthly free clinic for performing artists under their non-profit organization SeaPAM (Seattle Dance and Performing Arts Medicine). Dr. Kadel is currently President-Elect of the International Association of Dance Medicine and Science.

Speakers

Kathleen Davenport, MD, CAQSM, FAAPMR
Hospital of Special Surgery Florida

Pierre d'Hemecourt, MD
Boston Children's Hospital

Carolyn E. Keeler, DO
Duke University Medical Center

Angela M. Koonin, PT, ATC, LAT
Performance Driven Physical Therapy

Katie Moos, MA, LAT, ATC
UNC School of the Arts

Kristen Nicholson, PhD
Wake Forest School of Medicine

Laura Santos, MS, LAT, ATC
UNC School of the Arts

Christina Soriano, MFA
Wake Forest University

Denise A. Tickle, BS, PT
Wake Forest Baptist Health

Maha Torabi, MD
Wake Forest School of Medicine

Credits

- The Wake Forest School of Medicine designates this activity for a maximum of 4.5 hours *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- 4.5 Contact Hours from Northwest AHEC
Nurses: This educational activity can be applied toward your continuing competence plan for maintaining your current licensure with the North Carolina Board of Nursing.
- 0.45 CEUs from Wake Forest School of Medicine
- This course is approved for physical therapy licensees by virtue of NCBPTE Rule 21 NCAC 48G .0108(c) (8) for 4.5 contact hours.
- NC Area Health Education Center is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program has been approved for a maximum of 4.5 hours of Category A hours continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P3549



Agenda

- 9:30 am Tech Check-in**
- 10 am Opening and Warm-Up: Improvisational Movement for Cognitive Health**
Christina Soriano
- 10:15 am Imaging and Clinical Management**
 - Spine Imaging** – Maha Torabi
 - Spine Management** – Pierre d’Hemecourt
- 11:15 am Using History, Exam, and Injections to Decipher Pain in the Hip, Back, and Pelvis**
Carolyn Keeler
- 11:45 am Morning Session Q&A**
- 12 noon Demonstration: Motion Analysis**
- 12:15 pm Motion Analysis and Application to PT for Dancers**
Kristen Nicholson and Denise Tickle
- 12:45 pm KEYNOTE ADDRESS:**
How Career Transitions Reshape a Dancer’s Relationship with Medicine
Nancy Kadel
- 1:15 pm Screening for Performance Optimization**
Angie Koonin, Laura Santos and Katie Moos
- 1:45 pm Specialized Physical Exam for Dancers**
Kathleen Davenport
- 2:15 pm Afternoon Session Q&A**
- 2:25 pm Demonstration: UNCSA Nutcracker Preview**
- 2:30 pm Adjourn**

Cost and Registration

\$120—Faculty level or equivalent, including MD, DO, PhD, DC

\$75—Affiliated health professional, including RN, PT, OT, ATC, PA-C, RD, dance instructor, MD/DO resident/fellow

\$30—Student

Registration fee includes instructional and administrative costs, certificate of completion and program materials.

Register and pay online at www.northwestahec.org. Payment by credit card (Visa, MasterCard, and American Express) accepted online. Personal check, corporate check, money order, or WFBMC internal transfer accepted by mail.

Payment Policy—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

Refund Policy—Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100% refund. Registrants cancelling between two weeks and two full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity. **Cancellations must be in writing (fax, email or mail).** You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Note—Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

For More Information and Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Gail Pawlik at least five working days prior to the activity by calling 336-713-7761 or emailing gpawlik@wakehealth.edu.