

Winston-Salem Dance Medicine Conference 2022 (WiSDM 2022)

Sept. 30, 2022
8 am–5 pm
Live In-person Event

Program Overview and Objectives

Participation in dance as a sport continues to grow. As a result of increased participation, there is a growing need for healthcare 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 intent of this conference is to educate a diverse population, including physicians, APPs, dietitians, physical and occupational therapists, chiropractors, dance instructors, and dancers about the important core concepts in Dance Medicine, particularly the importance of biomechanics and multidisciplinary care.



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

- Identify opportunities for communication during “transition points” in care and how these can be optimized.
- Increase ability to take a dance-specific history, taking into account dance terminology/knowledge and dance-specific biomechanics.
- Determine pointe-readiness in a dancer (that is, knowledge of, and ability to apply standards for flexibility, strength, and technique that would permit safe pointe participation).
- Describe “normal abnormalities” on imaging for dancers and distinguish these from those of clinical concern.
- Identify biomechanical flaws in dance technique or loading and apply this information to the differential diagnosis, intended rehabilitation program, and future injury mitigation strategy for a dancer.
- Increase the specificity of a physical examination to enhance injury detection and to assist in determination of injury etiology.
- Incorporate mental health discussions with dancers and suggestions for resilience-building strategies.
- Identify patients who could benefit from orthobiologic or chiropractic intervention and understand how these interventions can supplement (or improve) MSK intervention in dancers.
- Identify in-season and between-season opportunities for cross training and performance enhancement.
- Identify the importance of pointe-shoe fit as well as common fitment errors and opportunities to intervene with fitment changes to decrease injury risk.

Continued

Provided by:

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

Who Should Participate

Physicians (including residents/fellows), physical therapists, athletic trainers, dietitians, psychiatrists, dance/technique faculty, dance students and community members interested/invested in the performing arts.

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



Misty Copeland is a Principal Dancer with American Ballet Theatre, the first Black woman to be promoted to the position in the company's 75-year history in 2015. She has performed some of the most iconic classical ballet roles, including Odette/Odile in *Swan Lake*; Juliet in *Romeo & Juliet*; *Giselle*; *Manon*; *Coppelia*; Kitri in *Don Quixote*; and *Firebird*, to name a few.

Misty has been featured in several publications, including the cover of *Time Magazine* for the Time 100, as well as the covers of *ESSENCE*, *Self*, *ELLE South Africa*, *Oxygen* and *Women's Health*. She has also appeared on CBS' *60 Minutes*, *CBS Sunday Morning*, ABC's *Good Morning America*, NBC's *The Today Show* and *Little Big Shots*, celebrating extraordinary young people.

She made her first awards season guest performances in 2019 with Taylor Swift at the *American Music Awards* and at the *2020 Grammy Awards* alongside Camilla Cabella, Common, Ben Platt, and dancers from the Debbie Allen Dance Academy, as well as the televised Prince Grammy Tribute performing with award-winning recording artist H.E.R. Misty made her Broadway debut in *On The Town* in 2015 and her major motion picture debut in Disney's *The Nutcracker* and the *Four Realms* in 2018.

Misty started her production company, Life In Motion Productions, and is working on her first project, *Flower*, a silent arts activism film using dance to help raise awareness about homelessness. She is also featured in an episode of *MasterClass*, the online series.

Misty is an avid philanthropist and is an ambassador of the Boys & Girls Clubs of America, of which is also an alum, and MindLeaps, an arts education program based in Rwanda that helps young people get off the streets and into an academic setting to help enhance their lives. Misty is the bestselling author of the New York Times bestselling memoir *Life In Motion*; an award-winning children's picture book titled *Firebird*; a New York Times bestselling lifestyle book titled *Ballerina Body*; and the New York Times bestselling children's picture book, *Bunheads*. Her newest book, *Black Ballerinas: My Journey To Our Legacy*, published in Fall 2021.

Speakers

Susan Brooker

UNC School of the Arts

Kathleen Davenport, MD, CAQSM, FAAPMR

Hospital of Special Surgery Florida

Larry Gray, DC

Gray Chiropractic and Sports Associates

Tessa Hulburt, MS

Virginia Tech - Wake Forest University

Lauren W. Kearns, MFA, MA, E-RYT 500, YACEP, RSDE

Elon University

Angela M. Koonin, PT, ATC, LAT

Performance Driven Physical Therapy

Josephine Lee

ThePointeShope and Dance Medica

Nina Maria Lucas, MFA

Wake Forest University

Kristen Nicholson, PhD

Atrium Health Wake Forest Baptist

David M. Popoli, MD

Atrium Health Wake Forest Baptist

David W. Robinson, MD

Atrium Health Wake Forest Baptist

Laura Santos, MS, LAT, ATC

UNC School of the Arts

Kelli Sharp, DPT

Claire Trevor School of the Arts

Christina Soriano, MFA

Wake Forest University

Deepthi Thumuluri, MS

Wake Forest School of Medicine

Denise Tickle, BS, PT

Atrium Health Wake Forest Baptist

Megan Rianne Wolf, MD

Atrium Health Wake Forest Baptist

Credits

- The Wake Forest University School of Medicine designates this activity for a maximum of 7.0 hours *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation: The Wake Forest University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

- 7.0 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.

- This course is approved for physical therapy licensees by virtue of NCBPTE Rule 21 NCAC 48G .0108(c) (8) for 7.0 contact hours.
- NC Area Health Education Center (BOC AP#: P3549) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 7.0 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#). But note not all programs offer all credits.

Agenda

- 7:30 am** **Check In**
- 8 am** **Demonstration**
Wake Forest University Dance Team
- 8:20 am** **Panel Discussion: Team Approach to Hip Injury (Case-Based)**
Kathleen Davenport, MD, Laura Santos, ATC, Megan Wolf, MD, Josephine Lee
- 9:25 am** **Hip Imaging and Intervention**
Hip Imaging – David Robinson, MD
Hip Intervention – Megan Wolf, MD
- 10:20 am** **Coffee Break**
- 10:35 am** **Biomechanics Forum**
Clinical Pointe Readiness Evaluation
Kathleen Davenport, MD
Motion-Analysis-Enhanced Pointe Readiness Evaluation
Kristen Nicholson, PhD and Denise Tickle, PT
Studio Preparation for Pointe Readiness
Susan Brooker
- 12:15 pm** **Lunch Break**
- 1:10 pm** **Demonstration: Ballet**
UNCSA Students
- 1:25 pm** **A Conversation with Keynote Misty Copeland**
Misty Copeland and Moderators David Popoli and Nina Lucas
- 2:20 pm** **Workshop 1**
- Track 1 (Performance)**
- Building a Resilience Practice**
 David M Popoli, MD and Kathleen Davenport, MD
- Somatics in Action: A Mindful and Physical Conditioning Tool for Movers**
 Lauren Kearns, MFA
- Track 2 (Research)**
- IMOVE: Improvisational Movement for Older Adults Living with Mild Cognitive Impairment**
 Christina Soriano, MFA and Deepthi Thumulari
- Using Dance to Enhance Safety**
 Kelli Sharp, DPT
- Track 3 (Evaluation/Treatment)**
- Chiropractic Management for Dancers**
 Larry Gray, DC
- Orthobiologic Treatment Options for Common Dance Injuries**
 Kathleen Davenport, MD

Agenda (cont'd)

3:35 pm **Workshop 2**

Track 1 (Performance)

Performance Optimization Pre and Post Injury

Angie Koonin, PT, ATC

Practical Strength and Cross-Training for Dancers

Nina Lucas, MFA

Track 2 (Research)

Kinematic and Kinetic Differences of the Hip, Knee, and Ankle in An Athlete-Selected and Cued Demipointe Ballet Position

Tessa Hulburt, MS

Technology and Dance

Kelli Sharp, DPT

Track 3 (Evaluation/Treatment)

Pointe Shoe Fitting Concepts

Josephine Lee

Pointe Shoe Fitting Demonstration

Josephine Lee

4:50 pm **Demonstration: Contemporary**

UNCSA Dancers

5 pm **Adjourn**

Location



Bowman Gray Center for Medical Education

475 Vine Street

Winston-Salem, NC 27101

Cost and Registration

\$250—Faculty level or equivalent, including MD, DO, DPT, PhD, DC

\$150—Affiliated health professional including PT, OT, PTA, ATC, PA-C, RD, dance instructor, or MD/DO resident/fellow

\$50—Student

\$75—Community Members

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 AHWFB 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 (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.