

Winston-Salem Dance Medicine Conference 2024 (WiSDM 2024)

Friday, August 23, 2024 / 8 am–5:05 pm (ET)
Live In-person Only

Bowman Gray Center for Medical Education
475 Vine Street
Winston-Salem, NC

Program Overview and Objectives

The Winston-Salem Dance Medicine Conference (WiSDM) is a multi-disciplinary educational opportunity for physicians, allied health professionals, dancers, dance instructors, and students to review (or learn anew) the fundamentals of dance medicine, including unique biomechanics, genre-specific considerations, and social/psychological demands that may influence performance and injury risk. The conference provides both instructional and networking opportunities in order to create an environment conducive to adult learning.

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

- Characterize the initial steps in the identification and reporting of an injured dancer, temporizing measures to increase safety but attempt to permit participation, conduct a genre-specific physical examination, identify useful imaging findings and pitfalls, and explain a differential diagnosis for symptoms that do not resolve.
- Discuss surgical indications for toe pain in a dancer, implement return-to-stage protocols, and discuss company-level injury reduction.
- Recognize how to incorporate nutrition and mental health components into assessment, treatment, and performance optimization for dancers.
- Describe how to incorporate a standardized approach to pointe shoe fitting to detect risk factors for injury and make suggestions for performance or risk factor reduction.
- Summarize leading research in various dance genres and incorporate recommendations for injury treatment and prevention.
- Identify opportunities to increase diversity in the dance studio environment and develop proactive strategies to increase inclusivity.

Who Should Participate

Physicians (including residents/fellows), physician assistants, nurse practitioners, physical therapists, athletic trainers, dietitians, 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.

Provided by:

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



Register TODAY at www.nwahec.org/73602

continued ►



Wake Forest University
School of Medicine

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PART OF NC AHEC

Featured Presenter



Photo courtesy of Mark Kitoaka

Oakland native Antoine Hunter aka Purple Fire Crow is an award-winning internationally known African-American, Indigenous, Deaf, Disabled, choreographer, dancer, actor, instructor, speaker, producer, and Deaf advocate. Hunter creates opportunities for Disabled, Deaf, and hearing artists; produces Deaf-friendly events; and founded the Urban Jazz Dance Company in 2007 and the Bay Area International Deaf Dance Festival (BAIDDF) in 2013. Awards include the 2022 Disability Futures Fellowship, the 2021 Dance Teacher Award, the 2019 National Dance/USA Fellowship recognized by the Mayor of Oakland, the 2018 inaugural Jeanette Lomujó Bremond Humanity Arts Award, and the 2017 Isadora Duncan (Izzie) for the BAIDDF.

Hunter's work has been performed globally, and he has lectured across the US including at the Kennedy Center's Office of Accessibility and VSA, Harvard University, Duke University, and the National Assembly of State Arts as an ambassador for social change.

Hunter utilizes his company's artistic talents to engage with audiences; empower Deaf and disabled communities; and advocate for human rights and access, working to end discrimination and prejudice.

Hunter's shoe company DropLabs and Susan Paley released an innovative haptic product to help people feel music. Hunter curated Bay Area Deaf Arts at SOMArts; is a 2021 Yerba Buena Center for the Arts YBCA 100 honoree; is on the production team of Signing Animation actively working on inclusive films; and serves on the boards of Dance/USA, Bay Area Black Deaf Advocates, and Museum of Dance; and councils for Intrinsic Arts and CalArts Alumnx.

In response to COVID-19 in July 2020, Hunter founded #DeafWoke, an online talk show that amplifies BIPOC Deaf and Disabled stories as a force for cultural change.

Presenters

Jatin Ambegaonkar, PhD

Josephine Lee, BA

Lauren Borowski, MD

Katherine L. Moos, ATC

Kathleen Davenport, MD, CAQSM, FAAPMR

Kristen Nicholson, PhD

Danielle Essex, SPT

Brooke E. Orr, RD

Jenna Lynn Evans, ATC

Laura Santos, ATC

Meghan Gearhart, DPT

Kelli Schneider, DPT

Taryn Griggs

Ginny Shafer, SPT

Melody Hrubes, MD, FACSM

Kelli Sharp, PhD, DPT

Kaleigh Jenkins, ATC, SPT

Denise A. Tickle, DPT

Carolyn E. Keeler, DO, MPH

Maha Torabi, MD

Angela Koonin, PT, ATC

Nick Trasolini, MD

Agenda

Friday, Aug. 23, 2024

Note: All morning sessions (except demonstrations) are in the tiered classroom, 5th floor–Rm 5107

7:30 am **Registration**

8 am **Demonstration/Case #1: Broadway / 1st floor – Bowman Gray Center for Medical Education**

8:20 am **Case #1 Panel Discussion / Case Presentation–Toe Pain**

Kelli Schneider, DPT, Melody Hrubes, MD, FACSM and Maha Torabi, MD

9:30 am **Q & A**

9:40 am **Coffee Break**

10 am **Case #1 Panel Discussion (continues)**

Kelli Schneider, DPT, Melody Hrubes, MD, FACSM and Nick Trasolini, MD

10:50 am **Q & A**

11 am **Keynote**

Antoine Hunter

11:45 am **Lunch / Networking**

1 pm **Demonstration: Case #2 and Case #3 / 1st floor– Bowman Gray Center for Medical Education**

1:30 pm **Genre-specific Workshops begin**

**Case #2 Contemporary
Knee Pain**

Location: Flat 1

1:30 pm **Case Presentation**

Lauren Borowski, MD
Meghan Gearhart, DPT

1:50 pm **Question / Discussion**

1:55 pm **Case Reveal / Treatment**

2:15 pm **Questions / Discussion**

**Case #3 Bharatanatyam
Back Pain**

Location: Flat 2

1:30 pm **Case Presentation**

Carolyn Keeler, DO, MPH
Kelli Sharp, PhD, DPT

1:50 pm **Question / Discussion**

1:55 pm **Case Reveal / Treatment**

2:15 pm **Questions / Discussion**

2:25 pm **Skills Labs**

Skills Lab #1

Location: Flat 1

2:25 pm **Biomechanics with Your
Own Device**

Kristen Nicholson, PhD
Denise Tickle, DPT

2:50 pm **Practice with Instructors**

Skills Lab #2

Location: Flat 2

2:25 pm **Taping and Manual
Therapy**

Angie Koonin, PT, ATC
Katie Moos, ATC

2:50 pm **Practice with Instructors**

Research

Location: Tiered

2:25 pm **The Effect of Sleep on
Performance and Injury**
Jatin Ambegaonkar, PhD

2:50 pm **Biomechanical
and Musculoskeletal
Characteristics in
Bharatanatyam Dancer**
Kaleigh Jenkins, ATC, SPT
Ginny Shafer, SPT
Danielle Essex, SPT

3:10 pm **Questions**

Agenda (cont'd)

- 3:20 pm **Case #4 Panel Discussion / Case Presentation - Ballet / Ankle Pain / Tiered Classroom**
Kathleen Davenport, MD, CAQSM, FAAPMR, Jenna Evans, ATC and Brooke Orr, RD
- 3:40 pm **Q & A**
- 3:45 pm **Case Reveal / Treatment**
- 4:05 pm **Q & A**
- 4:15 pm **Skills Labs**

Skills Lab #3

Location: Tiered Classroom

- 4:15 pm **Screen a Dancer for Return to Stage**
Melody Hrubes, MD, FACSM
Laura Santos, ATC
- 4:40 pm **Practice with Instructors**

Movement Screening

Location: Flat 1

- 4:15 pm **Pilates for Cross Training**
Taryn Griggs
- 4:40 pm **Practice with Instructor**

Skills Lab #4

Location: Flat 2

- 4:15 pm **Does the Shoe Fit?**
Josephine Lee
- 4:40 pm **Practice with Instructors**

5:05 pm **Adjourn**

Credits

- The Wake Forest University School of Medicine designates this live activity for a maximum of 7.0 *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.

- NC Area Health Education Center (BOC AP#: P3459) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). 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.



- 7.0 Contact Hours from Northwest AHEC
- This course is approved for physical therapy licensees by virtue of NCBPTE Rule 21 NCAC 48G .0108(c)(8) for 6.5 contact hours. Application has been submitted for 6.5 Continuing Legal Education Credits from the NC State Bar Board of Continuing Legal Education.

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

Cost and Registration

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

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

\$50—Students

\$75—Community Member

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

Register and pay online at www.nwahec.org/73602. Payment by credit card (Visa, MasterCard, Discover, and American Express) is accepted online. Personal check, corporate check, or money order is accepted by mail. Atrium Health Wake Forest Baptist internal transfer is also accepted online.

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 percent refund. Registrants cancelling between two weeks and five 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 five days before the activity. Cancellations must be in writing (fax, email or mail). You may send a substitute in your place. Registration includes administrative costs, technology fees, instructional materials, certificate of completion and program materials.

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.

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.

By registering for this activity, your name and email address may be shared with the partners of this continuing education activity.

For More Information or Assistance

For questions and special needs: We want to ensure that all participants can benefit from our program. If you need auxiliary aids or special services to attend this program, please contact Gail Pawlik at least five business days prior to the program at gpawlik@wakehealth.edu or 336-713-7761.