Introduction

This program, presented by the Performing Arts Medicine Committee of MedChi, The Maryland State Medical Society, seeks to educate health care providers and instrumentalists at all skill levels about medical problems which arise from, or interfere with, rehearsal and performance. Topics will include pinched nerves, focal dystonia, tendonitis, noise induced hearing loss, care and repair of the embouchure and visual challenges. Tim Smith and Tom Hall will discuss Financial Health of the Performing Arts during this Economic Downturn. The audience will then be able to participate in workshops for alternative therapies, targeting Instrumentalists.

The Performing Arts Medicine Committee of MedChi, The Maryland State Medical Society was formed in the early 1980’s and includes physicians, performing artists, therapists and other professionals. This group provides a forum to foster a comprehensive approach to injury prevention and treatment to the education of performing artists and their healthcare providers.

The Committee welcomes any comments from those with similar goals. Please contact Alan Sweatman, M.D., Chairman, via MedChi at 1-800-492-1056 ext. 3309.

In the event of inclement weather, please call MedChi’s Weather line at 410-539-0872 ext. 3399 for information.

Head to Toe: A Conference on the Medical Problems of Musicians 2010

A one day program for professional and amateur instrumentalists, students, teachers and healthcare providers.

Saturday, March 6, 2010

9:00 a.m. - 4:00 p.m.

MedChi, The Maryland State Medical Society Building - Osler Hall
1211 Cathedral Street
Baltimore, MD. 21201
Event Schedule

8:30-9:00 Registration
9:00-9:15 Introductions
  Alan Sweatman, M.D., Chair of the MedChi Performing Arts Medicine Committee.
9:15-9:45 Plucking Your Last Nerve - Pinched Nerves and Focal Dystonia
  Scott E. Brown, M.D.
Scott E. Brown, M.D., is Chairman of the Department of Physical Medicine and Rehabilitation at Sinai Hospital and he will describe the signs and symptoms of pinched nerves, possible causes and treatment options, as well as cardinal features of focal dystonia and treatment options.
9:45-10:15 Help, My Hands Need Someone
  Raymond A. Wittstadt, M.D., MPH
Raymond A. Wittstadt, M.D., is a hand and upper extremity surgeon at Greater Chesapeake Hand Specialists and the Director of the Musicians’ Clinic at the Curtis National Hand Center at Union Memorial Hospital. He will discuss prevention and treatment of upper extremity tendonitis in the performing artist.
10:15-10:45 Am I Playing Too Loud?
  Paul U. Teie, M.S., CCC-A
Paul U. Teie, M.S., CCC-A, is an Audiologist and Professional Development Coordinator for Amplifon who will discuss the noise hazards to which musicians are exposed, the effects of that exposure and hearing protection devices designed for use by musicians.
10:45-11:00 Coffee Break
11:00-11:30 Blow Gabriel Blow - Preserving and Repairing the Embouchure in Woodwind and Brass Players
  Craig Vander Kolk, M.D.
Craig Vander Kolk, M.D., a Plastic Surgeon at Mercy Medical Center, will outline his experience of treating embouchure injuries with case studies and slides of anatomy, injuries, function, x-rays and surgical findings.
11:30-12:00 Oh Say Can You See - Visual Challenges for the Instrumentalist
  Allan Rutzen, M.D.
Allan Rutzen, M.D., an Ophthalmologist at Rutzen Eye Specialists will describe how to simultaneously focus on music and the conductor, as well as, issues due to glare from stage lights, dryness and contact lens wear.
12:00-12:45 Panel Discussion/Question and Answer
  The audience will have an opportunity to direct questions to the panel of morning speakers.
12:45-1:30 Lunch Break (Box lunch is provided)
1:30-2:15 Keynote Address: Financial Health - The Performing Arts in an Economic Downturn
  Tim Smith and Tom Hall
Tim Smith is the Classical Music Critic at The Baltimore Sun and he will engage in a dialog with Tom Hall, Music Director of the Baltimore Choral Arts Society, Culture Editor for Maryland Morning on WYPR and Chair of the Greater Baltimore Cultural Alliance.
2:15-2:30 Break Out for Workshops
2:30-4:00 Workshops (Audience Participation is encouraged)
  Bonnie Schulman, P.T., will introduce Face Ball, a form of self-massage that helps to reduce face pain, asymmetries and the effects of repetitive stress on the muscles.
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  Tamra Healy, a licensed massage therapist, has extensive training in Thai Massage which combines rhythmic pressure and yoga-like stretches to balance the body.
  Melissa Hullman is a yoga therapist specializing in performance injury prevention and recovery for musicians, with a focus on breathing exercises and shoulders.
  Robin Norwood and Joan Vardi are certified Reflexologists. Reflexology helps balance the body and relieve stress by applying a unique pressure to the hands and feet, which are maps of the body.
4:00-4:30 Wrap Up and Closing Remarks
  Panel Discussion/Question and Answer
  The audience will have an opportunity to direct questions to the panel of morning speakers.
Registration
Advance Registration is recommended. Please register by February 25, 2010. Walk-up registration requires an additional fee. For questions, please contact Diana Palewicz at 410-539-0872 ext. 3309 or dpalewicz@medchi.org.
General Public Advance Registration $35.00
General Public Late Registration (After February 25, 2010) $45.00
Students $20.00
Medical Students/Residents $20.00
A box lunch will be provided.
Please complete all information below:
Name: __________________________________________
Home Phone: _____________________________________
Work Phone: _____________________________________
Address: _________________________________________
City: _______________ State:____________________
Zip Code: ________________________________________
Email: __________________________________________
Method of Payment: ______________________________
  __ Check   __ Visa   __ Master Card    __ American Express
Credit Card #: _________________________________
Expiration Date: ________________________________
Signature: ______________________________________
Please return completed form with payment to:
MedChi
Attn: PAM Committee
1211 Cathedral Street
Baltimore, MD. 21201