



PAATS

6th Annual Symposium



FEBRUARY 20-22, 2025



HYATT REGENCY LOUISVILLE
320 W JEFFERSON ST, LOUISVILLE, KY 40202

Registration

PAATS Member Registration

Non-Member Registration

Registration Fees

	Early Bird 9/15 - 10/14	Regular 10/15 - 1/14	Late 1/15 - On Site
PAATS Professional Member	\$200	\$225	\$250
Professional Non-Member	\$250	\$275	\$300
Student	\$50	\$50	\$50

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The Performing Arts Athletic Trainers' Society is approved by the Board of Certification, Inc to offer continuing education to Certified Athletic Trainers





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Programming Highlights

Using Return on Investment Data to Support Development of a Performing Arts Medicine Practice

Kevin Brown & Amanda Donahue

Put Your Best Foot Forward: Prevention, Assessment, Treatment and Rehabilitation of Foot and Ankle Injuries Common in the Performing Arts

Meg Schneider, Karen Kubicina & Gail Ayotte

Building Partnerships for Clinical Education in the Performing Arts Setting
Presented by the AATE & PAATS

ATPPS Keynote Address: People First
Amy Lafko

Plus so much more!

- Offering 12.5 CEU's
- Joint sessions with ATPPS, CAATE & AATE
- Refreshments & light bites
- PAATS Social
- Louisville Ballet Choreographer's Showcase Saturday 2/22 @ 8pm
 - Tickets \$35
 - ****Limited tickets available for purchase on first come-first serve basis at time of registration****

[Visit our website for registration and more information!](#)

Cancellation & Refund Policy

The Performing Arts Athletic Trainers' Society (PAATS) reserves the right to cancel or delay any course due to unforeseen circumstances. In the event of a cancellation, we will notify registrants via e-mail and a full refund will be issued. If you wish to cancel your registration, you may request a full refund up to 11:59 PM ET on February 14th. All cancellation requests must be submitted via email to paatsoc@gmail.com. Cancellations received after February 14th will be reviewed on a case-by-case basis, and any refunds issued will be at the discretion of the PAATS Executive Board.

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Boston Children's Hospital
Sports Medicine



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LOUISVILLE, KY 40202

Presentation Schedule

Thursday February 20, 2025

4-4:45 PM - Registration open in the Belmont Room

4:45 PM

Evaluation and Treatment of Peripheral Vestibular Dysfunction: Demystifying Benign Paroxysmal Positional Vertigo (BPPV)

David Wilkenfeld, EdD, LAT, ATC

Friday February 21, 2025

7:00 AM - Breakfast & Registration

7:45 AM - Welcome Message

8:00 – 9:00 AM

You May Take the Field for Competition: Preparing non-athletes to think like athletes in the marching arts

Jonathan Allen, PhD, LAT, ATC

9:00 – 10:00 AM

Muscle Energy Techniques for Sacroiliac and Costal Facet Dysfunctions

Kelley Wiese, MS, LAT, ATC

10:00 – 10:45 AM - Morning Break

10:45 – 11:45 AM

Using Return on Investment Data to Support Development of a Performing Arts Medicine Practice

Kevin Brown, MEd, ATC & Amanda Donahue, MS, ATC

(Presented by PAATS & ATPPS)

11:45 AM – 1:00 PM - Lunch

1:00 – 2:00 PM

Mastering spinning technique in aerial fitness: A qualitative study

Krystle Celis, MS, ATC

2:00 – 3:00 PM

Building Partnerships for Clinical Education in the Performing Arts Setting

Elaine Winslow-Redmond, MS, ATC, EMT &

Kelley Wiese, MS, LAT, ATC

(Presented by PAATS & AATE)

3:00 – 3:45 PM - Afternoon Break

3:45 – 4:45 PM

Pre-Pointe Screenings: Assessment, Education & Philosophy

Jacqui Haas, MA Ret ATC & Kelly Jo Rodrigo, MS, LAT, ATC

5:00 – 6:00 PM

Investigating Pelvic Floor Stability for the Performing Artist

Teresa Smith, DPT, CSCS, OCS, WCS

8 - 10 PM - PAATS Social Event @ [PBR](#) | 432 S 4th St,
Louisville, KY 40202

Saturday February 22, 2025

7:00 AM - Breakfast

8:00 – 8:30 AM

Building Accredited Residencies & Fellowship Programs in the Performing Arts

Ashley Ahearn-Szymanski, MS, ATC &

Mark Laursen, MS, ATC

(Presented by PAATS & CAATE)

8:45 - 9:30 AM

Using Artificial Intelligence to Improve Your Clinical Practice

David Wilkenfeld, EdD, LAT, ATC

10:15 – 10:45 AM

PAATS Business Meeting

10:45 – 11:45 AM

Keynote Address

Amy Lafko, MSPT, MBA

(Presented by ATPPS)

12:00 - 12:30 PM

Athletes and the Arts Coalition and Current Key Research Topics in Performing Arts Medicine

Randall Dick, MS, MS, FACSM

12:30 – 1:30 PM - Lunch

1:30 PM – 2:15 PM

Put Your Best Foot Forward: Prevention, Assessment, Treatment and Rehabilitation of Foot and Ankle Injuries Common in the Performing Arts

Meg Schneider, MS, ATC

Karen Kubicina, PT, DPT, OCS, ATC

Gail Ayotte, MEd, ATC

(Presented by PAATS & ATPPS)

2:15 – 2:45 PM - Afternoon Break

2:45 – 3:45 PM

Performance Improvements and Perceived Benefits of a Neuromuscular and Strength Training Program in Ballet Dancers

Carolyn Crampton, MS, ATC

4:30 - 5:30 PM - End of Conference Champagne Toast

8:00 PM

Louisville Ballet Choreographer's Showcase (\$35)

Tickets are limited and available on a first come-first serve basis at the time of registration.

Schedule subject to change

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Travel

CONFERENCE CENTER

Hyatt Regency Louisville
320 West Jefferson Street
Louisville, Kentucky 40202



HOTEL



Hyatt Regency Louisville
ATPPS Block Rate: \$189/night
[Click Here to Book Now](#)

Residence Inn Louisville Downtown
ATPPS Block Rate: \$129/night
[Click Here to Book by 2/5/25](#)



CLOSEST AIRPORT

**Louisville Muhammad Ali
International Airport (SDF)**
600 Terminal Drive
Louisville, Kentucky 40209

5.9 miles (9 minute drive) to the Hyatt
Regency Louisville

AIRPORT RIDESHARE (UBER/LYFT)

Pick-Ups: Head to the west side of
baggage claim and exit out the side
doors.

Drop-Offs: Can be dropped off at the
upper or lower levels of the terminal.

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SHENANDOAH
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Division of Athletic Training



Boston Children's Hospital
Sports Medicine



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PAATS 6th Annual Symposium

Sessions & Objectives

Building Accredited Residencies & Fellowship Programs in the Performing Arts

Abstract

The CAATE is excited to partner with the Performing Arts Athletic Trainers Society (PAATS) to provide for those interested in advancing the profession through accredited residency and fellowship programs. Specialization is a hallmark of a mature medical profession, this presentation will provide information on areas of specialization, collaboration, impact on patient care, patient outcomes and possible revenue sources. The presenters will facilitate discussion among the participants which will lead to actionable items at the completion of the session.

Learning Objectives

1. Identify an area(s) of specialization in particular setting and patient population.
2. Develop strategies to incorporate partnerships with physicians, other medical education programs, e.g., family practice residents, sports medicine fellows and athletic training education programs
3. Increase patient throughput and quality of patient care.

Athletes and the Arts Coalition and Current Key Research Topics in Performing Arts Medicine

Abstract

Introducing Athletes and the Arts Performing Arts Preparticipation Physical exam International validated pain scale for performing artists (published) Sport mascot research being conducted by Michigan State University (Spartan can average 103 F core temperature during a fall football game) Music / rhythm as a tool to help determine return to play following concussion using Northwestern University collegiate student -athletes. Ventilation and performing arts - what we learned from COVID. Hearing loss and use of otoacoustic emission (O.A.E) as an early indicator of sound exposure issue. National Federation of State High School Association marching band research.

Learning Objectives

1. Attendees will be able to understand new, diverse populations of performing artists who can benefit from their skills.
2. Attendees will be able to assist in ongoing research around high school marching bands and Drum Corp International.
3. Attendees will be able to apply their knowledge and skills to various important performing arts wellness initiatives.

Evaluation and Treatment of Peripheral Vestibular Dysfunction: Demystifying Benign Paroxysmal Positional Vertigo (BPPV)

Abstract

Vestibular dysfunctions, which can present as dizziness, vertigo, or disorientation/balance, are commonly reported following head injuries and are often associated with prolonged recovery. Of these dysfunctions, Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo, affecting approximately 2.4% of individuals across their lifespan. Although not outside of their scope of practice, many athletic trainers do not receive the appropriate training during their professional education to appropriately identify and treat these conditions. This presentation will help fill this professional practice gap by providing athletic trainers with an evidence-based approach to the evaluation and treatment of BPPV.

Learning Objectives

1. Describe the pathophysiology behind BPPV
2. Relate clinical signs and symptoms with diagnostic test findings to accurately diagnose BPPV in the AT clinic
3. Identify appropriate referrals, return to activity criteria, and documentation coding for patients with BPPV

Using Artificial Intelligence to Improve Your Clinical Practice

Abstract

The development of artificial intelligence (AI), such as Chat GPT, has the potential to impact the way healthcare professionals are trained, educated, and practice. As a tool for supporting clinical decision making, AI can offer guidance and recommendations based on the principles of evidence-based medicine. Its ability to analyze complex patient cases and suggest appropriate diagnostic and treatment approaches can save valuable time and assist clinicians in maximizing patient outcomes. This presentation will explore the potential impact of AI on healthcare services and administrative tasks commonly performed by athletic trainers.

Learning Objectives

1. Explain the potential benefits of using artificial intelligence to improve clinical practice.
2. Identify potential limitations of using artificial intelligence in clinical practice.
3. Design effective prompts for maximizing outputs from artificial intelligence.
4. Assess artificial intelligence's ability to develop patient education tools, administrative policies, and design rehabilitation programs.

Put Your Best Foot Forward: Prevention, Assessment, Treatment and Rehabilitation of Foot and Ankle Injuries Common in the Performing Arts

Abstract

This session spotlights assessment, prevention/treatment and rehabilitation of foot and ankle injuries common in the performing athlete. Discussion of specific lower extremity injuries seen in the performing athlete. Dance specific taping, padding and bracing techniques will be demonstrated for each structure of the foot and lower leg. Pre-hab and rehab strength, flexibility, and proprioceptive training specific to the performing artist will be highlighted.

Learning Objectives

Participants will gain knowledge and learn strategies for specific taping/bracing techniques and treatment of foot and lower leg injuries common in the performing arts.

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Sessions & Objectives

Advancing Interdisciplinary Strategies for Dancer Wellness and Cultural Preservation in New Orleans Introduction while Combating Stigma

This interdisciplinary proposal aims to develop collaborative strategies that prioritize mental health, public health, and evidence-based approaches to support the well-being of dancers and sustain the unique cultural legacies of New Orleans. By integrating perspectives from diverse fields, the project will foster a comprehensive understanding of the physical, mental, and socio-cultural factors impacting dancer wellness, including the stigma often faced by artists. Rigorous research, innovative data collection, and community engagement will inform targeted interventions and support programs to address these challenges. Effective leadership principles will guide the planning and implementation of initiatives to empower practitioners, destigmatize mental health, and preserve cherished traditions like the black masking Indians and marching band arts.

Learning Objectives

1. Implement interdisciplinary collaboration strategies that integrate mental health, public health, and cultural preservation perspectives to comprehensively address the unique wellness needs of dancers in New Orleans, including black masking Indians and marching band performers.
2. Develop and apply innovative, evidence-based research methodologies, including mixed-methods data collection and community-based participatory approaches, to gain deeper insights into the physical, psychological, and socio-cultural factors impacting dancer wellness, with a focus on destigmatizing mental health challenges faced by artists.
3. Design and deliver effective, culturally-responsive dancer wellness programs and support initiatives that empower practitioners, preserve cherished traditions, and demonstrate sustainable impact through rigorous monitoring and evaluation guided by principles of effective leadership.
4. Cultivate strong partnerships and community engagement strategies that center the voices and lived experiences of black masking Indians, marching band artists, and other key cultural practitioners in New Orleans to ensure program development and implementation are grounded in local contexts and responsive to community needs.
5. Develop a comprehensive, interdisciplinary training curriculum that equips mental health professionals, public health experts, cultural leaders, and academic researchers with the knowledge and skills necessary to collaboratively address dancer wellness and cultural preservation challenges in a holistic, evidence-based manner.

Mastering spinning technique in aerial fitness: A qualitative study

Abstract

Introduction: This qualitative study examines aerialists' self-reported strategies to improve spinning performance. Methods: An interview with 12 aerialists used open-ended questions focused on explaining the strategies employed by aerialists to master spinning techniques and minimize dizziness. Results: The findings indicate strategies used by aerialists to master the spinning techniques and minimize dizziness. Aerialists integrated adaptation techniques to refine their spinning. Discussion/Conclusion: The results showed three adaptation techniques were utilized to improve spinning. Physical adaptation was utilized by aerialists to use core control. Environmental adaptation was employed through their sensory systems to activate postural control. Mental adaptation involved mindfulness-acceptance-commitment approaches.

Learning Objectives

1. Attendees will be able to identify and summarize circus artists and their disciplines.
2. Attendees will be able to identify the use of qualitative research and the methodology used.
3. Attendees will be able to demonstrate an understanding of the types of themes identified from qualitative research data analysis that can be applicable to understanding the technique of spinning and how circus artists and aerialists apply using this skill in practice.

Pre-Pointe Screenings: Assessment, Education & Philosophy

Abstract

Historically, dancers progress to pointe when they reach a certain age or their instructor deems them ready through no objective assessment. AT's can introduce a dancer-based pre-participation physical in order to objectively determine a dancer's physical ability to progress to pointe. Not only can a tailored orthopedic examination provide a higher success rate transitioning to pointe, but it is an educational opportunity to for the dancer to understand his/her physicals abilities and limitations when it comes to dancing. Along with this exam, we will incorporate critical thinking skills of attendees to create a plan of action for the patient as well as philosophies of utilizing the screening.

Learning Objectives

1. Breakdown a dance based orthopedic exam and its application to evaluating dancer patients.
2. Show an education plan for dancer patient, dancer parent, and teacher to utilize in a successful transition to pointe.
3. Conclude with a philosophy on how to introduce these screenings as well as a philosophy for incorporating a pass/fail or non-pass/fail approach.

Building Partnerships for Clinical Education in the Performing Arts Setting

Learning Objectives

Identify the unique challenges and opportunities presented by clinical education placements in performing arts settings

Develop a plan for establishing new clinical education partnerships with a performing arts organization

Analyze a case study of a successful clinical education partnership in a performing arts setting, identifying key factors that contributed to its success

PAATS

6th Annual Symposium

Sessions & Objectives

Muscle Energy Techniques for Sacroiliac and Costal Facet Dysfunctions

Abstract

Muscle energy techniques (MET) are described as a utilization of force from isolated muscles to alter or change the position of a skeletal component. MET are often very effective when used in conjunction with rehabilitation and treatment in clinical practice to treat several musculoskeletal dysfunctions. This presentation will provide a brief overview of MET. Following, evaluation and treatment techniques will be explained for several sacroiliac dysfunctions (anterior/posterior pelvic tilt, inflare/outflare, upslip/downslip and sacral rotation/nutation/torsion) and costal facet dysfunctions. Participants will also be provided hands-on opportunities to practice and implement the MET after they are described.

Learning Objectives

1. Understand eye dominance and how to integrate that knowledge with evaluation techniques.
2. Recognize the use of stretching, strengthening, and training postural control when treating dysfunctions due to muscle imbalances.
3. Apply learned evaluation techniques when examining sacroiliac and costal facet dysfunctions.
4. Select which muscle energy techniques are best to utilize based on evaluation of sacroiliac and costal facet dysfunctions.
5. Implement the correct muscle energy techniques

You May Take the Field for Competition: Preparing non-athletes to think like athletes in the marching arts

Abstract

This session aims to provide athletic trainers with pre-participation assessment tools, techniques, and methods to prevent injury in the marching athlete. Marching athletes, especially those new to the activity, may lack the understanding of good posture, body mechanics, and overall movement. The athletic trainer needs to understand the physical demands of the various disciplines within the marching arts and how to prepare these athletes for success through proper education on posture, movement, muscle strengthening, and endurance. The athletic trainer will be able to assess and provide therapeutic intervention to prevent injury for the marching athletes under their care.

Learning Objectives

1. Attendees will be able to breakdown and categorize common postural concerns in marching athletes
2. Attendees will be able to identify common overuse injuries in the marching athlete
3. Attendees will be able to develop and implement a pre-participation injury prevention routine

Using Return on Investment Data to Support Development of a Performing Arts Medicine Practice

Abstract

Current literature has shown a lack of healthcare across the performing arts. Access to healthcare providers has been shown to have a positive effect on student retention within collegiate dance programs, an overall decrease in time-loss injuries at all levels, and a decrease in workers compensation premiums in professional companies. A variety of coverage models exist to meet this demand, including private practice outreach, direct hire, and independent contracting. Each of these settings evaluates a program in different ways. This session will discuss how to determine which ROI measures matter in each situation and how to overcome barriers to a successful program.

Learning Objectives

1. List the different potential measures on return on investment (ROI) and identify those most important to key stakeholders to gain employer support
2. Explain the different employment models within the performing arts collegiate setting and ROIs to present to appropriate stakeholders
3. Formulate a development plan to implement and promote an outreach performing arts setting