

PRESIDENT'S MESSAGE

Laurel Daniels Abbruzzese, PT, EdD, FNAP
labbruzzese@orthopt.org

CSM 2025 IN HOUSTON, TX

We are excited to see our members in Houston on February 12-15, 2025, for the APTA Combined Sections Meeting! CSM is a great opportunity for networking, professional development, and celebrating achievements. This year the PASIG is co-sponsoring a pre-conference course on managing hypermobile dancers. On Thursday, we will have two educational sessions, one on multi-faceted approaches to concussion in performing artists and one on the holistic care of hypermobile dancers. The AOPT Performing Arts posters will be displayed in the Exhibit Hall on Thursday between 1:00 and 3:00 p.m. We also encourage you to search the programming guide for performing arts sessions offered by other academies.

Instead of holding the CSM Membership Meetings onsite in Houston, we will have both the AOPT and SIG Membership Meetings virtually in 2025. The PASIG virtual meeting will be on **Sunday, February 23rd, at 6:00 p.m. EST.** We will present the Student Scholarship and other appreciation awards at the AOPT Awards Ceremony on Friday, February 14th. We are planning a PASIG Meet & Greet before the awards ceremony and will share details with our members at the PASIG educational sessions and poster presentations. Stay tuned!

PASIG PROGRAMMING AT CSM 2025:

Wednesday, February 12, 2025

8:00 a.m. - 5:00 p.m.

OR-21564 More Than Movement: An Interdisciplinary, Holistic Approach to the Screening and Treatment of Hypermobile Dancers

**1-day Preconference Course*

Annette Y. Karim, PT, DPT, PhD, Clare C. Frank, PT, DPT, MS and Tina Wang, MD (Loma Linda University School of Medicine)

Thursday, February 13, 2025

11:00 a.m. - 1:00 p.m.

OR-21254 Concussion Discussion in Performing Arts: A Multi-Faceted Approach to Assess, Treat, and Advocate for Performers

Kristen Hope Schuyten, PT, DPT, MS, Cindy Enderle Munday, PT, MPT, Allyssa Memmini, PhD, LAT, ATC and Phillip N. Schuyten, PT, DPT

1:00 p.m. - 3:00 p.m.

Orthopaedics/Performing Arts Poster Presentations
George R. Brown Convention Center, Houston, Texas.
Exhibit hall E

3:00 p.m. - 5:00 p.m.

OR-21546 Holistic Care of Hypermobile Dancers: Neuromuscular Coordination, Breathing, Fascia & Tendon Loading

Annette Y. Karim, PT, DPT, PhD, Clare C. Frank, PT, DPT, MS and Tina Wang, MD (Loma Linda University School of Medicine)

Friday, February 14, 2025

5:15 p.m. - 6:15 p.m.

PASIG Meet & Greet Happy Hour

6:30 p.m. - 7:30 p.m.

OR-22223 AOPT Award Ceremony

8:00 p.m. - 11:00 p.m.

OR-22224 AOPT Membership Appreciation Party

GRATITUDE AND APPRECIATION FOR PASIG LEADERS AND CONTRIBUTORS

I would like to take this opportunity to thank the PASIG leadership team for their service this past year. Thank you to **Amy Humphrey, Samantha Harmon, and Taylor Mravec** (Chair) for your work on the Nominating Committee. Thank you to our Secretary, **Janice Ying**, who is also taking the lead on establishing an alliance with Athletes and the Arts. Thank you to **Anna Saunders**, our Scholarship Chair; **Pam Mikkelsen**, Membership Chair; **Marisa Hentis**, Performing Arts Screening Chair; and **Amanda Williamson**, PR Chair. Thank you to **Danielle Farzanegan**, Outreach chair, who always looks for new performing arts specialists to profile in our PASIG Spotlights. Thank you to **Michael Tsang**, Research Chair, who has done an amazing job securing our PASIG citation blasts. (You can also find the spotlight on Michael below.) Thank you to **Tiffany Maruli**, Fellowship Advisory Board Chair, and **Sarah Edery-Altas**, our PASIG Practice Pearls Podcast Liaison. I want to give an extra big thank you to **Melissa Strzelinski**, Vice President and Education Chair, who is ending her first 3-year term. Melissa helped to secure the educational programming for CSM, updated the Clinical Affiliations list, and organized the November PASIG panel, among other things. Her contributions to our group are invaluable. **Thank you, PASIG Leaders!**

We also want to thank all contributors to our PASIG citation blasts. You can access archived blasts on the PASIG Website.

- February 2024 -Core Stabilization Training for Performing Artists
By **Emily Schmitt**, SPT | University of Maryland, Baltimore
- May 2024- Musical Theater Demands and Care
by **Emma Velez** | Duke University
- June 2024 - Pathology and Prevalence of Lower Extremity Injuries in Ballet Dancers
by **Julianna Hom** | Duke University

- August 2024 - Pelvic Dysfunction and Disordered Eating in Performing Artists by **Jun Hee Lee** | University of Southern California
- September 2024 - Physical Therapy Considerations for Treating Dancers in High Heels by **Alexandra Smith**
Integrative Spine and Sports (New York, NY)
Bibliography compiled during clinical affiliation at Harkness Center for Dance Injuries during Columbia University's DPT program
- November 2024 Using Pilates to Treat Injuries, Prevent Injuries, and Improve Performance in Dancers by **Carly Andrade**, SPT

We want to thank the featured guests from our November PASIG Panel: **Emily Scherb**, PT, DPT, **Kristen Hope Schuyten**, PT, DPT, **Melissa Strzelinski**, PT, MPT, PhD, and **Janice Ying**, PT, DPT, who discussed how they care for the unique populations of circus artists, figure skaters, dancers, and musicians. We also want to thank **Elisa LaBelle**, PT, MSPT, OCS, and **Nicole Maubirter**, PT, and DPT, featured on our PASIG Practice Pearls Podcast on Backstage care.

PASIG AT PAMA & IADMS 2024

Many of our PASIG members are active in interprofessional organizations focused on the health of performing artists, like PAMA (Performing Arts Medical Association) and IADMS (International Association of Dance Medicine and Science.) We love to see our PASIG PT friends leading workshops and presenting their research in these international interprofessional spaces. The PAMA conference was in London this year and IADMS was in Rimini, Italy!



PROFESSIONAL DEVELOPMENT

Performing Arts Fellowship

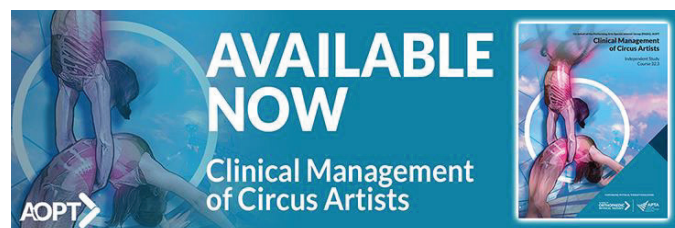
The PASIG continues to support post-professional performing arts fellowships. The PASIG developed the Description of Fellowship Practice (DFP) for the Performing Arts, which serves as the curriculum guide for the three ABPTRFE-accredited fellowship programs. Mentorship is the cornerstone of these fellowship programs. <https://abptrfe.apta.org/for-programs/clinical-programs/dfp/performing-arts>

If you are considering the fellowship path, the first step is an orthopedic residency or clinical specialization in orthopaedics or sports. For specific questions, contact our PASIG Fellowship Chair, Tiffany Marulli, tiffany.marulli@osumc.edu or contact one of the fellowship directors directly.

CHECK OUT OUR ISC: CLINICAL MANAGEMENT OF CIRCUS ARTISTS

We encourage all PASIG members to check out the Circus Arts Independent Study Course. This ISC can be found on the Academy of Orthopedics website:

<https://www.orthopt.org/content/education/independent-study-courses>



Finally, we'd like to use a portion of this newsletter to share our most recent PASIG Spotlight.

PASIG SPOTLIGHT

Dr. Michael Tsang, PT, DPT, OCS

The PASIG would like to spotlight
Dr. Michael Tsang, PT, DPT, OCS.

Michael is a Board-Certified Clinical Specialist in Orthopaedic Physical Therapy at Memorial Hermann Sports Medicine & Rehabilitation in Houston, TX. He is a site coordinator and faculty member for the Memorial Hermann Orthopedic and Sports Residency programs. In addition to treating all orthopaedic and sports populations, Michael specializes in treating playing-related injuries in musicians. He is the Research Committee Chair for the Academy of Orthopaedic Physical Therapy Performing Arts Special Interest Group.

Michael graduated from the Cleveland Institute of Music in 2016 with Bachelor's and Master of Music degrees in Piano Performance. Michael also graduated from Case Western Reserve University in 2016, earning his Bachelor of Arts in Biological Sciences. He earned his Doctor of Physical Therapy degree at Washington University in St. Louis School of Medicine in 2019. Michael completed his orthopaedic residency at UPMC Rooney/Freddie Fu Sports Medicine Center. He was an adjunct faculty member at the University of Pittsburgh Department of Physical Therapy for their musculoskeletal curriculum.

Over the course of his physical therapy career, Michael created music medicine initiatives and injury management/prevention seminars for both healthcare professionals and musicians. He has presented on performing arts topics related to optimizing performance, rehabilitation management, and return-to-play considerations at national conferences, including the American of Physical Therapy Association's Combined Sections Meeting in 2022 and 2024. Michael provides education sessions and workshops for youth orchestras, universities, and professional music institutions. He has lectured on performance health and injury prevention strategies at the Cleveland Institute of Music, Rice University, Pittsburgh Symphony Orchestra, Carnegie Mellon University, Duquesne University, Pittsburgh Youth Symphony Orchestra, and Montclair Orchestra. Michael was also a keynote speaker for the 2024 Performing Arts Research Symposium at Shenandoah University. Michael's ultimate goal is spreading awareness of playing-related injuries, managing and preventing these injuries through optimizing performance, and helping performing artists return to the stage and their passion without limitations.



PASIG members at the IADMS Conference in Rimini, Italy in October 2024

Why I became a Performing Arts Physical Therapist:

During my time as an undergraduate and graduate student at a music institution, I became interested in performing arts and musicians’ injuries after witnessing many of my colleagues and faculty struggle with performance-related injuries. Performing artists associate their sense of self with personal injuries. These experiences motivated me to become a healthcare provider who can help people continue pursuing their passions without being hindered by physical impairments. The performing arts is a field in which physical injuries are often overlooked and ignored, and my musical and professional goals only reaffirmed my desire to become a performing arts physical therapist.

Performing artists, like many other traditional athletes, are susceptible to overuse musculoskeletal and neuromuscular injuries due to many hours of repetitive movement. I observed a wide spectrum of physical health, ranging from the devastating effects of injuries to the wonders of successful rehabilitation. When a musician or dancer is pursuing a career in the performing arts, the daily activities in their life are focused around their instrument or the stage. When pain and injuries affect the ability of performing artists to do what they love, these ailments rob them of their expressive identity and significantly affect their overall well-being.

However, I have seen the great influence that physical therapy has on the performing arts community. I desired to be at the center of making an impactful contribution to helping patients perform at their best without limitations. One of the most difficult things to do as a clinician is directly relating to our patients. The ability to positively change a performing artist’s health and movement patterns without impeding their artistic performance is challenging to balance. Not only did I want to connect with performing artists as a healthcare provider, but I also wanted to relate to this unique population from an artistic perspective and prevent recurring injuries by optimizing their

performance. I wanted to use my performing arts background and education to bridge the gap in this specialized area of the profession where awareness and expertise are needed. With such a diverse community, I remind myself that I am in a great position as a physical therapist to provide compassionate care for each of our performing artists to maximize their musculoskeletal health and wellness potential.

FUN FACTS:

My wife and I live in Katy, Texas, where we enjoy exploring new restaurants around Houston and traveling/biking with our dog, Henry! I am a Pittsburgh “yinzer” for life: Go Steelers and Penguins! I also enjoy relaxing by the pool and playing pickleball, basketball, and golf.

