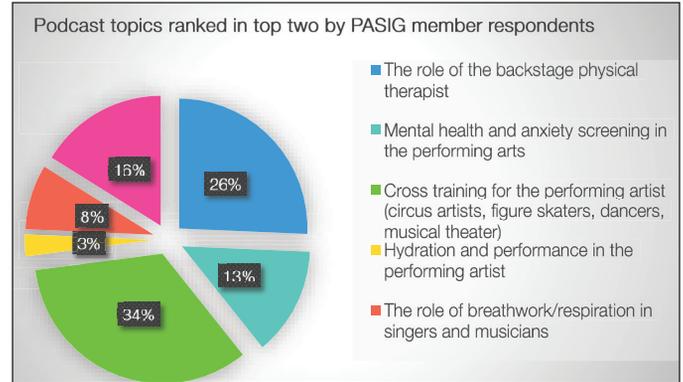


**PRESIDENT'S MESSAGE**

*Laurel Daniels Abbruzzese, PT, EdD | [labbruzzese@orthopt.org](mailto:labbruzzese@orthopt.org)*

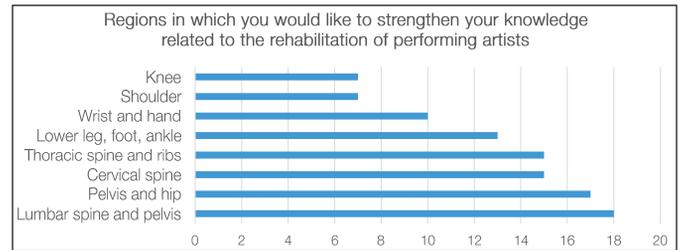
**PASIG OUTREACH –VIDEO PROJECT DANIELLE FARZANEGAN**

PASIG members typically have a personal connection to the arts that has led to integrating the care of performing artists into their physical therapy practice. Not everyone, however, realizes that this is an area of specialty within our profession. We want to get the word out to other health care providers, including physical therapists, directors, arts schools, and performers. We have created a video and have posted it on our closed PASIG Facebook page. This initiative falls within the AOPT strategic framework: Positioning and Public Awareness - Position members as experts in managing movement and functional performance impairments. All PASIG members may reuse the video as needed. We also encourage you to repost the video and share it with your own networks. There are 3 different lengths that can be used for various purposes. We owe a huge thanks to our PASIG Outreach Committee Chair, Danielle Farzanegan, for leading this effort over the past year. Also, a special thanks to Michael Tsang and Daisy Su for their contributions to this project. Be sure to check it out!! <https://www.facebook.com/groups/PT-4PERFORMERS/>



**Additional topics proposed by members**

- Stunt performer health
- Ankle stability exercises
- Periodization in the performing artist
- How to become more involved in this specialty field
- Body Awareness Training
- Movement analysis
- Jump progression training
- Screening methods
- Pain management



**PASIG AT PAMA 2023—NY, NY!**

Numerous PASIG performing arts physical therapists are participating in the 41st Performing Arts Medical Association (PAMA) International Symposium in New York on July 6-9, 2023! The symposium is hosted by NYP Weil Cornell Medical Center [1300 York Ave, NY, NY]. Topics include treatment of the musician, dancer, circus artist, vocalist, and actor. It is an inter-professional symposium, so in addition to learning new information to inform your practice, it is a great opportunity for performing arts physical therapists to share their expertise with the rest of the performing arts medicine team. To learn more about PAMA, visit <https://artsmed.org>.

**VP EDUCATION—MELISSA STRZELINSKI**

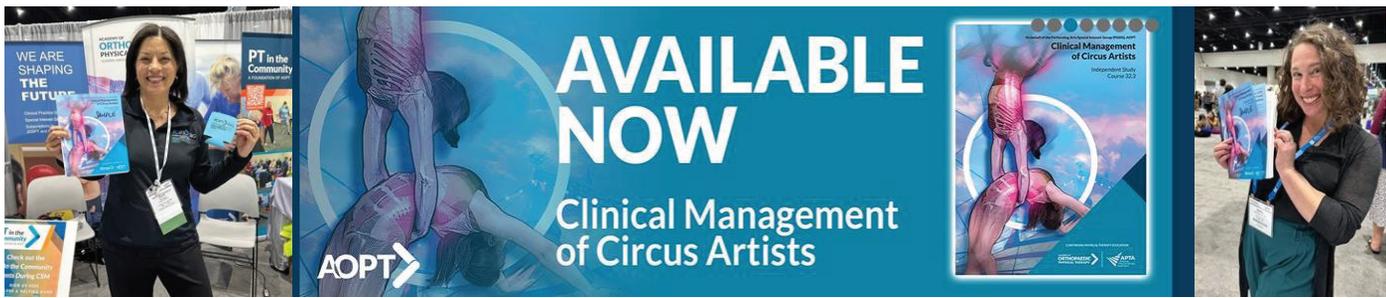
There are multiple ways that the PASIG tries to keep our membership informed. We contribute content to OPTP, we send out monthly citation blasts, we have a quarterly podcast, we secure performing arts content for the Combined Sections Meeting, and we create Independent Study Courses. In March, we sent out a survey to help identify topics of interest for future educational programming. If you have expertise in any of these areas and would like to contribute, please contact our VP, Melissa Strzelinski [[melissastrzel@gmail.com](mailto:melissastrzel@gmail.com)].

**Additional topics members would like to see at CSM:**

- Effectiveness of pelvic METs for performing artists
- Pointe screening
- Gymnasts and figure skaters and/or Irish dancers
- The Feldenkrais Method
- Upper extremity injury management for musicians
- More on musicians; figure skating
- Violin
- Imaging
- Yoga based therapy
- Dry needling

**NEW ISC! CLINICAL MANAGEMENT OF CIRCUS ARTISTS**

If you have not ordered your copy of the new PASIG ISC on Circus Artists, what are you waiting for?! Too often artistic athletes report that their healthcare providers lack an understanding of the physical demands and context of their activity, and they don't trust us. This course pulls together the experience and ex-



expertise of the authors, as well as an extensive review of the sports science related to circus arts and acrobatics you won't see anywhere else!"

### Topics and Authors

- **Circus 101: Features and Feats of Circus Bodies**  
Emily Scherb, PT, DPT; Heather Heineman, PT, DPT, OCS, WCS; Dawn Muci, DPT, SCS, ATC
- **Aerial Athletes: Flying, Hanging, Wrapping, Catching**  
Emily Scherb, PT, DPT; Heather Heineman, PT, DPT, OCS, WCS
- **Equilibrium, Propulsion, Impact, and Control: Landing the Skills to Treat Ground Acrobats**  
Dawn Muci, DPT, SCS, ATC; Stephanie Greenspan, PT, DPT, OCS, NCS

The new ISC can be found on the Academy of Orthopedics website: <https://www.orthopt.org/content/education/independent-study-courses>

### PASIG WEBSITE

PASIG continues to produce Citation Blasts on a diverse array of topics that are sent directly to members and posted to the web. Please contact Michael Tsang, PT, DPT, OCS at [kinghontsang@hotmail.com](mailto:kinghontsang@hotmail.com) if you or your students are interested in contributing. You can also direct message him on the PASIG FB page.

If you are not a member, be sure to join so that you don't miss out on this and other resources including citation blasts and podcast episodes.

Student members can also read about our PASIG scholarships available to students, residents and fellows that have abstracts accepted at CSM.

Be sure to follow Twitter handle: @OrthopedicAPTA, Instagram handle: @APTA\_Orthopaedic, and Facebook: @PT4Performers.



### PERFORMING ARTS FELLOWSHIP UPDATE—TIFFANY MARRULI

There are currently 3 accredited Performing Arts Fellowship programs accepting applications for new fellows. Fellowship education is a great way to increase your knowledge and skill set for the management of performing arts patients. Fellowships are open to individuals who have completed an accredited physical therapy residency and/or a current specialist certification from the ABPTS. If you are interested in furthering your performing arts career, please contact the program directors below for more information regarding each program.

- Columbia University Irving Medical Center and West Side Dance Performing Arts Fellowship
- Program Director: Laurel Abbruzzese [la110@cumc.columbia.edu](mailto:la110@cumc.columbia.edu)
- <https://www.ps.columbia.edu/education/academic-programs/programs-physical-therapy/performing-arts-fellowship>
- Harkness Center for Dance Injuries Performing Arts Fellowship
- Program Director: Angela Stolfi [harkness@nyulangone.org](mailto:harkness@nyulangone.org)
- <https://med.nyu.edu/departments-institutes/orthopedic-surgery/specialty-programs/harkness-center-dance-injuries/education/professional-development-students-healthcare-practitioners/academic-observation-fellowship>
- The Johns Hopkins Hospital Performing Arts Fellowship
- Program Director: Andrea Lasner [danceFIT@jhmi.edu](mailto:danceFIT@jhmi.edu)
- [https://www.hopkinsmedicine.org/physical\\_medicine\\_rehabilitation/education\\_training/therapy-residency/physical-therapy/performing-arts-pt-fellowship.html](https://www.hopkinsmedicine.org/physical_medicine_rehabilitation/education_training/therapy-residency/physical-therapy/performing-arts-pt-fellowship.html)

If you have questions about starting a new Performing Arts Fellowship, please reach out to the PASIG Fellowship chair, Tiffany Marulli [tiffany.marulli@osumc.edu](mailto:tiffany.marulli@osumc.edu)

On behalf of the Performing Arts Special Interest Group (PASIG), AOPT

## CLINICAL MANAGEMENT OF CIRCUS ARTISTS

Independent Study Course 32.3



**Description**

This course provides a comprehensive review of circus arts in the United States and why an increasingly greater number of physical therapists may be called upon to evaluate and treat this growing population of artists. The authors discuss the various disciplines and apparatus used in circus arts, providing a background for the epidemiology and mechanism of injuries specific for various performers. The unique physical demands and characteristics of circus artists are discussed. A review of common circus injuries and associated risk factors, along with considerations of beliefs and conceptions artists have about injuries and health care, is also provided. In each monograph, the uniqueness of physical therapy care as it relates to the circus artists is highlighted. The course is complemented with extensive figures, videos, and case examples.

**Learning Objectives**

Upon completion of this monograph series, the participant will be able to:

1. Describe the history and demographic trends of circus artist participation.
2. Understand fundamental skills, apparatus, and musculoskeletal demands and typical physical modifications associated with participation in circus arts.
3. Recognize various intrinsic and extrinsic factors that can contribute to injury risk in circus artists, and the role of a physical therapist in addressing these risk factors.
4. List common musculoskeletal conditions associated with participation in circus arts.
5. Design a post-injury rehabilitation plan that integrates the circus artists' perceptions and needs into their injury management.
6. Select tests and measures relevant to the demands of different circus disciplines to assess physical readiness prior to participation in or for return to training and performance.

**Topics and Authors**

**Circus 101: Features and Feats of Circus Bodies**  
Emily Scherb, PT, DPT; Heather Heineman, PT, DPT, OCS, WCS; Dawn Muci, PT, DPT, SCS, ATC

**Aerial Athletes: Flying, Hanging, Wrapping, Catching**  
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**Editorial Staff**  
Editor—Guy G. Simoneau, PT, PhD, FAPTA  
Managing Editor—Sharon Klinski

**For Registration Fees and Additional Questions,**  
[visit.orthopt.org](http://visit.orthopt.org)

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PHYSICAL THERAPY**

