

1st
PAM DAY UK
17th June 2017
10am - 4pm

free event - 5 learning hours - lunch & coffee incl

at the
Institute of Sport Exercise & Health
170 Tottenham Court Road
London W1T 7HA

registration:

dsis.performingarts@ucl.ac.uk

Division of Surgery & Interventional Science, University College London

- 10:00 - 10:15 Welcome and Introduction - Dr Hara Trouli
10:15 - 10:30 What is Performing Arts Medicine? - Dr Michael Shipley
10:30 - 10:45 PAM Research - Professor Howard Bird
10:45 - 11:00 Psychology for the Performing Artist - Carol Chapman
11:00 - 11:15 The Professional Voice - Mr John Rubin

11:15 - 11:30 **COFFEE**

- 11:30 - 12:00 MSc Course @ UCL - Professor Vivek Mudera & Dr Hara Trouli
12:00 - 12:15 'Breathing in Musical Theatre Singing & Dancing Performers' - Tommie Sliiden, Osteopath, MSc PAM
12:15 - 12:30 'Musculoskeletal Disorders in Flautists' - Dr Trish Halliwell, MSc PAM
12:30 - 12:45 'Single Leg Landing in Handling Rhythmic Gymnastics Ball Apparatus' - Louise Curley, Physiotherapist, MSc PAM
12:45 - 13:00 'Vocal Register Transition in Female Contemporary and Classical Singers' - Line Hilton, Vocal Coach, MSc PAM

13:00 - 14:00 **LUNCH**

- 14:00 - 14:15 The Travelling Performer - Dr Charlie Easmon
14:15 - 14:30 The PAM Clinic - Dr Hara Trouli
14:30 - 14:45 Health & Wellbeing for Music Performance Students - Professor Jane Ginsborg
14:45 - 15:45 PAM Career Forum - panel and audience participation
15:45 - 16:45 Closing Remarks

Posters:

- Vitamin D Variations in Professional Ballet Dancers - F.Jawad, G.Retter, A.de Medici (UCL, ISEH, Royal Ballet)
- Sleep Disturbances Amongst Performing Artists - K.Krell, D.Charnock, M.Shipley (UCL, BAPAM)
- Electromyography in Studying Musicians' Muscle Tension - H.Trouli, H.Bird (UCL)
- Brachial Plexus Injury in a Japanese Drummer - N.Reissis, D.Reissis, M.El-Tayeb (NLG NHS Trust)