

# Hypermobility in Performing Artists & Athletes: Paganini to Phelps

## Preliminary Program

Saturday, 2 May 2020  
Banff, AB



## DEVELOPMENT FACULTY

**Laura Cruz**, MD, CCFP (SEM),  
Dip. Sport Med.

**Nancy Kadel**, MD, Orthopedic  
Surgery



## COURSE DESCRIPTION

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Hypermobility is common in contortionists and circus performers- but how common is it in musicians, dancers and athletes? This myriad of disorders can contribute to pain and other symptoms and are frequently missed. Recognizing and understanding these complex disorders can improve outcomes for the artist and the athlete.

Join us for the afternoon to learn about new hypermobility classifications, non- surgical and surgical treatments due to hypermobility-related injuries and the psychological impact of living with this complex group of disorders.

## DECLARATION OF POTENTIAL CONFLICTS OF INTEREST

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All speakers will be requested to disclose to the audience any real or apparent conflict (s) of interest that may have a direct bearing on the subject matter of this program.

## ACCREDITATION

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Please contact the head office ([cpd@casem-acmse.org](mailto:cpd@casem-acmse.org)) for accreditation status

## COURSE LOCATION

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### ***Fairmont Banff Springs***

405 Spray Avenue  
Banff, Alberta, Canada  
T1L1J4

Hotel Website: [www.fairmont.com/banff-springs/](http://www.fairmont.com/banff-springs/)

### **ACCOMMODATION INFORMATION HERE**





## KEYNOTE SPEAKERS



### DR NANCY KADEL

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Dr. Nancy Kadel is a Harvard trained orthopaedic surgeon, fellowship trained Foot & Ankle specialist and former dancer who has treated dancers since 1997. She has been an Associate Professor of Orthopaedic Surgery at both the University of Washington School of Medicine and University California San Francisco. Her clinical and research interests are in dance injury prevention and biomechanics. She serves as Co-Chair of the Dance/USA Task Force on Dancer Health and is a Past- President of the Performing Arts Medicine Association.

### DR. LINDA BLUESTEIN

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Dr Linda Bluestein is an anesthesiologist and pain specialist from the Mayo Graduate School of Medicine and is the founder of Wisconsin Integrative Pain Specialists, a practice devoted to the holistic treatment of those experiencing persistent pain. As a leading specialist in treating patients with connective tissue disorders such as Ehlers-Danlos Syndromes (EDS) and related disorders, she created the first online EDS CME (Continuing Medical Education) program with the international nonprofit organization EDS Awareness and continues to serve as the program's Physician Director. Dr. Bluestein founded and cohosts the podcast "Hypermobility Happy Hour".



### DR. CHRISTINE GUPTIL

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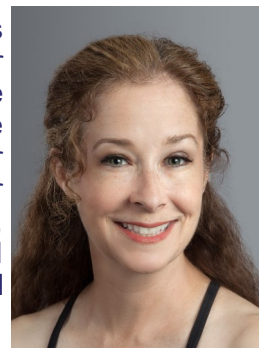


Dr. Christine Guptill is Assistant Professor in Occupational Therapy at the University of Alberta. She completed post-doctoral fellowships at McMaster University and with the Canadian Association of Occupational Therapists. She also completed the Work Disability Prevention Strategic Training Program funded by the Canadian Institutes for Health Research at the University of Toronto in 2013. She holds a BSc Biology and PhD Rehab Sciences from Western, and a Masters in Occupational Therapy from Western Michigan University. Her program of research focuses on musicians' health from an occupational health perspective.

### DR. JENNIFER MILNER

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Jennifer Milner is a ballet coach and certified Pilates trainer specializing in athletes, dancers and post-injury recoveries. After a knee injury ended a successful performing career, Jennifer became certified in the Pilates method of exercise, graduating from the Kane School of Core Integration under the renowned Kelly Kane, then mentored under the dance medicine pioneer Marika Molnar and certified in dance medicine through Ms. Molnar. She worked for Westside Dance Physical Therapy and has trained a wide variety of clients, including Oscar winners, Olympic medalists, and dancers from New York City Ballet, the Kirov Ballet, ABT, San Francisco Ballet, Royal Ballet, and more. Jennifer has also studied with Lisa Howell and taken seminars in Alexander Technique, kinesiology, reflexology, Eric Franklin's method, and health and nutrition.





## Hypermobility in Performing Artists & Athletes *Paganini to Phelps*

SATURDAY, 2 MAY 2020—BANFF, AB, 2020

1:45pm	Opening Remarks	Nancy Kadel, MD
1:50pm	Hypermobility Heroes- Keys to Assessment & Treatment of Hypermobile Athletes and Artists	Linda Bluestein, MD
2:20pm	<i>"It hurts to hurt"</i> Psychological Impact of Chronic Injury & Pain	Lynda Mainwaring, PhD
2:40pm	Hypermobile Musicians- Challenges & Treatments	Christine Guptill, PhD, OT
3:00pm	The Orthopedist & the Artist- Surgical Interventions, Considerations and Cautions	Nancy Kadel, MD
3:20pm	Shaping Water: training the hypermobile athlete and artist	Jennifer Milner
3:50pm	<b>Q&amp;A and BREAK</b>	
4:10pm	Ask the Experts- Case presentations	Laura Cruz, MD
4:55pm	Closing Remarks	



# REGISTRATION FORM

## Hypermobility in Performing Artists & Athletes

### Saturday, May 2nd, 2020– Banff, AB

#### COURSE REGISTRATION FEE

Please fax this completed form to 613-912-0128 or email it to [cpd@casem-acmse.org](mailto:cpd@casem-acmse.org)

	(Please circle an option)
CASEM / PAMA Member	\$ 150.00 CDN
Non -Member	\$ 200.00 CDN
Allied Health	\$ 175.00 CDN
Medical Student	\$ 50.00 CDN
TOTAL	\$ _____

First & Last Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

E-mail Address \_\_\_\_\_

Tel. \_\_\_\_\_

Method of payment

Credit Card VISA \_\_\_\_\_ M/C \_\_\_\_\_ Cheque # \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiry Date m/y \_\_\_\_\_

CVC number \_\_\_\_\_

#### CANCELLATION POLICY

Cancellations fees will apply to all reimbursements issued prior to **March 31<sup>st</sup> 2020.**  
After this date no refunds will be issued.

55 Metcalfe Street, Suite 300 Ottawa, ON K1P 6L5

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**\*\* Please note that CASEM/ ACMSE reserves the right to cancel the course due to low enrolment. \*\***