

The Athletic Trainer as the Central Cog in a Performing Arts Medical Program

by

Terri Angelo, MA, AT, ATC

Disclosures



- The information in this presentation is the opinion of the presenter.
- I am a member of the Performing Artists Medicine Association, but there are no conflicts of interest.
- I formerly was the AT for The Ohio Ballet and The Carousel Dinner Theatre.



Today's Discussion

- The Medical Team Composition
- Location, location, location
- Accessibility
- Learn the Lingo
- Know performer's skill requirements
- Be accessible for rehearsals not just performances
- Be prevention minded
- The athletic trainer specifics
- Have active researchers on staff
- Engage in performing arts medical organizations
- Build your brand as the best team in town
- Be accessible to traveling performing artists when they come to your area of the country!

The Medical Team Composition

First Contact: Athletic Trainer

Second Contact: Physicians

Third Contact: the best suited team members to resolve issues the fastest

All Medical Professionals Involved

- Sports med physician
- Orthopedic physician
- Athletic trainer
- Occupational therapist
- Physical therapist
- Speech therapist
- Office patient liaison to set appts, tests, etc

*Have other specialists as referral sources when needed i.e. otolaryngologist, psychologist, neurologist, gynecologist, nutrition specialist



Location, Location, Location



- The Athletic Trainer needs to be at every performance and practices/rehearsals if possible
- The physicians have to be easily accessible near the practice/rehearsal locations
- The “Team of clinicians” also have to be easily accessible for daily treatments

Accessibility

“as Athletic Trainers Already Know”

- Some staff will need evening hours
- Physicians will need to provide SAME DAY appointments
- Specialists will need similar easy access appointments
- Some performers will need daily treatment appointments
- Any DME will need immediate availability, so set that up with providers ahead of time

Learn the Lingo

- To **build confidence** in your abilities to understand what the people/patients in your care have to do to perform
- To **allow you to understand** as the patient explains her or his mechanisms of injuries
- To help you **build your** activity specific **plan of care** to return the injured patient to participation



Demi pointe

Know the Performer's Skill Requirements

Hand Positions/Movements



Postures

Postures when playing harp



sitting



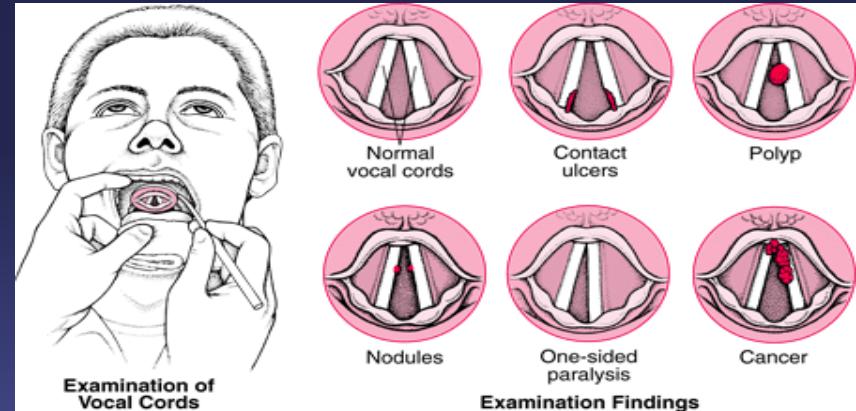
standing

More Specific Needs/Concerns

Vocal Cord Function



Vocal Exam Findings



Be Prevention Minded

Do “Functional” Pre-season Exams



Dissect Functional Tasks

- Must be able to grip well
- Must have scapular stability
- Must have a strong core
- Must have good footwork
- Must have good dynamic balance
- Test accordingly
- Train accordingly

Know Your Performer's Weak Links and FIX Them Before They Cause the Problems

Scap Medial border winging

Classification

- Type 2- Medial Border Winging
 - Increased internal rotation
 - Serratus Anterior weakness



Scap Inferior Angle Winging

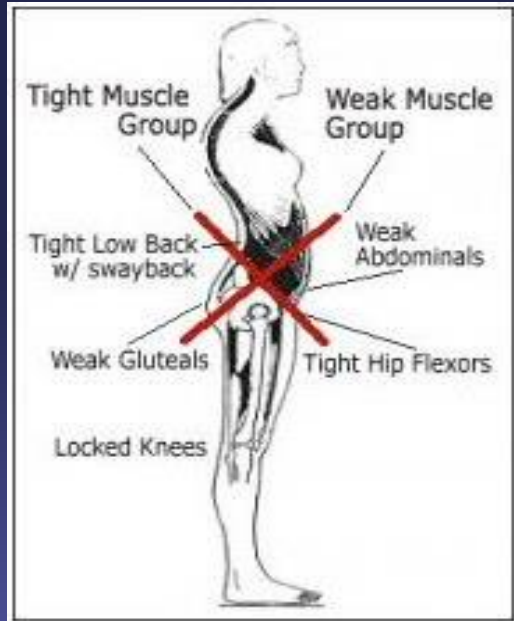
Classification

- Type 1- Inferior Angle Winging
 - Increased anterior tilt
 - Lower trapz weakness
 - Increased thoracic kyphosis, tight pec minor, short head of biceps

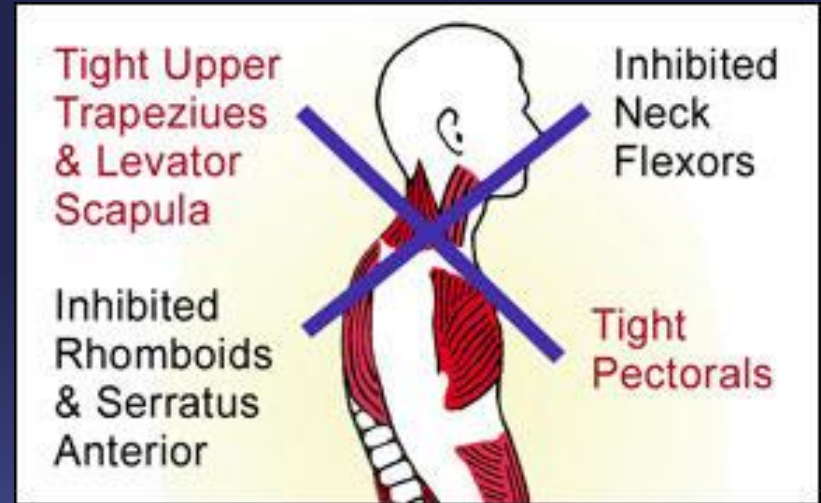


Other Issues to Watch For and Correct

Lower Cross Syndrome

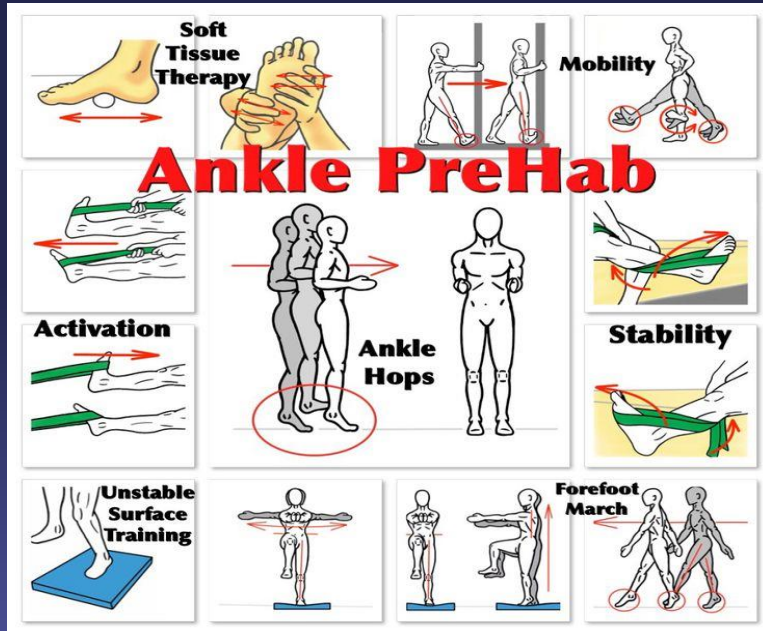


Upper Cross Syndrome

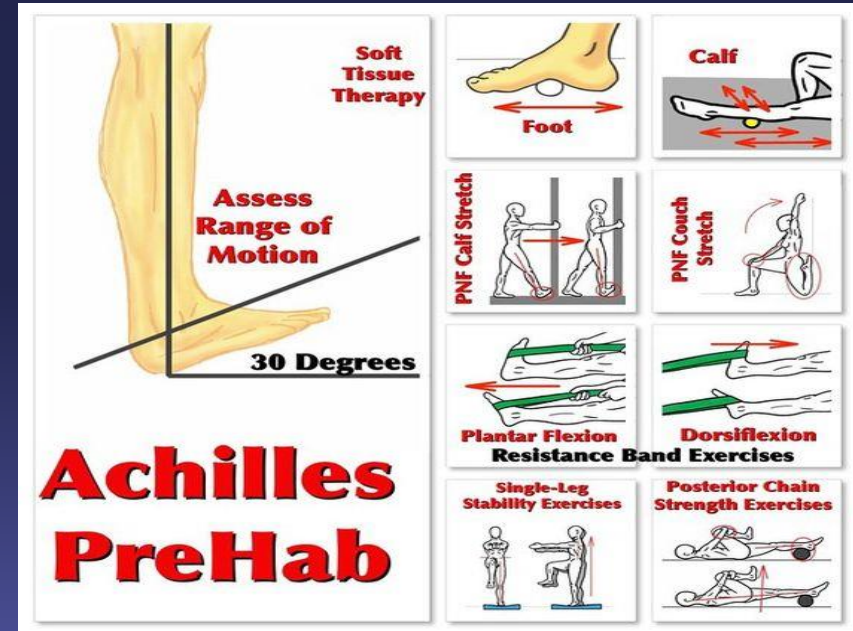


Prehab

Ankle Prehab



Achilles Prehab



Where to Be as the Athletic Trainer at the Performance



- Before the performance, be backstage checking on and preparing the performers and crew
- During the performance, seated on the far end of the aisle near the curtain/door that gets you backstage quickly when necessary
- After the performance, backstage to handle any/all issues

Suggested Skills You Should Have

Quick Evaluation Skills



Good Manual Joint Mobilization Skills



Suggested Skills to Help Your Longevity

Strong Hands!



**Soft Tissue Mobilization
Instrument Skills**



What to Have With You

Fully Stocked AT Kit



**FLESH Colored Tape
ONLY**



Obvious Needs

Ice, Splints, Crutches, Slings



Cell Phone with Entire Team's Contact Info



Your Hard Tasks as the Team Leader



- Deciding that a performer cannot continue on the actual performance day and telling the performer that



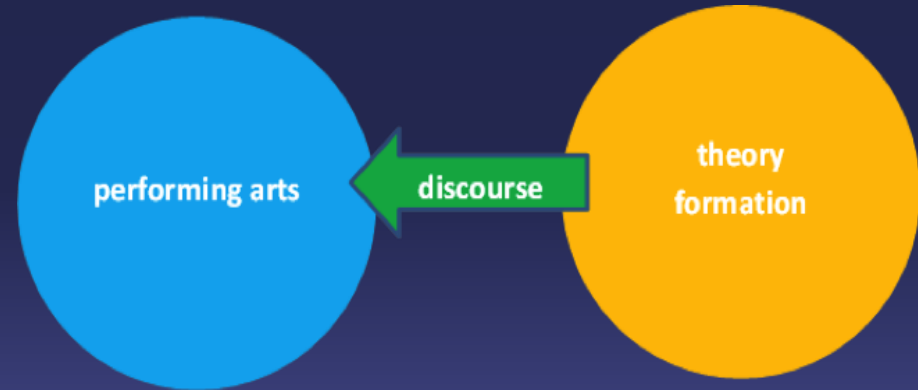
- Then having to tell the director, manager, master, and whole staff and crew that because sometimes that means the entire performance has to be canceled and a new one put in immediately!
- When that is the case due to no understudy, **YOU HAVE TO BE SURE!**
- Knowing what restrictions have to be applied so the cast and director can determine if changes can be made to accommodate those restrictions

Employ Researchers for the Team

How I feel when I have to read it



BUT it truly improves the
Performing Arts and the Team



Join and Engage with Performing Arts Associations

- International Association for Dance Medicine and Science
- Association of Performing Arts Professionals
- Performing Arts Medicine Association
- British Association for Performing Arts Medicine

Building Your Brand as the Best Performing Arts Medical Team in Town



- Find all of the musical venues, theaters, and dance studios in your area
- Meet the dance, theatre and music teachers and performers
- Market your team and how you can help them with quick access to quality medical care to keep them performing
- Build your staff for coverage of as many as you can handle
- Get your research published

Then If You Build It, They Will Come!



*You know you are doing a good job when dance companies and theatre groups coming to the cities near you, CALL YOU to cover their dancers, actors, actresses, musicians and stage crew!

Just Keep Them Performing!

