

Updates and Opportunities - Athletes and the Arts 2026



Performing Artist? Competitive Athlete?

- Practice or play every day
- Play through pain
- Perform at all times of day or night
- Compete in challenging environments
- Little “off season”
- Pressure to succeed
- Real risk of career-threatening injury





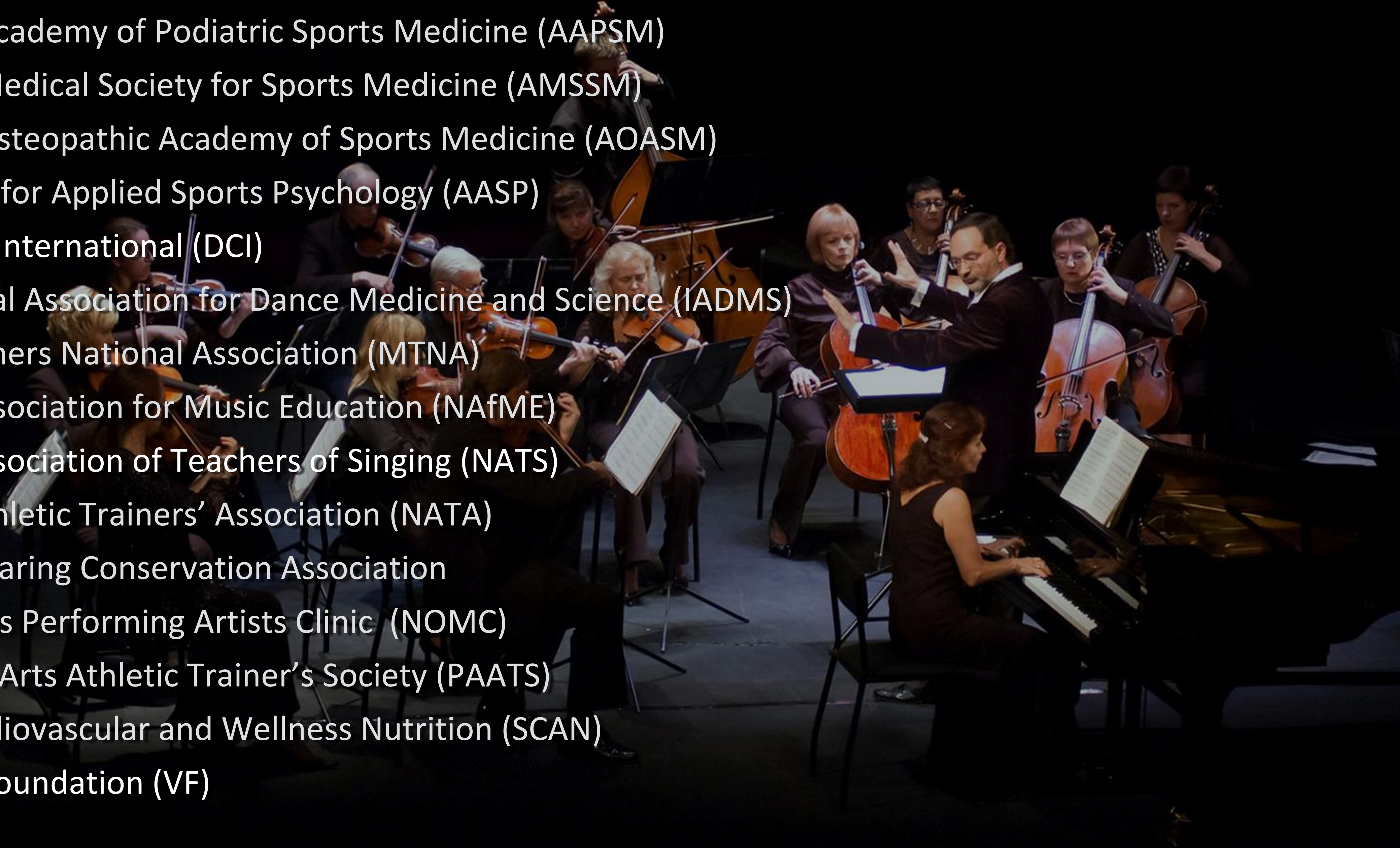
Formally established in 2013 as a 501-c3 entity thru PAMA Foundation

Currently 18 collaborating performing arts and sports medicine organizations

including ACSM, AMSSM, AOASM, NATA, PAATS

Current Coalition Partners

- American Academy of Podiatric Sports Medicine (AAPSM)
- American Medical Society for Sports Medicine (AMSSM)
- American Osteopathic Academy of Sports Medicine (AOASM)
- Association for Applied Sports Psychology (AASP)
- Drum Corp International (DCI)
- International Association for Dance Medicine and Science (IADMS)
- Music Teachers National Association (MTNA)
- National Association for Music Education (NAfME)
- National Association of Teachers of Singing (NATS)
- National Athletic Trainers' Association (NATA)
- National Hearing Conservation Association
- New Orleans Performing Artists Clinic (NOMC)
- Performing Arts Athletic Trainer's Society (PAATS)
- Sports, Cardiovascular and Wellness Nutrition (SCAN)
- The Voice Foundation (VF)



Athletes *and the* *Arts*



MISSION

Integrating the science of sport and the performing
arts for mutual benefit

<http://athletesandthearts.com>



Athletes and the Arts



A coalition of sports medicine, performing arts and educational organizations committed to enhancing health, wellness and performance in performing artists via outreach to

- Performing artists,
- Health care professionals
- Teachers, choreographers



AATA Podcasts

(www.athletesandthearts.com)



HOME

ABOUT
who we are

TOPICS
read, respond

PERFORMANCE

PODCASTS
listen, absorb

VIDEOS
watch, engage

AATA Podcasts

Athletes and the Arts (AATA) is proud to present our all-original podcasts!

Hosts: Dr. Steve Karageanes and Yasi Ansari

Click below for a list of our podcasts to view.

[Read More](#)



AATA Podcast: **#circuslife!**

AATA Podcast: The Classically Trained Trainer with Ash Wang

AATA Podcast: Mascot Sports Medicine: This is Sparty!

AATA Podcast: **Hopping Into Hip-Hop: Detroit Version**

AATA Podcast: The Classical Pianist Brand w/ Jeeyoon Kim

AATA Podcast: Broadway Cares with Jack Noseworthy

AATA Podcast: **Gold Medal Performing Arts**



Watch our Original Podcasts

With Hosts: Dr. Steve Karageanes and Yasi Ansari

Sponsored By



AAP: COUNCIL ON SPORTS MEDICINE AND FITNESS



Rebecca Carl, MD, MSCI,
Chairperson,
rcarl@luriechildrens.org



Heather Stob, AAP Staff
Person, hstob@aap.org

- Mission:
 - Advocate for optimal, safe sports and recreational activity for youth
 - Promote health and safety in sports
 - Encourage lifelong fitness and a healthy lifestyle



6th Edition PPE (estimated release early 2027)

PPE

PREPARTICIPATION PHYSICAL EVALUATION

5th Edition

American Academy of Family Physicians

American Academy of Pediatrics

American College of Sports Medicine

American Medical Society for Sports Medicine

American Orthopaedic Society for Sports Medicine

American Osteopathic Academy of Sports Medicine



SPECIAL POPULATIONS

Assessing Performing Artists in Medical and Health Practice — The Dancers, Instrumentalists, Vocalists, and Actors Screening Protocol

Ackermann, Bronwen J. BAppSci (Physiotherapy), MPH, PhD^{1,2}; Guptill, Christine BMus, BSc, MS(OT), PhD, OT Reg. (Ont.)³; Miller, Clay MFA, MD, PMR⁴; Dick, Randall MS, FACSM⁵; McCrary, J. Matt BFA, BS, PhD^{2,6}

Author Information

Current Sports Medicine Reports 21(12):p 460-462, December 2022. | DOI: 10.1249/JSR.0000000000001022

- Performing artists are athletes. Like athletes, performing artists practice and/or perform most days with little off season, play through pain, “compete” in challenging environments, and risk career-threatening injury.
- Athletes and the Arts is a multiorganizational initiative linking the sport athlete and musician/performing artist communities. Performing artists of all ages and genre are an underserved population related to medical coverage, care, injury prevention, performance enhancement, and wellness.
- Sports medicine professionals are a valuable resource for filling this gap by applying existing knowledge of treating sport athletes (nutrition, injury prevention) while gaining a better understanding of performers’ unique needs (hearing loss, focal dystonia) and environment. These applications can occur in the clinical setting and through developing organizational policies.
- By better understanding the needs of the performing arts population and applying existing concepts and knowledge, sports medicine professionals can expand their impact to a new patient base that desperately needs support.

Current Sports Medicine Reports 21(12):p 460-462,
December 2022.

Also endorsed by NATA, NFHS

Dear Authors,

It is our pleasure to inform you that your following article has been cited in *Journal of Sport and Health Science (JSHS)*.

Your Article

- **Assessing Performing Artists in Medical and Health Practice - The Dancers, Instrumentalists, Vocalists, and Actors Screening Protocol, *CURRENT SPORTS MEDICINE REPORTS*, 2022**

Citing Article

- [Review Are female athlete specific health considerations being assessed and addressed in preparticipation examinations? A scoping review and proposed framework, published by *Journal of Sport and Health Science \(JSHS\)*, 2025: 100981.](#)

JSHS (ISSN 2095-2546) is a peer-reviewed, international, multidisciplinary scientific journal dedicated to the advancement of sport, exercise, physical activity, and health sciences. *JSHS* publishes original and impactful research, topical reviews, editorials, opinion, and commentary papers relating physical and mental health, injury and disease prevention, traditional Chinese exercise, and human performance. Through a distinguished, carefully selected international editorial board, *JSHS* has adopted the highest academic standards, impeccable integrity, and an efficient publication platform.

At 14-year-old, *JSHS* is proud to announce our new **Impact Factor of 10.3** placing it **SECOND** among 133 journals in the Sport Sciences category of SCI & ESCI. And in **CiteScore**, *JSHS* received a **score of 19.9**, ranking it **SECOND** among 332 journals in the Medicine: Orthopedics and Sports Medicine category (TOP 1%).

The *JSHS* is one of very few open access scientific journals that does not charge any publication fees.

All publications from *JSHS* could be found at: <https://www.sciencedirect.com/journal/journal-of-sport-and-health-science>



We support people at every age and level
across the performance spectrum.



Hillary Cauthen, PsyD, CMPC®
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Jon Metzler, PhD, CMPC®
Past President / JCSMS Vice Chair

CMPC is
the **ONLY** nationally
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In 2025, there were

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providing these services in

23 countries
around
the world.

Association for Applied Sports Psychology (AASP), Performing Arts Interest Group

Jan 2026 Meeting

PERFORMANCE PSYCHOLOGY IN THE ARTS: SCIENCE TO THE STAGE
Hosted by the Performing Arts Special Interest Group, Association for Applied Sport Psychology
January 17, 2026

ZOOM ROOM 1
<https://unco.zoom.us/j/97014877188>
GENERALLY GEARED TOWARDS PRACTITIONERS

ZOOM ROOM 2
<https://springfield.zoom.us/j/83895874818>
GENERALLY GEARED TOWARDS ARTISTS

9:00-9:50 CST	KEYNOTE SESSION NOA KAGEYAMA, PHD PERFORMANCE PSYCHOLOGIST, JUILLIARD	
10:00-10:50 CST	PROVIDING ACCESS: TEACHING UNIVERSITY COURSES ON PERFORMANCE PSYCHOLOGY FOR PERFORMING ARTISTS JASON SHAFER, CMPC	INTEGRATING PERFORMANCE PSYCHOLOGY INTO YOUR REHEARSAL SCHEDULE MITCH DESIMONE, EDD, CMPC
11:00-11:50 CST	PERFORMING UNDER THE INFLUENCE (OF INSTAGRAM): SOCIAL MEDIA BEHAVIORS AND PERFORMANCE ANXIETY IN PERFORMING ARTISTS SYDNEY LEE, JACK BESSER, MAX BERGNER, & GEORGE NITZBURG, PHD	THE POWER OF TASK-ORIENTED GOALS: A GOAL SETTING WORKSHOP FOR ARTISTS ANNA BOMBER, CMPC, & CHELSEA PIEROTTI PHD
12:00-12:30 CST	LUNCH	
12:30-1:20 CST	THE REPETITION PROBLEM: ATTENTION, PRESENCE AND PERFORMANCE IN LONG-RUN PERFORMANCE ENVIRONMENTS ANTONETTE COHEN, MS	HALF HOUR CALL: MENTAL PREPARATION BEFORE CURTAIN LAUREN MCARDLE, MS
1:30-2:20 CST	PSYCHOLOGICAL STRESSORS IN PERFORMING ARTISTS ARIANNA CICCARELLI SHIMITS, CMPC	PERFORMING ARTISTS AND MENTAL BLOCKS MATT JOHNSON, PHD, CMPC, & JUDY VAN RAALTE, PHD
2:30-3:20 CST	INTRODUCTION TO THE ALEXANDER TECHNIQUE IN RELATION TO PERFORMERS AND ALL OF US LORI SCHIFF, JUILLIARD	COMMUNICATION SKILLS IN TEACHING AND TRAINING PERFORMING ARTISTS MITCH DESIMONE, EDD, CMPC, & BRAD DONOHUE, PHD
3:30-4:30 CST		KEYNOTE PANEL PAUL BOGAEV, DIRECTOR & CONDUCTOR SARAH TRYON, COLORADO BALLET CHRIS RIES, CIRQUE DU SOLEIL

AASP PERFORMING ARTS SIG
AASPPerformingArts@Gmail.com
PerformingArtsSIG.com



Members: Over 3200 members across Canada

Purpose Statement: Moving Athletic Therapy and Canadians Forward

Values: Professional, Progressive, Transparent, Collaborative

Key Objectives: ('25-'28)

- A. Advocacy and Growth
- B. Membership Activation
- C. Communication and Engagement



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PAMA Presentations July 23-26, 2026 Weill-Cornell Medical Center, New York City

Beyond the Sidelines: Addressing Heat Illness in Band and Mascot Populations

60 minute Panel (MLB umpires application??)

- Dr James Weaver, Music for All
- Dr Neha Raukar, Mayo Clinic
- Sue Petrisen, Michigan State University

Rhythms of Recovery: Optimizing Sleep and Performance in Performing Artists

15-minute Oral Presentation

Dr. Joanna Fong- Isariyawongse, University of Pittsburgh

Concussion Education and Management Recommendations in University PA Programs

15-minute Oral Presentation

Dr Allyssa Memmini, University of New Mexico

Behind the Curtain

Consensus Recommendations to Support University-Level Performing Arts Students' Return to the Stage After Concussion

Allyssa K. Memmini , Olivia Hutchison, Paola Savvidou , Jeffrey A. Russell , Aaron M. Sinnott , Catherine C. Donahue, Marisa Hentis,
... [SHOW ALL](#) ... , and Kristen H. Schuyten | [AUTHORS INFO & AFFILIATIONS](#)

March 24, 2026 issue • 106 (6) e214713

Abstract

Background and Objectives

Performing artists are at risk of head injuries, such as falling from an elevated surface, partner stunting, collisions with other performers or equipment, and/or tripping because of low ambient lighting. However, contemporary clinical guidelines have not addressed the demands of university-level performing arts students. Furthermore, current return-to-learn strategies do not take into consideration the physical aspects of performance-specific skillsets. The purpose of this study was to develop consensus on appropriate postconcussion recommendations to support university-level performing arts students returning to dance, music, and theater performance.

Published March 24, 2026

<https://www.neurology.org/doi/10.1212/WNL.00000000000214713>.

Jun 06 2026

RE: JHTR-D-26-00062R1, entitled "From the sidelines to the spotlight: addressing the gap in concussion education and management for university-level performing arts programs using a Delphi study design"

Dear Dr. Memmini,

I am pleased to inform you that your work has now been accepted for publication in Journal of Head Trauma Rehabilitation. All manuscript materials will be forwarded immediately to the production staff for placement in an upcoming issue.

A look under the Big Top: Decade-long study sheds light on head injuries in Cirque du Soleil performers

- Over 10 years there were 2,733,073 exposures, with 354 concussions sustained among 296 performers.
- Acrobats were the most commonly concussed (82.8% of all concussions).
- There were 1.30 concussions per 10,000 artist-exposures.
- Full return to performance occurred at a mean of 35.5 ± 100.3 days.
- More concussions occurred during performances than training sessions; nearly half (170 of 354) occurred during the first of 2 daily shows
- The most frequent concussion mechanisms were impact with apparatus/equipment (113 of 354) or with another artist (106 of 354).

Russell JA, Berry M, Richardson T, Simon JE. Ten-Year Epidemiology of Concussions in Cirque du Soleil Performers. *Sports Health: A Multidisciplinary Approach*. 2026;18(2):427-435. doi:[10.1177/19417381251373057](https://doi.org/10.1177/19417381251373057)

<https://www.neurology.org/doi/10.1212/WNL.00000000000214713>.



Sports and Human Performance Nutrition

a dietetic practice group of the

Academy of Nutrition and Dietetics

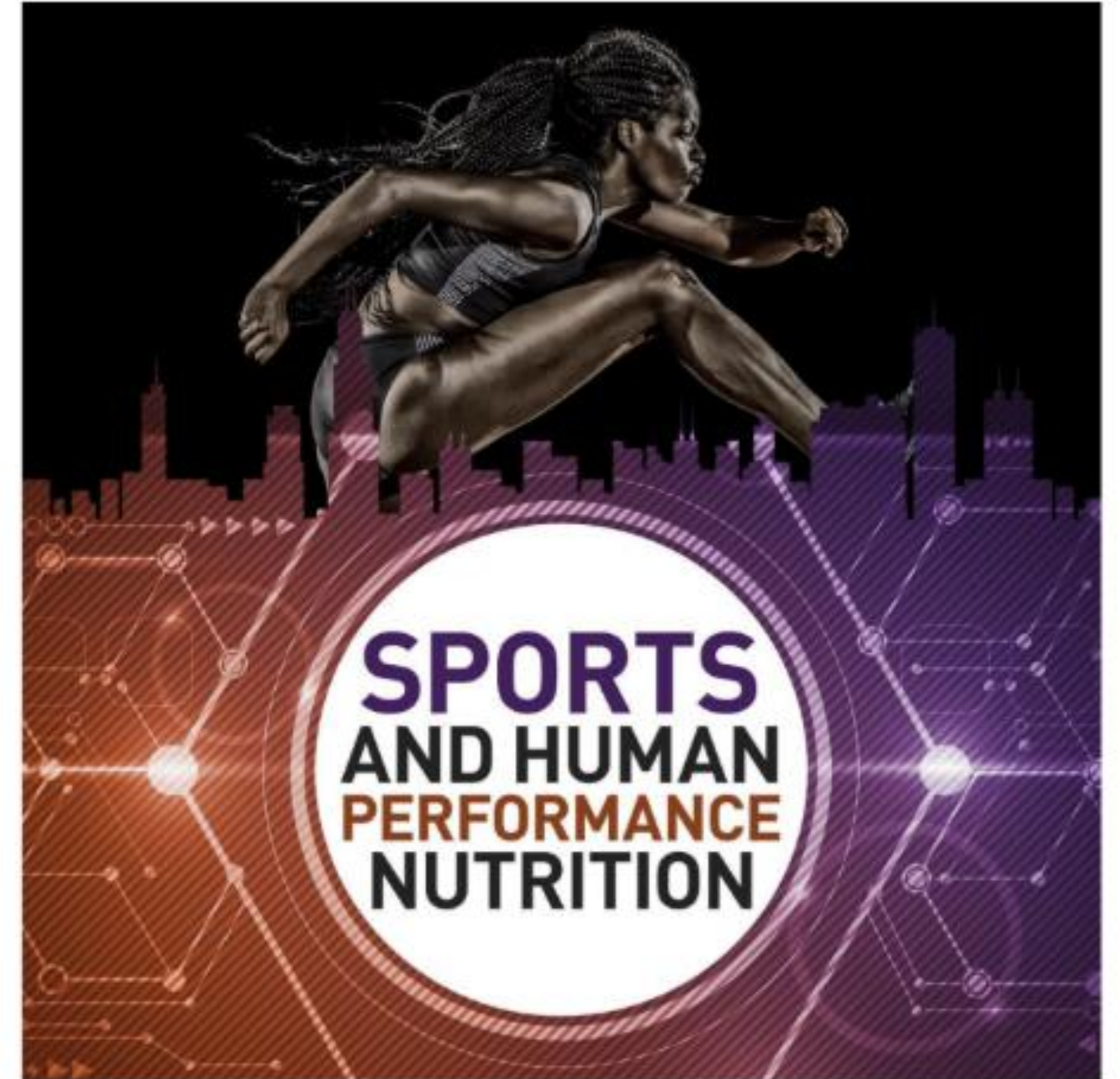
SHPN is a group of nutrition practitioners working with athletes and people at all levels of human performance to optimize holistic health for a lifetime.

Our Mission: Educate, empower and advocate for the delivery of state-of-the art care for athletes, athletic teams, human performance organizations, and people throughout their entire athletic lifecycle through the integration of nutrition, exercise science, research and technology.

Our Vision: A world where all people perform to their potential, powered by nutrition.

Membership Total: 2,200

Website: <https://www.shpndpg.org/home>



SHPN's 2026 JCSMS Delegates:

Yasi Ansari, MS, RDN, CSSD (2025-2026 SHPN Chair)

Paula Quatromoni DSc, RD (2024-25 SHPN Past Chair)

ACSM Presentation May 28, 2026 Salt Lake City, Utah

The Medical and Wellness Issues in Performing Arts SIG invites you to attend a clinical workshop accepted for the Salt Lake City ACSM Annual Meeting that will immerse attendees in the challenges of a marching drum corps -

"Band Camp and Beyond, Unique Physical Demands of Marching Arts Athletes" May 28, 11:30 a.m.

Specific experiences around color guard, horns, and percussion will be included.

THE FIRST ACT

FOR ALL OUR PERFORMING ARTISTS

TAKE CARE OF YOUR OWN HEALTH

Performing artists bring so much to our lives. Inspiration and aspiration. Joy and drama. Dreams and escapes.

But the first act of the performing artists should be to take care of their health. Neurological disorders, musculoskeletal conditions, voice and hearing disorders, anxieties, stress, substance abuse, and other health issues are frequently related to actors, dancers, singers, musicians, and other performers.



Visit the Athletes & the Arts
website to find out more

www.athletesandthearts.com

Randall Dick, FACSM
4969rwd@gmail.com

Amanda Donahue
AATA PAATS rep



“...Music is healing and if you want to heal other people, you’ve got to heal yourself first. The healthier we are as musicians and the arts community in general, the better the world will be.”
- J.B.

