

HEALTHY ARTISTS – WHY ASPAH IS NEEDED

Since 1972 the Performing Arts Medicine Association (PAMA) in the United States, constituted of a multidisciplinary group of health professionals and healthcare workers, performing artists and performing arts educators, has been the guiding force in developing and disseminating performing arts health information to both the healthcare and arts communities.

Similarly, since 1984, the British Association for Performing Arts Medicine (BAPAM) has emerged as the only organization in the UK delivering specialist health support to all professional and student performing artists' needs in the United Kingdom.

Until 2006, however, there has been no such organization to take on a similar role in Australia.

*Performers' Health is well
worth looking after*

Much like elite athletes, performing artists spend many hours in the competitive pursuit of optimal performance quality. Many hours of repetitive training are required for many of the performing arts professions; training which places high demands on the neuromuscular system. In addition, performances need to convey emotion and are performed in front of audiences; situations of great mental and psychological demand. And then there are stressors related to performance equipment, lighting, sound exposure and so forth. As a consequence, many performing artists suffer from physical or psychological maladies that can mean the untimely end of a promising or established career.

The field of performing arts healthcare has recently developed in response to the need for the provision of specialised health services to manage the very unique and complex range of conditions that can affect performing artists.



WOULD YOU LIKE TO... GET INVOLVED?

If you would like to;

Support the vision of ASPAH...

Become an active member of ASPAH...

Learn more about ASPAH...

Access the healthy lifestyle resources of ASPAH...

...then contact;

Dr Paul Duff

Secretary

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“ASP AH, working to provide **accessible** holistic **healthcare, education and research**, by establishing **a culture** of lifelong preventative healthcare and safety practices. Promoting **multidisciplinary discourse** among health professionals, educators and performing artists while **increasing** community **awareness** of performing arts healthcare needs.”

HOLISTIC LIFESPAN HEALTHCARE FOR PERFORMING ARTISTS



www.aspah.org.au

OUR OBJECTIVES

ASPAH recognises that all performers, young and old, amateur and professional, have unique needs that may not be met by standard models of healthcare.

It also recognises that healthcare practitioners, involved in the care of performing artists, need to be provided with support and educational resources.

Healthcare services are needed for all kinds of performing artists, amateur, student and professional:

Instrumentalists and vocalists – all musical styles;

Dancers – classical, modern and contemporary;

Circus, Vaudeville and **physical theatre** performers;

Actors – stage, television and film.

ASPAH promotes;

Accessible high quality holistic **healthcare** for all performing artists

Education for medical and other health practitioners, teachers, performers and students to improve health and well being

Research across disciplines relevant to this field

A culture of lifelong preventative healthcare and safety practices

Multidisciplinary discourse among health professionals, educators and performing artists

Increased community **awareness** of performing arts healthcare



WHEN DID ASPAH START ITS ACTIVITIES? *OUR HUMBLE BEGINNINGS*

In November 2006 a group of medical and allied health practitioners, together with performers and performing arts educators met to discuss their common concerns about the need for more effective and comprehensive healthcare for performing artists – amateur and professional.

Out of this meeting emerged a commitment to form a national organisation with the following vision:

**“To provide holistic
lifespan healthcare for
performing artists”**

In December 2006, the Australian Society for Performing Arts Healthcare (ASPAH) was incorporated in NSW and an Executive Committee was formed.

By early 2007 our Membership Sub-Committee and our Health Promotion Sub-Committee were created to begin to enact the Mission Statement and activities of ASPAH.

ASPAH is now a nationally registerable body and a registered charity with members across the country. Membership is open to anyone who cares about the performing arts and the wellbeing of the artists who bring them to us.



WHO WE ARE... *ASPAH Executive Committee*

President	Dr. Bronwen Ackermann (Physiotherapy, NSW)
Vice President	Dr. Peter Bragge (Physiotherapy, VIC)
Secretary	Dr. Paul Duff (General Practice, NSW)
Treasurer	Dr. Debra Shirley (Physiotherapy, NSW)
Other members	Jan Cullis (Psychology, NSW)
	Diana Devitt-Dawson (Alexander Technique, NSW)
	Dr. Dwight Dowda (Occupational Medicine, NSW)
	Dr. John Hadok (A&E and General Practice, QLD)
	Dr. Jonathan Livesey (ENT and Voice Medicine, NSW)
	Dr. Steven Miller (Occupational Medicine, VIC)
	Dr. Mark Seton (Performance Training, NSW)