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News from ASPAH Executive Committee

[View this email in your browser](#)**ASPAH**Australian Society for
Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

We have two events coming up for ASPAH, our next Webinar on August 2nd and our Symposium in Kingscliff on November 25th! Read below for more info and registration options. Make sure you follow our social media to keep up to date on all the latest news.

[Facebook](#)[Twitter](#)[Linkedin](#)

ASPAH President, Luke Hopper, and Treasurer, Clifton Chan, have an article published in the latest *Medical Problems of Performing Artists* journal. You can follow the link in the latest titles at the end of this newsletter to read this article if you are an ASPAH member, or you can [sign up to ASPAH](#) to receive access to the journal as a membership benefit.

Members are encouraged to send in their upcoming events, articles and news to be included in this bi-monthly newsletter. We have also introduced an advertising option which is free to members for a limited time (read more below). Simply email content to media@aspah.org.au by August 31st to be considered for publication in the next issue.

Keep healthy and well!

Camilla

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PRESIDENT'S REPORT

Planning for the ASPAH symposium on the 25th of November at Pepper's resort in Kingscliff, NSW, is well underway with abstracts received and registrations open. We are very fortunate to have booked Associate Professor David Butler as keynote speaker! A/Prof Butler has an international reputation as an outstanding researcher and educator and I have no doubt that he will provoke much discussion and debate around pain management and healthcare for performing artists at the symposium. Registrations are now open so I urge you to visit the [symposium page](#) on the ASPAH website and book one of the limited availability discounted rooms at the fantastic Peppers resort. Abstracts are under review and a schedule including our fantastic keynote speaker will be released shortly. ASPAH executive committee member Associate Professor Gene Moyle will deliver the next webinar scheduled for the 2nd of August. Details are included in this newsletter and I would strongly recommend that you support this new initiative for ASPAH which is now freely available to all members. If you missed the last webinar, we are now [posting the recordings](#) on the ASPAH website for members to view at any time. Finally, make sure to join the conversation on facebook and twitter with our latest ambassadors who are providing some great exposure for ASPAH and promoting the ASPAH mission.

All the best,

Luke

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2nd AUGUST 2017 | 7.00-8.00PM AEST

FREE FOR MEMBERS!



ASPAH WEBINAR SERIES



2015 – Image by Dylan Evans. QUT Dance Performance students in 'Chariot' by Lucas Jervies.

The career of a performing artist can often present challenges not just to an individual's physical wellbeing, but to their mental health and wellness. The understanding and application of performance psychology strategies across all areas of an artist's life, not just the performance side, has been observed to assist in supporting the development of a holistic approach to supporting individuals to be the best they can be - both on and off stage. This webinar looks to explore a range of key performance psychology and wellbeing topics, with the opportunity for questions and further discussions regarding this important area of performing arts healthcare.

SIGN UP NOW

<http://www.aspah.org.au/webinars>

PERFORMANCE

PSYCHOLOGY &

WELLBEING FOR

PERFORMING ARTISTS

A/Prof Gene Moyle

DPsych (Sport & Exercise), MPsych (Sport & Exercise), PGDipPsych, BA (Psych/Human Mvt), BA (Dance), DipDance (ABS)

ASPAH MEMBER: FREE

NON-MEMBER FULL: \$50 / NON-MEMBER CONCESSION: \$30

REGISTER FOR WEBINAR

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2017 SYMPOSIUM



Don't Tell Me to Rest! The Reality of Performing Arts Healthcare

The event will feature keynote speaker, Dr David Butler, a physiotherapist, educationalist, researcher and clinician. He is a director of the Neuro Orthopaedic Institute and will present a lecture assessing the contributions of neuroscience and neuroplasticity to understanding both pain and performance, and a workshop exploring practical applications for managing our brain's construction of pain.

Researchers and clinicians in the field of performing arts healthcare will present their latest research and discuss possible strategies for overcoming the health challenges associated with being a performing artist.

Saturday, November 25th

Peppers Salt Resort & Spa Kingscliff, NSW

Earlybird Registration Closes: Sep 29th

Accommodation Deal ends: Aug 25th

MEMBERS SAVE UP TO \$100!

REGISTER ONLINE NOW:
www.aspah.org.au

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KEYNOTE SPEAKER: Dr David Butler

We are thrilled to announce Dr David Butler as they keynote speaker for our [2017 Symposium](#). David Butler is a physiotherapy graduate of the University of Queensland (1978). He has a graduate diploma in advanced manipulative therapy (1985), a masters degree by research from the University of South Australia (1996) and a doctorate in education from Flinders University (2010).

David is a clinician, an international freelance educator, an Adjunct Associate Professor with the University of South Australia and an Honoured Lifetime Member of the Australian Physiotherapy Association. His professional interests focus around the integration of neurobiology into clinical decision making and public and professional education in pain, stress and performance management. Food, wine and fishing are also research interests.

Author of numerous book chapters and articles and the texts *Mobilisation of the Nervous System* (1991), [The Sensitive Nervous System](#) (2000), David has also co-authored of [Explain Pain](#) (2003, 2nd Edn 2013), [The Graded Motor Imagery Handbook](#) (2012), [The Explain Pain Handbook: Protectometer](#) (2015) and [Explain Pain Supercharged](#) (2017).

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SYMPOSIUM ACCOMMODATION DEAL

Save up to \$50 a night!
Limited time only

Symposium delegates are eligible for considerable discounts on accommodation at [Peppers Salt Resort & Spa](#), the venue for this year's proceedings.

Double and twin Hotel Rooms are available at a discount of up to \$50 per night when you select the Accommodation Package with your Symposium Registration [here](#).

There are limited rooms available at this price, so please book early to avoid disappointment.

Accommodation is for the evenings of Friday November 24th and Saturday November 25th.

Deal ends [August 25th](#).

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ASPAH VICTORIA

We had a tremendous start to the ASPAH Victoria local chapter activities for 2017 on Friday 9 June. I was blown away by the warmth, generosity and knowledge of the 12 members who could make it, and many more who were super keen to come but couldn't. We've started to cook up some great ideas for activities and workshops that we hope will make a real difference to the health of our Vic performing artists. Way to go team! We had a strong representation of musicians, so theatre, dance and circus colleagues please come to share your knowledge and experience so that we can cater for your needs too! Thanks to the Melbourne School of Psychological Sciences for letting us use the Music Psychology Lab as a meeting space.

Our next meeting is on **Fri 21 July from 6-7pm**, room 825 (Music Psychology Lab), level 8, Redmond Barry building, The University of Melbourne Parkville campus. Please RSVP to mosborne@unimelb.edu.au to let me know you're coming so I can organise facilities.

Cheers,
Margaret Osborne - ASPAH Vic group facilitator.

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THE UNIVERSITY OF
SYDNEY

Discipline of Biomedical Science**School of Medical Sciences****Sydney Medical School****Dr Bronwen Ackermann, PhD, MPH, BAppSc(PT)****Dr Mark Halaki, PhD, MSc, BSc****Professor Margaret Barrett, PhD, MEd, BA****Mr Ju-Yang Chi, PhD candidate, MSc, BPT**

Room L110A

Building C42

The University of Sydney

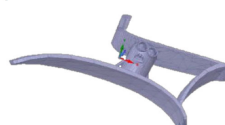
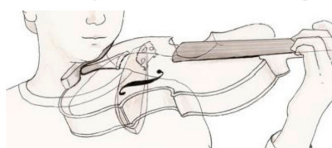
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Email: Bronwen.ackermann@sydney.edu.auWeb: <http://www.sydney.edu.au/>

RESEARCH PARTICIPANTS NEEDED

Perceptions of ideal ergonomics for violin performance



Your opinion matters!

This study aims to explore the views of violinists and musicians' health experts regarding the ideal way to support the instrument during violin playing. Your participation may help clarify important health and performance aspects of instrument set-up for violinists.

We would like to hear from you if you:

- are a violinist, violin student, violin teacher, amateur, instrument salesperson or musicians' health professional; and
- have over 10 years of experience involving violin playing or working with violinists; and
- have a clear opinion regarding the way the violin should be supported when playing

Where is the interview conducted and How long should it take?

The interview will be expected to last a maximum of 90 minutes. This includes 15 minutes to fill out a questionnaire, and 15 minutes for taking photographs of the violin in the suggested ideal set-up as well as an interview lasting up to 60-minutes.

Interviews will take place at venues arranged by investigator or preferred by participants.

For more information, please contact Mr Ju-Yang Chi

Phone: 0421 889 353 Email: jchi6656@uni.sydney.edu.au

Or **Dr Bronwen Ackermann** at Email: Bronwen.ackermann@sydney.edu.au

All enquires will be treated privately and confidentially

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What Every Musician Needs to Know About the Body™

Call for expressions of interest to attend this unique one-day workshop - the Andover Licensed course for all musicians and those working with musicians. Date/venue TBA.



Contact Jane on **02 4700 9084** or **0411 694 286** for more information.
www.bodymapping.com.au



MUSIC AND HEALTH - ONE DAY SYMPOSIUM

FREE event featuring ASPAH members Dr Bronwen Ackermann and Dr Clifton Chan at The University of Western Australia.

Limited spaces, bookings essential.

[REGISTER HERE](#)

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ICPAM 2018 SAVE THE DATE

Thursday 29th - Saturday 31st March, 2018

Location: The Hague

Celebrating the 25th anniversary of the Medical Centre for Dancers and Musicians (MCDM), the The Hague Medical Centre and the Dutch Performing Arts Medicine Association (NVDMG) will organize an "International Conference on Performing Arts Medicine 2018".



Photo: Studio Oostrum

Initiator of this conference is A.B.M. (Boni) Rietveld, orthopaedic surgeon & musician, founder and director of the MCDM and president of NVDMG.



Collaborators:



médecine des arts



Sponsors:



In cooperation with IADMS & PAMA
ASPAH, Médecine des Arts, tamed & DGfMM

ADVERTISE IN THE ASPAH NEWSLETTER

A new benefit for ASPAH members; we are now welcoming advertisements to be published in our bi-monthly newsletter. This will be offered free of charge for a limited time to members!

**For conditions and guidelines please refer to our
[Advertising Rates and Specifications](#)**

JOIN ASPAH NOW!

2017 MEMBERSHIP BENEFITS

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Becoming a member of ASPAH gives individuals the chance to be part of new developments in the Australian performing arts healthcare landscape. Members are given the opportunity to make a personal contribution to changing the lives of performing artists for the better.

Membership benefits include:

- Access to the Health Services Database
- Full annual subscription to *Medical Problems of Performing Artists*
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to webinars, podcasts and other resources for professional development
- Discounted registration for ASPAH conferences and other events
- Free registration for ASPAH webinars
- Access to Local Chapter events
- Opportunity to run Local Chapter events
- Receive regular news about local, regional and national performing arts healthcare events
- The right to vote and hold office in the Society

MEDICAL PROBLEMS OF PERFORMING ARTISTS

LATEST RESEARCH TITLES!

Access to the MPPA database is included in an ASPAH membership - click the above JOIN ASPAH NOW button to read this latest research in performing arts healthcare

[Influence of Textured Insoles on Dynamic Postural Balance of Young Dancers](#)

Nili Steinberg, Oren Tirosh, Roger Adams, Janet Karin, Gordon Waddington

[Thumb-Rest Position and its Role in Neuromuscular Control of the Clarinet Task](#)

Kathryn E. Young, Sara A. Winges

[Effect of the Alexander Technique on Muscle Activation, Movement Kinematics, and Performance Quality in Collegiate Violinists and Violists: A Pilot Feasibility Study](#)

Rachelle C. Wolf, Harvey P. Thurmer, William P. Berg, Henry E. Cook, L. James Smart

[Torso and Bowing Arm Three-Dimensional Joint Kinematics of Elite Cellists: Clinical and Pedagogical Implications for Practice](#)

Luke Hopper, Clifton Chan, Suzanne Wijsman, Timothy Ackland, Peter Visentin, Jacqueline Alderson

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[Professional Symphony Orchestra Musicians: A Feasibility Study \(with Open Access\)](#)
Lotte Nygaard Andersen, Stephanie Mann, Birgit Juul-Kristensen, Karen Søgaard

[In Their Own Words: Interviews with Musicians Reveal the Advantages and Disadvantages of Wearing Earplugs](#)

Elizabeth Francis Beach, Ian O'Brien

[Biopsychosocial Factors Associated with Foot and Ankle Pain and Injury in Irish Dance: A Prospective Study](#)

Roisin Cahalan, Helen Purtill, Kieran O'Sullivan

[Musculoskeletal Problems in Pianists and Their Influence on Professional Activity](#)

Maria Rosa Ciurana Monino, Jaume Rosset-Llobet, Luis Cibanal Juan, María Dolores García Manzanares, Juan Diego Ramos-Pichardo

[Medicine, Performing Arts, and Science--Dancing to the Same Tune](#)

[Editorial] Bronwen J. Ackermann



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