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News from ASPAH Executive Committee

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Performing Arts Healthcare

## LETTER FROM THE EDITOR

Dear <<First Name>>,

We hope 2017 has been going well for you so far and you have had time to care for your body and mind. This newsletter is quite full and contains some exciting news, such as free webinars for ASPAH members in 2017!

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

Keep healthy and well!

Camilla

### IN THIS NEWSLETTER

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## PRESIDENT'S REPORT

The executive committee held a productive strategic planning meeting in early February and have established a series of initiatives for 2017. The planning meeting items were developed around the 2016 activities and the results of the member survey distributed earlier this year. Throughout 2017, the ASPAH executive committee and staff will predominantly focus on building the ASPAH member base and facilitating greater interaction and contribution from the existing ASPAH membership. In particular I am pleased to announce that all 2017 ASPAH webinars will be free for ASPAH members. This valuable new member benefit will hopefully draw greater attendance to the 2017 webinars as well as attracting new members to the society. We are also developing a social media marketing strategy to promote ASPAH membership in conjunction with the webinars.

Local chapters are also planned for mid 2017 in Perth, Sydney, Brisbane and Melbourne. Any members interested in hosting a local chapter meeting please contact us at [admin@aspah.org.au](mailto:admin@aspah.org.au). Please look out for future announcements and I hope that you can make it to a chapter meeting in your area to network with your fellow ASPAH members. In conjunction with the 2017 AGM, the executive committee are also researching locations to host an annual symposium in late November or early December. Details will be announced shortly.

Finally, we hope to call on the networks and expertise of the ASPAH membership throughout the year to develop strategic partnerships and produce position statements that highlight the ASPAH mission and vision. The ASPAH membership is an essential resource that can support the future growth of ASPAH.

I hope you will agree that 2017 has the makings of an exciting year for ASPAH!

Dr Luke Hopper  
*ASPAH President*

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## ASPAH WEBINARS 2017 REGISTRATIONS OPEN!

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# NOW FREE FOR MEMBERS!

**"Biomechanical video analysis for the clinic and the classroom"  
with Dr Luke Hopper**

**Wednesday, April 5th, 7pm – 8pm EST**

The explosion of video capture technology has made the use of video a highly accessible feedback tool for patients and students. This webinar will cover biomechanical approaches to video analysis that can provide structured feedback to aid movement rehabilitation and pedagogy. Through a structured approach to video analysis patients and students can feel empowered through the learning process towards improving movement quality for performance.

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Tr](#)**5th APRIL 2017 | 7.00-8.00PM EST****FREE FOR MEMBERS!**

# ASPAH WEBINAR SERIES



## BIOMECHANICAL

## VIDEO ANALYSIS FOR THE CLINIC AND THE CLASSROOM

*The explosion of video capture technology has made the use of video a highly accessible feedback tool for patients and students. This webinar will cover biomechanical approaches to video analysis that can provide structured feedback to aid movement rehabilitation and pedagogy. Through a structured approach to video analysis patients and students can feel empowered through the learning process towards improving movement quality for performance.*

## SIGN UP NOW



***Dr Luke Hopper***

Postdoctoral Research Fellow,  
Western Australian Academy  
of Performing Arts

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

**ASPAH MEMBER: FREE**

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

## REGISTER NOW!

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## WELCOME TO THE COMMITTEE: AMY NAUMANN

Amy is a cellist whose training was based at UQ's School of Music and the Queensland Youth Symphony. Amy graduated again in 2016 as a Physiotherapist, inspired by the impact performing artists have through their work and the intensity of training it takes to achieve that, and wanting to help improve our health outcomes as a community. Whilst studying Physiotherapy she has continued to play in various quartets and orchestras and participated in ASPAH conference events. Her Honours project involved researching the effects of musical training on hand function in children. She is currently working as a Physiotherapist with Queensland Health.



### Greetings from Amy

Hello ASPAH team and performing arts community! My name is Amy Naumann, and I am a cellist and Physiotherapist. I am very excited to be joining the ASPAH committee this year. When I trained as a cellist in my undergraduate, I'll admit I didn't take great care of my health. Unnecessarily long practice sessions, not adequately addressing muscular pains or fatigue, and falling into common mindsets about performance that are unhelpful and self-limiting. Now, working as a Physiotherapist where we keep an open mind and gradually progress towards physical solutions for many set-backs, I see how relatively small changes in training, mindset, exercise, nutrition and sleep would've had a massive impact on my formative years as a cellist. However, looking back at the demands I was immersed in, it was unlikely I would have easily changed things amongst all the rehearsals, auditions, tours, exams, work performances and practice sessions! I would love to work with you all towards change in our community where all ages and stages of performing artists have access to healthcare that understands the demands they face, and together build a stronger culture of preventative practice. I am keen to learn from and bring my energy to the committee, and would love to contribute to more resources, events and support with performing arts schools and professional groups. I would love to hear what you would like to see ASPAH involved in this year and how I can help! Please let me know if you have any ideas for projects, meet-ups, lectures, brochures or other resources we could make or get involved with.

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All the best,

Amy

[amy.naumann@ugconnect.edu.au](mailto:amy.naumann@ugconnect.edu.au)

## Embodied Performance: Musicians and Movement

- Jane Shellshear

*"One good thing about music, when it hits you, you feel no pain."*

Bob Marley

Growing up in Kingston, Bob Marley experienced the poverty and desperation that was to underpin these lyrics from the song 'Trench Town Rock'. The line quoted celebrates the capacity of music to sweep you up out of everyday worries and pain and carry you to another, better place. For some people who work in the professional world of music however, it is music making itself that may be the cause of pain.

The occupational health of musicians has been examined in several studies over past years. The figures emerging from these studies are that up to 93% of musicians can experience pain due to playing their instrument.

Many previous studies have looked at musculoskeletal health as a major contributing factor. As musicians we do some of the most highly refined and complex moving done by humans, requiring thousands of hours of training. Professional musicians also routinely expect, and are expected, to continue to play long into our middle and older age. Think of Menuhin and Casals still playing strong into their eighties! So what of the potential impact on quality of life from all those years of bringing music to life for others?

[READ MORE HERE](#)

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Træ](#)**FEARLESS  
PERFORMANCE****MAR 23**

To fully prepare for a concert within a limited amount of time, musicians need optimal strategies. Training methods that best facilitate learning, memorization and recall on stage are also those that diminish the fear of fear. Repetition alone is not the solution.

Join Professor Adina Mornell to learn 21<sup>st</sup> century practice methods that merge the performing arts with neuroscience to create solutions to make practicing more interesting, optimise time and effort and produce more secure stage presence. Bring your scores to discuss specific issues.

March 23  
5.30pm to 6.30pm  
Arts West North Wing #356  
[Register Now](#)

**EXPAND  
YOUR RANGE****MAR 29**

If an artist's success in the competitive music world is not a matter of survival of the fittest, what are the keys to success?

Join Professor Adina Mornell to learn how to win your way into audiences' hearts while carving your path to success by capitalising on your individuality, optimizing your communication skills and understanding how audiences tick.

Adina Mornell is Professor of Instrumental and Vocal Pedagogy at the University of Music and Performing Arts in Munich

March 29  
10.00am—11.00am  
Melba Hall, Parkville  
[Register Now](#)



## MELBOURNE LOCAL CHAPTER MEETUP

Professor Adina Mornell will present two lectures in Melbourne this month.

[FEARLESS PERFORMANCE](#) - MAR 23rd, 5.30-6.30pm

[EXPAND YOUR RANGE](#) - MAR 29th, 10-11am

ASPAH committee member and Melbourne local, Dr Margaret Osborne, would like to invite any other locals to join her at one of the events as a Local Chapter meetup.

Please email [admin@aspah.org.au](mailto:admin@aspah.org.au) if you are interested in meeting up with other ASPAH members at these events.

## 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**

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

YOU CAN NOW JOIN ASPAH ANY TIME OF YEAR!  
WITH OUR NEW ROLLING RENEWALS YOUR MEMBERSHIP WILL BE  
ACTIVE FOR A FULL 12 MONTHS NO MATTER WHEN YOU SIGN UP -  
THERE'S NEVER BEEN A BETTER TIME TO BECOME A MEMBER AND ENJOY  
THE BENEFITS WHILE SUPPORTING PERFORMING ARTS HEALTHCARE.

**JOIN ASPAH NOW!**

## **2017 MEMBERSHIP BENEFITS**

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



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## ***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**

[Pain and Posture of Children and Adolescents Who Learn the Accordion as Compared with Non-Musician Students](#) *Liliana Aparicio, Filipa M.B. Lã, Anabela G. Silva*

[Prevalence and Associated Factors for Musculoskeletal Pain and Disability Among Spanish Music Conservatory Students](#) *Beatriz Rodríguez-Romero, Coral Pérez-Valiño, Beatriz Ageitos-Alonso, Sonia Pértega-Díaz*

[Knowledge of Playing-Related Musculoskeletal Disorders Among Classical Piano Students at Tertiary Institutions in Malaysia](#) *Chia-Ying Ling, Fung-Chiat Loo, Titi Rahmawati Hamedon*

[Relationships Among Performance Anxiety, Agari Experience, and Depressive Tendencies in Japanese Music Students](#) *Kurara Bannai, Takayoshi Kase, Shintaro Endo, Kazuo Oishi*

[Lower Extremity Biomechanical Demands During Saut de Chat Leaps](#) *Danielle N. Jarvis, Kornelia Kulig*

[Is Alcohol Consumption Associated with Job Strain Among Professional Musicians? Imagery-Based Interventions for Music Performance Anxiety: An Integrative Review](#) *[Review] Katherine Finch, David A. Moscovitch*

[Fundamentals of Embouchure in Brass Players: Towards a Definition and Clinical Assessment](#) *Kees H. Woldendorp, Hans Boschma, Anne M. Boonstra, Hans J. Arendzen, Michiel F. Reneman*

[A Significant Upper Arm Injury Sustained While Learning Simon Preston's Alleluyas: A Proposal for Avoiding this Malady](#) *[Letter] René J. Muller* **Free**

[Onstage Synergy: Integrative Alexander Technique Practice for Performing Artists. By Cathy Madden.](#) *[Book Review] Judy Palac* **Free**

[From Stats to Stage--Translational Research in Performing Arts Medicine](#) *[Editorial] Bronwen J. Ackermann* **Free**

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