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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 you enjoy this edition of our newsletter, featuring news about two performing arts healthcare conferences (including our own), the launch of ASPAH webinar recordings, and more!

Members are encouraged to send in their upcoming events, articles and news to be included in this bi-monthly newsletter. We have also introducing an advertising option which is free to members for a limited time (read more below). Simply email content to media@aspah.org.au by June 30th to be considered for publication in the next issue.

Keep healthy and well!

Camilla

IN THIS NEWSLETTER

1. President's Report
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7. Latest MPPA Titles

PRESIDENT'S REPORT

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We are well on the way into 2017 with a national news article, the first webinar, and symposium booked for November! The executive committee were approached in March by ArtsHub editor Richard Watts to comment on his story about alcohol abuse in the arts. Make sure to check out the article below and thanks to Mark Seton and Camilla Tafr  for flying the ASPAH flag! Our first webinar for the year was held in March and I am pleased to announce that the recording of this and future webinars will now be available under the member area of the website. Finally, save the date for the 25th of November for the ASPAH symposium at Pepper's Resort Kingscliff! More details are coming soon for this fantastic event in one of Australia's most beautiful regions!

All the best,

Luke

ARTSHUB ARTICLE

HOW CREATIVES CAN STOP DRINKING THEMSELVES TO DEATH



Last month an editor from ArtsHub contacted ASPAH about an article on alcohol in the performing arts. Current committee member, Mark Seton, and former committee

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member, Camilla Tafrá, contributed their thoughts on the issue.

You can read the article by clicking the button below!

READ ARTICLE HERE

ASPAH SYMPOSIUM 2017

November 24-26th

We are thrilled to announce that we will be holding a performing arts healthcare conference this year at Peppers Salt Resort & Spa on the beautiful Tweed Heads coastline

More details coming soon!

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WEBINAR RECORDINGS

Webinar recordings can now be accessed by members by logging in to the ASPAAH website and visiting the link below! Our first 2017 Webinar with Dr Luke Hopper is now available on the website for viewing.

ACCESS WEBINAR RECORDINGS

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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".

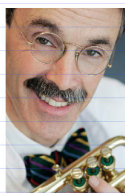
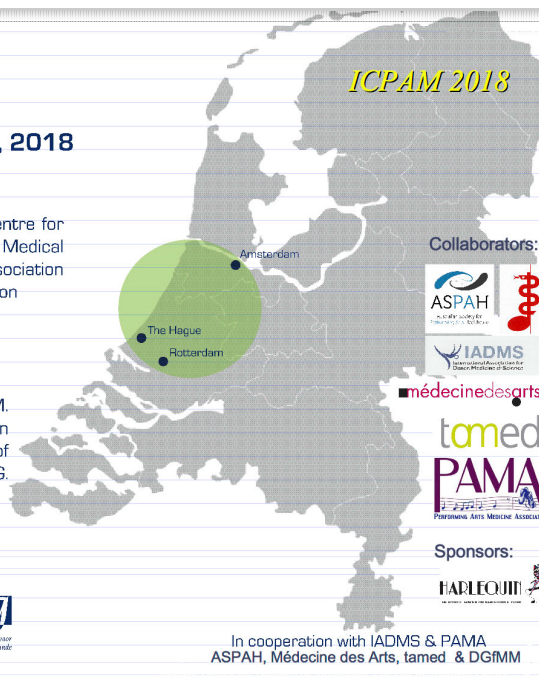


Photo: Studio Ostrum

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



Collaborators:



Sponsors:



In cooperation with IADMS & PAMA
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Rachael Martin

M.Music (Music Therapy), A.MusA, PGDip Music Therapy, PGDip Guided Imagery & Music Therapy
Registered Music Therapist and Guided Imagery & Music Therapist

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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

MEDICAL PROBLEMS OF PERFORMING ARTISTS

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LATEST RESEARCH TITLES!

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

[Physical Activity Participation and Nutrition and Physical Activity Knowledge in University Dance Students](#) Katherine Hanna, Anne Hanley, Avril Huddy, Michael McDonald, Fiona Willer

[Association of Arm Position and Playing Time with Prevalence of Complaints of Arm, Neck, and/or Shoulder \(CANS\) in Amateur Musicians: A Cross-Sectional Pilot Study Among University Students](#) Laura M. Kok, Bionka M.A. Huisstede, Taco J. Douglas, Rob G.H.H. Nelissen

[Gender Differences in Mortality and Morbidity Patterns in Popular Musicians Across the Lifespan](#) Dianna T. Kenny, Anthony Asher

[A Cross-Sectional Study of Pain Among U.S. College Music Students and Faculty](#) Jeremy L. Stanek, Kevin D. Komes, Fred A. Murdock, Jr.

[Prevalence and Associated Factors of Playing-Related Musculoskeletal Disorders in Brazilian Violin Players](#) Frederico Barreto Kochem, Julio Guilherme Silva

[Movements of the Glottis During Horn Performance: A Pilot Study](#) Peter W. Iltis, Sarah L. Gillespie, Jens Frahm, Dirk Voit, Arun Joseph, Eckart Altenmuller

[The Relationship Between Muscular Strength and Dance Injuries: A Systematic Review](#) [Review] João Paulo Moita, Alexandre Nunes, José Esteves, Raul Oliveira, Luis Xarez

[Musculoskeletal Injury Profile of Circus Artists: A Systematic Review of the Literature](#) [Review] H.E.G. Wolfenden, M. Angioi

[Could the Addition of Alexander Technique Improve the Effectiveness of Physical Therapy in Reducing Violinists' Neck Pain in Comparison to Physical Therapy Alone?](#) [Letter] Arman Taheri, Mahbod Lajevardi, Sanaz Shabani, Sara Emami, Hassan Sharifi [Free](#)

[How much training is too much?](#) [Editorial] Bronwen J. Ackermann [Free](#)

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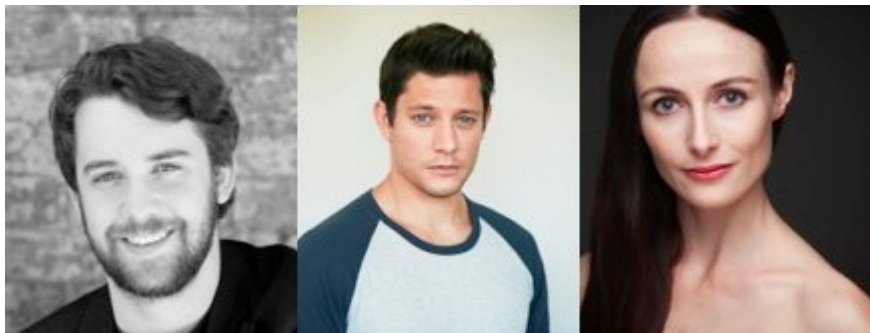
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ASPAH

Australian Society for
Performing Arts Healthcare

ASPAH AMBASSADORS



We are pleased to announce and honoured to be supported by three ASPAH Ambassadors so far this year.

ASPAH's ultimate aim is to enhance healthcare and wellbeing for performing artists - stay tuned to hear our ambassadors' stories and views on the importance of healthcare in their careers!

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GLENN CHRISTENSEN

Violinist - Australian Chamber Orchestra

Glenn was born and raised in the regional Queensland town of Mackay, where he received his early music education through the Suzuki Method with local teacher Diane Powell. Glenn then studied with Michele Walsh at the Queensland Conservatorium, Griffith University and graduated in 2011 with a Bachelor of Music, First Class Honours. He was also the first person ever to be awarded the three highest prizes... [More](#)



ROB MILLS

Actor | Singer | Media Personality

For the last ten years Rob has established himself a successful career in musical theatre, most recently playing Danny in a national tour of Grease (2013-15). When he first heard the music from the musical Wicked, he vowed to be a part of the show when it came to Australia in 2008. He was then thrilled to be cast in the role of Fiyero in this highly successful Broadway blockbuster and played over 500 shows in Melbourne and Sydney (2008-2010), receiving rave reviews... [More](#)

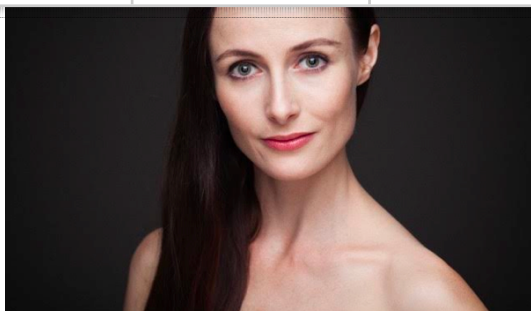
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Photo Credit: Erik Sawaya

AMBER SCOTT

Principal Artist - The Australian Ballet

Amber Scott joined The Australian Ballet School at age eleven. After graduating as dux, she joined The Australian Ballet in 2001. In 2003 she spent four months on a dancer exchange at the Royal Danish Ballet, giving her the opportunity to learn the Bournonville technique firsthand. Amber was promoted to principal artist in 2011 after performing the Second Movement from Sir Kenneth MacMillan's *Concerto...* [More](#)

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