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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>>,

This November issue of our bi-monthly newsletter includes information about our new performing arts healthcare blog with a taster of the latest article submitted, as well as information about our next webinar and the upcoming symposium in December.

If you are a member and have an event, article or any news you would like to share through the ASPAH newsletter, please send your content through to media@aspah.org.au by December 31st to be considered for publication in the next issue.

Keep healthy and well!

Camilla

IN THIS NEWSLETTER

1. NEW Performing Arts Healthcare Blog!
2. Addressing Playing-related Pain: Some Ideas for Musicians
3. November Webinar: Circus Student Injury Patterns
4. December Symposium
5. 2016 Membership Benefits
6. Latest MPPA Titles

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PERFORMING ARTS HEALTHCARE

Blog

ASPAH has recently launched a blog on our website where articles submitted by members can be shared and collated in an accessible format online. We hope this blog will encourage more discussion about performing arts healthcare and motivate people to articulate their ideas so we can continue to learn more and share knowledge.

You can visit the blog [HERE](#) and see the first entry by Rachael Martin on the use of guided imagery and music to enhance confident performance for musicians as well as the submission introduced below on addressing playing-related pain.

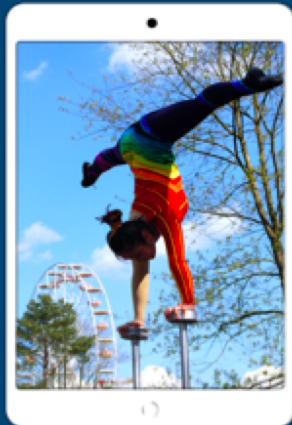
To submit an article to the blog, please read our [Submission Guidelines](#) and email content to media@aspah.org.au.

ADDRESSING PLAYING-RELATED PAIN - SOME IDEAS FOR MUSICIANS

There is no single answer for anyone's management of pain or prevention of injury. It requires addressing your particular instrument, your particular body, your particular lifestyle, your particular training. Following are some of the lessons I have learnt over the years that I would like to share from my experiences attempting to discuss and address my pain with: 4 different physiotherapists, 3 GPs, 4 massage therapists, 4 cello teachers, 1 Alexander Technique teacher, 1 month of regular Pilates classes, weekly swimming and a gym membership.

(This is not a complete assessment of all factors in addressing playing-related pain, it is simply a summary of reflections and lessons from my own personal experience. I hope it will inspire further and continued discussion.)

[READ ON HERE](#) AT THE ASPAH BLOG

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ASPAH WEBINAR SERIES

INJURY PATTERNS & RATES AMONGST STUDENTS AT NICA: A CIRCUS PHYSIOTHERAPY PERSPECTIVE

Circus artists are a unique cohort, combining elite athletic prowess with cutting edge creative endeavor. This webinar will detail typical injury patterns seen at the National Institute of Circus Arts (NICA) and challenges faced by the Health Care Team in treating and preventing them. Always entertaining, never boring and continually surprising, NICA circus students are like no other artistic athletes.

Dr David Munro

BPhysio(Hons), BSci(Hons), PhD
Physiotherapist, National Institute
of Circus Arts (NICA)



SIGN UP NOW

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

ASPAH MEMBER: \$25.00 / NON-MEMBER: \$50.00

ASPAH MEMBER CONCESSION: \$15.00 / NON-MEMBER CONCESSION: \$30.00

Register For the Webinar Now!

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THE MUSIC, MIND AND WELLBEING GROUP OF THE UNIVERSITY OF MELBOURNE
IN ASSOCIATION WITH THE
AUSTRALIAN SOCIETY FOR PERFORMING ARTS HEALTHCARE
PRESENT:

PERFORMING WELLNESS

Keynote speakers: Professor David Howard, Royal Holloway, University of London

Dr Bronwen Ackermann, University of Sydney

Saturday 10 December 2016, Wyselaskie Auditorium, 29 College Crescent, Parkville VIC 3052

The stresses and strains of elite musical performance can have debilitating effects on the musician. This symposium offers the opportunity for musicians to share their research and participate in practical activities promoting performer wellbeing in order to maximise performance potential and enjoyment. Papers from this event will form the basis of an edited volume.



David Howard is a founding member of the York Centre for Singing Science, headed the Audio Lab Research Group and was Professor of Electronics at the University of York for many years. He is a Chartered Engineer (CEng), Fellow of the Institution of Engineering and Technology (FIET), Senior Member of the Institution of Electrical and Electronic Engineers (Senior MIEEE), and Fellow of the Institute of Acoustics (FIOA). He is also an accomplished choral director and singer, and his innovative research has explored ways to improve vocal pedagogy and learning through the use of engineering and the application of music technology to the vocal pedagogue's studio practice.



Bronwen Ackermann is a physiotherapist whose interest in performing arts health grew as a result of her ongoing work with the musicians of Australasia's leading symphony orchestras. Her clinical and research work focuses on understanding better ways to optimise body use during performance and reduce the risk of injury. She has run several large national musicians health projects including an ARC linkage grant developing evidence based guidelines for best management of occupational injuries occurring in musicians ('Sound Practice'). She was the inaugural president of the Australian Society for Performing Arts Healthcare, is the Chair of the International Liaison Committee and the Education Committee of the USA based Performing Arts Medicine Association (PAMA), and Editor-In-Chief of the journal Medical Problems of Performing Artists.

Important dates:

Please submit abstracts of up to 200 words to Frederic Kiernan (kiernanf@unimelb.edu.au) by Friday 16 September 2016.

Cost information:

\$45 full, \$25 concession/ASPAH members (plus booking fee), which includes light refreshments. To register, visit: <http://go.unimelb.edu.au/3w5a>

Organising committee:

Jane Davidson, Margaret Osborne, Frederic Kiernan



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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!

2016 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 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.

[Effects of Physical Symptoms on Muscle Activity Levels in Skilled Violinists](#)

J. Matt McCrary, Mark Halaki, Bronwen J. Ackermann

[Motor Imagery Practice for Enhancing Elite Performance Among Professional Dancers: A Pilot Study](#)

Amit Abraham, Ayelet Dunskey, Ruth Dickstein

[Visual Complaints and Eye Problems in Orchestral Musicians](#)

Henny J.M. Beckers, Marina A.W. van Kooten-Noordzij, Ronald M.P.C. de Crom, Jan S.A.G. Schouten, Carroll A.B. Webers

[Assessment of Maximum Aerobic Capacity and Anaerobic Threshold of Elite Ballet Dancers](#)

Matthew A. Wyon, Nick Allen, Ross Cloak, Sarah Beck, Paul Davies, Frances Clarke

[Playing-Related Health Problems Among Instrumental Music Students at a University in Malaysia](#)

Karen Lonsdale, Ong Kuan Boon

[Differentials in Turnout Among Professional Classical Ballet Dancers](#)

Isobel Washington, Susan Mayes, Charlotte Ganderton, Tania Pizzari

[Trust, Satisfaction, and Confidence in Health Care Providers Among Student and Professional Dancers in France](#)

Stephanie Alimena, Mary E. Air

[Postural Stability Assessment of University Marching Musicians Using Force Platform Measures](#)

Trevor D. Magnotti, Danielle McElhiney, Jeffrey A. Russell

[Contribution of Glottic Insufficiency to Perceived Breathiness in Classically Trained Singers](#)

Ellen Graham, Vrushali Angadi, Joanna Sloggy, Joseph Stemple

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In the September Issue [Editorial]

Donna Krasnow Free



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