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News from ASPAH Executive Committee

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Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

This newsletter is filled with upcoming events run by ASPAH and other organisations, as well as news on what ASPAH members have been up to in the past couple of months. The second half of 2017 seems to be exploding with performing arts healthcare events and news! Enjoy :-)

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 October 31st to be considered for publication in the next issue.

Keep healthy and well!

Camilla

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PRESIDENT'S REPORT

All of a sudden the second half of the year is upon us and the ASPAH symposium is just around the corner!

It has been an exciting couple of months for ASPAH with a cracking [symposium schedule](#) in place, [webinars](#) underway and new national collaborations in the pipeline. In signing the praises of ASPAH over the past months I take the position that ASPAH is the peak body in Australia for performing arts healthcare. I can only make that claim because of the enormous wealth of knowledge, expertise and wisdom held within the growing ASPAH membership. Now a ripe 10 years old, there is also a growing interest in performing arts health and healthcare and it is ever important that we sing the strengths of ASPAH at every opportunity.

Another fantastic contribution we provide to our community is our [Member Directory](#), please take every opportunity to use and promote the directory. Finally, it is essential that we grow the ASPAH membership with talented and passionate members of the performing arts community regardless of expertise or discipline. Make your member charter the centre point of the office, share and promote our fantastic organisation to your network and help ASPAH grow into the next decade!

All the best,

Luke

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DISCOUNTED ACCOMMODATION

Although the Accommodation Package has now ended, you can still received discounted accommodation to stay at the Symposium venue, [Peppers Salt Resort & Spa](#), when you book your accommodation along with your Symposium Registration.

Simply [register now](#) and select your accommodation from the options provided!

SYMPOSIUM PROGRAM

We are pleased to announce a draft program for the [Symposium](#) has been published on our website!

Please note this program is a draft and is subject to change.

DOWNLOAD SYMPOSIUM DRAFT PROGRAM

[Subscribe](#)[Past Issues](#)[Tr](#)**18th OCTOBER 2017 | 7.00-8.00PM****NOW FREE FOR MEMBERS!**


ASPAH WEBINAR SERIES



Image - Fiona Cullen

A brief outline of the way the neuromotor system produces voluntary movement, including the impact of various cueing systems, explicit and implicit learning modes, and naïve beliefs. A case study demonstrates several causes and a new rehabilitative approach to a dancer's chronic spinal injury.

MORE THAN MUSCLES AND BONES

SIGN UP NOW

**Janet Karin OAM**Clinical Fellow,
Australian Catholic UniversityProfessional Associate,
University of Canberra
<http://www.aspah.org.au/webinars>
ASPAH MEMBER: FREE**NON-MEMBER FULL: \$50 / NON-MEMBER CONCESSION: \$30****REGISTER FOR WEBINAR**

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CALL FOR NOMINATIONS TO ASPAH COMMITTEE

ASPAH members are invited to stand for nomination to the committee. Please send applications to admin@aspah.org.au by **5pm Friday, 10th November**. If there is a need for election you will be notified after this date. Nominations must be signed by the person standing for election, a nominator and seconder. If this is difficult please send through incomplete forms and we will arrange for them to be completed by eligible ASPAH members. You can download the nomination form [here](#).

Committee tasks and commitments

ASPAH understands the obligations of busy people so we try to operate as efficiently as possible. Committee meetings are currently held every two months via webinar, generally with subcommittee meetings taking place in the intervening months. We generally hold a face-to-face weekend meeting at a central location in February to set the agenda for the coming year. Tasks are divided up amongst committee members so as not to make any single load too large and we have the assistance of an administration manager.

Please consider standing for election to the ASPAH committee. If you have any questions please contact us at admin@aspah.org.au

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COMPOSED DOCUMENTARY - AUSTRALIAN SCREENINGS

A new documentary exploring performance anxiety from the perspective of classical musicians is screening around Australia this month! Free tickets were offered to ASPAH members and we're looking forward to seeing those who grabbed the opportunity at screenings around the country soon!

<http://composeddocumentary.com/>

WHAT WE'VE BEEN UP TO

ASPAH members have been up to so much for the past month, we wanted to share some highlights here:

- ASPAH Members' Research Hits the News

Research by ASPAH President, Dr Luke Hopper, and Treasurer, Dr Clifton Chan, hit the news last month in the ABC 24 hourly bulletin! Read all about this groundbreaking application of motion capture technology to address injury in cellists [here](#).

This paper was also co-authored by ASPAH member, Suzanne Wijsman. Members can access the research paper through their MPPA subscriptions! [MPPA Article](#)

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Foundational Meeting

Later this month, committee members Mark Seton and Gene Moyle will represent ASPAH at the inaugural meeting of the Australian Alliance for Wellness in Entertainment (AAWE), an initiative of Entertainment Assist. The AAWE is described as "an umbrella for a series of meetings among peak bodies, sector representatives and educators of Australia's live and recorded entertainment industry, convened to discuss the sector's high incidence of suicide, anxiety, depression and substance abuse." We are very excited about this initiative and the collaborations it will surely foster.

- University of Western Australia - Research Week

ASPAH President Dr Luke Hopper, Treasurer Dr Clifton Chan and member, Dr Bronwen Ackermann, presented as part of a music health symposium at the UWA [Research Week](#) last weekend.

AUGUST WEBINAR NOW ONLINE

For those of you who missed Prof. Gene Moyle's Webinar "Performance Psychology and Wellbeing for Performing Artists" in August, or for anyone who wants to listen again, the recording is now available online for all ASPAH members!

[WATCH IT HERE](#)

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Call for abstracts International Conference on Performing Arts Medicine (ICPAM2018)

Thursday 29th - Saturday 31st March 2018 The Hague, The Netherlands

"State of the Art in Performing Arts Medicine"

Abstract deadline: November 1st, 2017 23:59 CET

The scientific committee of the ICPAM2018 now welcomes abstracts for oral presentations as well as poster presentations for the International Conference on Performing Arts Medicine 2018 in The Hague The Netherlands. The goal of ICPAM2018 is to share state of the art medical scientific knowledge on the topics of dance, music, voice, hearing and mind.

The first day of ICPAM2018 is devoted to Musicians' Medicine and the third day to Dance Medicine. On the 'overlapping' middle day, presentations with a more general character, appealing to a broader audience from both fields will be scheduled. The scientific committee invites presenters from all fields that connect to the theme: *State of the Art in Performing Arts Medicine*, including, but not limited to, clinical medicine, medical research, education, policy aspects and international relations in performing arts medicine. The conference aims to be a meeting point for this passionate group of researchers and clinicians, that share a common interest in this specific field.

Abstract guidelines

Prospective presenters must submit an abstract in clear and concise English with a maximum of 300 words containing the following sections:

Topic: Dance / Music / Voice / Hearing / Mind / Other (please choose one)

Objectives: What were the study aims

Study design: Which type of research or literature review.

Methods: The way the study has been performed or the literature search was carried out. In case of the latter, in particular, how the keywords were formulated and worked out into search strategies, which were used to search in what kind of search machines.

Results: Outcome of the study

Conclusions: Conclusions and relevance for Performing Arts Medicine.

NB If the topic of the presentation does not fit this research-based format, please, make sure to clarify what the objective and relevance is for Performing Arts Medicine.

All abstracts must be submitted before November 1st 2017 23:59 CET via the official conference website: www.icpam2018.org. If you need assistance, please contact abstract@ICPAM2018.org. The abstracts will be evaluated by the Scientific Committee and selected presenters will be notified before January 1st 2018. All presenters must register for the conference in order for their abstract to be officially accepted for a presentation at the conference.

Looking forward to seeing you in The Hague!

Saskia Haitjema, MD, PhD,
Chairman Scientific Committee ICPAM2018.

How Can the Show Go On? Performing Arts Wellbeing Summit

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This is a one day summit to be held at Sydney Opera House on the 13th November 2017.

This event is authorised by Theatre Network NSW with support from the NSW Performing Arts Wellbeing Working Group*, Create NSW, and Sydney Opera House. The purpose of the event is: To raise awareness, share information, and generate cross-industry action around the wellbeing of performing arts and screen workers in NSW.

Event date: Monday, 13th November 2017

Time: 9am to 5.30pm

Where: Studio Theatre, Sydney Opera House

Attendance: 200 – 300 persons

Summit Structure: A one-day summit featuring keynotes from leaders in the field as well as workshops, panels, working groups, inspiring examples and opportunities for reflection, commitment and action.

Why: In early 2016 Entertainment Assist released significant research findings on the high rates of mental illness and suicide for workers in the Australian entertainment industry. Sadly, this report reflected other research findings and what many of us working in the industry already knew from personal experience. Theatre Network NSW (TNN) liaised with its stakeholders as well as key organisations working in this area to determine what action could be developed to ensure better wellbeing for our sector. In late 2016, (TNN) established a working group* to map and identify key actions and to develop support from Create NSW and Sydney Opera House. This forum is the first major opportunity in NSW for those working in the performing arts and screen to come together to discuss and develop shared commitment to improving industry wellbeing.

Audience: individuals and companies/organisations from performing arts and screen sector in NSW. Speakers and participants will come from across the all areas of performing arts and wellbeing sector including: 1) those working independently or in the small to medium sector of our industry; 2) our emerging artists who are the future of our industry and who have the potential to make much-needed, positive change in this area of our industry's culture; 3) both commercial and subsidised performing arts; 4) all aspects of performing arts and screen employment: creative, performing, production, technical, management, administration, volunteer performing arts workers; 5) Significant family members/Partners of arts workers and artists. Access to this event for those on tour, on shift work, or in regional locations is critical. Travel subsidies will be available through an EOI process (to be launched before end of August) to a maximum of \$400 per person based on need and distance from Sydney. EOIs for these subsidies will close at 5pm on Friday, 22nd of September with confirmation by Friday 29th of September.

Event Themes: • This is an all-of-industry conversation to collaboratively explore and

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commit to action that ensures the show can go on without the wellbeing of those integral to the show paying the price. Through this forum, the sector can begin to map and plan how the performing arts can perform better and what resources and partnerships will be integral to doing just that. • The event includes case studies and stories of wellbeing support from across the sector that provide a source of inspiration, information, and ideas from which the sector can build awareness, momentum and buy-in for improved NSW support for performing arts wellbeing. • This summit is not just about support platforms once wellbeing issues are identified but also about self-help and pre-emptive solutions that increase sector resilience and reduce the occurrence of wellbeing issues in the first place. The event will be recorded with key findings transcribed so that they can be developed into resource material.

*NSW Performing Arts Wellbeing Group members includes: • Jane Kreis, Theatre Network NSW • Mark Seton, University of Sydney, Australian Society for Performing Arts Healthcare (ASPAH), & Australian Actors Wellbeing Study • Bethwyn Serow, Australian Major Performing Arts Group • Penny Watts, Monkey Baa ASPAH will be participating in this Summit, with Dr Mark Seton contributing to a panel discussion on “What is wellbeing?” and facilitating a workshop on creative resilience.

If you would like to register interest in attending this event, please email Theatre Network NSW: director@tnn.org.au

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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!

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www.aspah.org.au

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Room L110A

Building C42

The University of Sydney

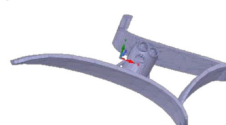
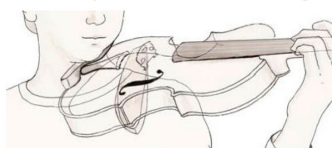
NSW 2006 AUSTRALIA

Telephone: +61 2 93519472

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

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. (Bonij) Rietveld, orthopaedic surgeon & musician, founder and director of the MCDM and president of NVDMG.

Early bird registration to open soon:
www.ICPAM2018.org

"State of the Art in Performing Arts Medicine"



In cooperation with IADMS & PAMA
 ASPAH, BAPAM, CEIMArS, CN D, DGfMM, DHF, Médecine des Arts, NIDMS, ÖGfMM, SMM, tamed & UNISA



ADVERTISE IN THE ASPAH NEWSLETTER

A new benefit for ASPAH members; we are now welcoming

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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

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**

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[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

[Comparing the Impact of Specific Strength Training vs General Fitness Training on Professional Symphony Orchestra Musicians: A Feasibility Study \[MPPA Open Access\]](#)

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, Maria Dolores Garcia Manzanares, Juan Diego Ramos-Pichardo

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

[Editorial] *Bronwen J. Ackermann*

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