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News from ASPAH Executive Committee

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Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

In our first newsletter issue for 2019 we are excited to announce our [Call for Abstracts](#) for this year's ASPAH Conference. If you are a performing arts healthcare researcher or practitioner, this conference is an amazing opportunity to present your work and network with other specialists and enthusiasts in the field. This year we have introduced four categories for submissions to accommodate the diversity of presentations and presenters in the field. Please spread the word to anyone who may be interested!

Members are encouraged to send in their upcoming events, articles, news, and relevant advertisements to be included in this bi-monthly newsletter. Simply email content to media@aspah.org.au by April 30th to be considered for publication in the next issue.

Keep healthy and well!

Camilla

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PRESIDENT'S REPORT

A very happy new year to everyone in the ASPAH community! Since the December newsletter we have a fully formed committee and four subcommittees working away on some exciting new initiatives.

The 2019 ASPAH Conference has been announced to be held at the fabulous Arts Centre Melbourne on the 30th November and 1st December. I am very excited to announce that our Keynote Speaker this year will be Dr Sue Mayes from the Australian Ballet who will open the conference themed 'Lasting The Distance: A Lifetime in the Performing Arts'.

We have also recently released our latest [sleep guide](#) and the first of our series of [video interviews](#) starting with ASPAH past President Dr Paul Duff.

We are also incredibly fortunate to have the support of the Promotion Subcommittee this year who are doing a wonderful job in getting the word out about ASPAH and the fantastic things happening in performing arts healthcare.

2019 has the makings of a great year for ASPAH. Please help us in any way you can using and promoting all of the ASPAH resources and online channels. ASPAH Members can find a banner in this newsletter to add to your email signature!

Links to our online channels:

[Facebook](#)

[Twitter](#)

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All the best,

Luke

Dr Luke Hopper

ASPAH President

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CALL FOR ABSTRACTS

Submissions are invited for papers and workshops addressing issues of injury management and prevention, psychological wellbeing, preparation, education, and support both on and off the stage in the performing arts.

CAREER DEVELOPMENT AWARD: Financial assistance of up to \$500 will be awarded to support the attendance of the presenter of the best student abstract.

DEADLINE: 5pm on Friday 7 June, 2019

SUBMIT ONLINE: <http://aspah.org.au/abstracts>

KEYNOTE SPEAKER: Dr Sue Mayes

Dr Sue Mayes has been the Principal Physiotherapist of The Australian Ballet since 1997. She is the Director of company's world-leading Artistic Health Team and treats the diverse injuries of the professional ballet dancer and other elite athletes. Sue is currently researching ankle and hip joint injuries in professional ballet dancers as part of the research partnership between The Australian Ballet and La Trobe University. Sue was nominated for an Australian Dance Award in the category 'Services to Dance' in 2017 and 2018.



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WEAR YOUR ASPAH MEMBERSHIP ON YOUR SLEEVE!

Digital member banners are now available on our website for download. Let your contacts know you're committed to performing arts healthcare by adding this banner to your email signature!

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(Preview only)

If you have any difficulties accessing this download, please email media@aspah.org.au to receive your digital copy

INTRODUCING NEW ASPAH MEMBERS!

Welcome aboard Fleur!

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I am a lecturer in sports psychology at Murdoch University. I aim to investigate and create evidence based programs which support the well-being, mental health, and safety of circus artists through-out their life-span. I share information about my work in contemporary circus on my website www.circuspsychology.com.

Would you like to introduce yourself but forgot to do so when you joined?

[Just follow this link](#)

Not a new member but want to let us know what you've been up to?

[Share an update for our next newsletter here](#)



Roady4Roadies takes place nationally in **Sydney, Melbourne, Brisbane** and **Perth** on Sun 10th March and **Adelaide** on Sun 24th March. It is open to the public and industry alike, with all profits going to **Support Act**.

Live production crew are the unseen but essential backbone of the music events that we all enjoy, but these roles can often take their toll on those involved.

An Entertainment Assist study, conducted by Victoria University in 2015, revealed shocking rates of mental health problems within the entertainment industry. Figures

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showed the rate of attempted suicide in the industry is more than double the rest of the population. *Scarily*, it also found road crew members considered taking their own lives nearly nine times more than the general population. Independent figures have shown one in six roadies commit suicide, over eight times the national average!

The aim of **Roady4Roadies** is to bring public awareness to the diverse range of highly technical and creative skills required to make our dreams to come true, and raise desperately needed funds to help those in crisis.

[Find out more and register](#)

SHORT COURSE IN PAIN MANAGEMENT AND INJURY PREVENTION FOR MUSICIANS



For musicians who are dealing with or wish to avoid issues like RSI, tension, back, neck, hand or wrist pain when playing.

5 x 90 minute sessions, Wednesdays 7:45pm
1st, 8th, 15th, 22nd and 29th May 2019

Course fees (for all 5 sessions):
\$220 if paid by 1st March,
\$250 if paid by 1st April, otherwise \$280

Max 6 attendees - any instrument, age, background or level of experience.

Participants will learn to modify counter productive patterns of posture and

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movement while meeting the demands of performance. The course will be customised to suit the needs of the individual attendees and is designed to provide a framework for independent application.

Presented by Jeremy Woolhouse, an Alexander Technique Teacher and music graduate of the VCA who has overcome RSI, back pain and hypertension. Jeremy draws on piano and Alexander Technique teaching experience to present a method for coordinating the whole performer and performance.

poisealexandertechnique.com.au

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MEDICAL PROBLEMS OF PERFORMING ARTISTS

LATEST RESEARCH TITLES!

Access to the MPPA database can be included in an ASPAH membership - click the below JOIN ASPAH NOW button to read this latest research in performing arts healthcare, if you are not already a member.

[Measuring Training Load in Dance: The Construct Validity of Session-RPE](#)

Brenton Surgenor, Matthew Wyon

[Towards Consensus on Clinical Assessment of Embouchure in Brass Players: A Delphi Study](#)

Kees H. Woldendorp, Elise Ploos van Amstel, Hans Boschma, Anne M. Boonstra, Hans J. Arendzen, Michiel F. Reneman

[Exploring Professional Circus Artists' Experience of Performance-Related Injury and Management: A Qualitative Study](#)

Timothée Cayrol, Emma Godfrey, Jerry Draper-Rodi, Lindsay Bearne

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[Professional Ballet Dancers](#)

Joanna Gorwa, Jacek Zielinski, Wojciech Wolanski, Robert Michnik, Dawid Larysz, Lechoslaw B. Dworak, Krzysztof Kusy

[Tongue Position Variability During Sustained Notes in Healthy vs Dystonic Horn Players Using Real-Time MRI](#)

Peter W. Iltis, Jens Frahm, Eckart Altenmüller, Dirk Voit, Arun Joseph, Kevin Kozakowski

[Use of a Shoulder Rest for Playing the Violin Revisited: An Analysis of the Effect of Shoulder Rest Height on Muscle Activity, Violin Fixation Force, and Player Comfort](#)

Laura M. Kok, Jim Schrijvers, Marta Fiocco, Barend van Royen, Jaap Harlaar

[Career Transitions for the Young Dancer: Considering Psychological Implications, Challenges with Athletic Identity, and Need for Available Resources](#) [Review]

Kelsey L. Griffith, Marina G. Gearhart, Dai Sugimoto, Ellen T. Geminiani, Andrea Stracciolini

[Current Approaches for Management of Music Performance Anxiety: An Introductory Overview](#) [Review]

Katie Zhukov

2019 MEMBERSHIP BENEFITS

Becoming a member of ASPAAH 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:

- Professional Listing on ASPAAH's online Directory of Members

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	<ul style="list-style-type: none"> • Full annual subscription to <i>Medical Problems of Performing Artists</i> • 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 advertising in ASPAH bi-monthly e-newsletters • 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 	

JOIN ASPAH NOW!

The Australian Society for Performing Arts Healthcare is a registered charity.
All donations over AUD\$2.00 are tax deductible.



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