

**ASPAH**Australian Society for  
Performing Arts Healthcare

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## LETTER FROM THE EDITOR

Dear <<First Name>>,

This month's newsletter is full of news and developments, with upcoming events, a new grant program, reports from the exciting activities happening with the ASPAH Local Chapter in Melbourne, and more!

Remember that 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! Simply email content to [media@aspah.org.au](mailto:media@aspah.org.au) by June 30th to be considered for publication in the next issue.

Keep healthy and well,

Camilla

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## PRESIDENT'S REPORT

I am very pleased to announce the [call for papers](#) for the 2018 ASPAAH conference on the 1<sup>st</sup> and 2<sup>nd</sup> of December at the Sofitel in Sydney. The ASPAAH conference is the landmark calendar event to highlight and disseminate all of the fantastic work being produced in Australian Performing Arts Healthcare. Submissions close on the 1<sup>st</sup> of June and please save the date in December! We are also incredibly fortunate to have AIS Senior Recovery Physiologist Dr Shona Halson joining the ASPAAH community as this year's keynote speaker. Through a keynote presentation and workshop Shona will provide insight into the state of the art recovery practices used at the AIS and how the arts can benefit from similar processes.

Through much deliberation by the executive committee we will be implementing a new membership fee structure in the new financial year. The new structure retains the concession categories while opening a new student category and more flexibility for access to the MPPA journal. The new fee structure is intended to provide ASPAAH greater financial stability and broaden accessibility within the performing arts community. The best way in which ASPAAH can grow is through the advocacy of the ASPAAH membership. Please take this new initiative to recommend ASPAAH membership to your fellow performing arts professionals and students.

The Paulette Mifsud Memorial Grant program will soon be opened in place of the previous Healthy Partnerships in the Performing Arts Grant. We are currently [calling for donations](#) to the program. All proceeds will be used in supporting healthcare promotion, participation and delivery in the Australian performing arts community. Any donations are welcome and greatly appreciated in honour of Dr Paulette Mifsud and in support of Australian performing arts healthcare.

Sincerely,

Luke Hopper PhD  
*President, ASPAAH*

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**2018 ASPAH SYMPOSIUM - CALL FOR ABSTRACTS!****ASPAH**Australian Society for  
Performing Arts Healthcare**CALL FOR PAPERS****BEFORE AND AFTER THE SPOTLIGHT:  
PERFORMANCE PREPARATION AND RECOVERY****DECEMBER 1<sup>st</sup>-2<sup>nd</sup> 2018  
SOFITEL WENTWORTH (SYDNEY, NSW)**

Papers, workshops and posters are invited on topics concerning clinical and educational research that address issues of injury management and prevention or holistic healthcare education for those in the performing arts, including instrumentalists, vocalists, actors, dancers, circus and physical theatre practitioners.

**CAREER DEVELOPMENT AWARD:** \$500 - Best postgraduate student abstract

**PRIZES FOR:** Best scientific presentation and best clinical presentation

**Keynote Speaker:**  
**Dr Shona Halson**  
(AIS)



Dr Shona Halson is the Senior Recovery Physiologist at the Australian Institute of Sport and an Associate Editor of the International Journal of Sports Physiology and Performance.

Shona has a wealth of experience in the area of fatigue and recovery and has spent many years working as the Recovery Centre Director for the Australian Olympic Committee. Her presentation will provide invaluable insight into how performance enhancement and recovery methods that have worked for elite athletes could be applied for performing artists.

**SUBMISSION DEADLINE: COB June 1<sup>st</sup>, 2018**

APPLY ONLINE:

[www.aspah.org.au/call-for-papers-2018-symposium/](http://www.aspah.org.au/call-for-papers-2018-symposium/)

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READ MORE AND SUBMIT

## CALL FOR DONATIONS PAULETTE MIFSUD MEMORIAL GRANT PROGRAM



### FUNDRAISING BLITZ

## HELP US TO HONOUR PAULETTE MIFSUD

ASPAAH is currently calling for donations to support the establishment of the Paulette Mifsud Memorial Grant Program.

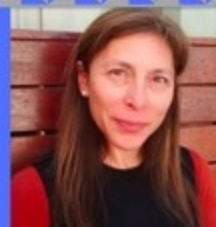
This grant program will allow ASPAAH to allocate money to community projects that further the cause of performing arts healthcare across Australia and will honour the memory of performing arts psychologist, Paulette Mifsud, who was an active member of the ASPAAH committee for many years.

Donate before May 31st to  
support the 2018 grant programs!

<https://www.givenow.com.au/aspah>

All donors will be listed on our Donors Page and thanked on our social media (with consent).

ASPAAH is a not-for-profit, charitable organisation.  
All donations over \$2 are tax deductible.



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## ASPAAH's Victorian Chapter News

### Melbourne Loves A/Prof David Butler

Audience members' survey responses following A/Prof David Butler's March address on pain show that their obvious enthusiasm remained strong well after the event. Most respondents worked in dance, with one in music and one treating performers across the performing arts. The presentation was regarded as very useful by one, with the remaining respondents awarding it the top ranking of extremely useful. Several participants cited the "most helpful" information as the science behind HOW the brain creates pain symptoms; the pain language; and that you can get better.

Suggestions for further healthcare topics included anxiety and injury management; motor control, psychology of performance; neuroplasticity; tension myocitis; and dealing with young dancers in pain. Possibly the 100% positive reactions were best summarised by one respondent as "More David Butler is always good!"

### Dr Clifton Chan Speaking on Performing Artist Health

In April, we were thrilled to welcome ASPAAH Treasurer Dr Clifton Chan to speak on *Get real! What every performing artist needs to physically prepare for their best performance*. Dr Margaret Osborne, psychologist and Vic Chapter co-chair, describes his presentation:

*Clifton presented a rich tapestry of evidence-based strategies for optimal physical performance health, with key points about sleep and nutrition that every performer should have memorised, or at least readily accessible. As a psychologist, I thought I knew what there was to know about the benefits of sleep for optimal function. Attending Clifton's presentation confirmed the value and benefit of a multidisciplinary approach to performing arts health which is a cornerstone of ASPAAH. Clifton covered multiple aspects of sleep, including the cognitive and neuroendocrine compromises of insufficient sleep, and the delicate balance between keeping a consistent sleep onset and waking routine with the desire to catch up on lost sleep, which is not the "I'll grab a long morning sleep when I next can" option which most of us (well, at least I did) believe. Macro- and micro-nutrients for optimal training, performance and recovery were also examined. Clifton's knowledge was*

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*both deep and practical, enabling us to apply the strategies immediately. Definitely worth attending.*

The ASPAH national committee strongly supports outreach to the performing arts community. We are building a set of resources and strategies to serve the multiple needs of this group. If you would like to discuss possibilities of speakers or workshops, please contact our administrative officer, Camilla Tafra, at [admin@aspah.org.au](mailto:admin@aspah.org.au).

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## **SURVEY ON MENTAL HEALTH IN ENTERTAINMENT INDUSTRY**

Entertainment Assist is looking for perspectives from all areas of the performing arts/entertainment industry to better understand mental health in this field. Whether your job is technical, creative, behind-the-scenes or in front of a microphone or camera, they want to hear from you!

Please have heart and play the most important role of your life, or someone else's, by contributing to this survey on mental health.

(All responses are confidential)

**COMPLETE SURVEY HERE**

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## **DANscienCE MOVING WELL**

DANscienCE are holding a one day event "Moving Well: Where Dance and Science Meet" on June 2nd in Sydney. ASPAH Members Dr Luke Hopper and Janet Karin will both be presenting at this event.

Read more below!

PRESS RELEASE  
FOR IMMEDIATE RELEASE

**DANscienCE MOVING WELL**  
WHERE DANCE AND SCIENCE MEET



Dance and science will collide at Riverside Theatres with *DANscienCE Moving Well*, a one-day event featuring performances, talks, a panel discussion and films.

Presented by FORM Dance Projects and Riverside Theatres, the program will feature guest dance artists and health specialists exploring the nexus between dance, science, health, wellbeing and longevity.

*DANscienCE Moving Well* has been curated by award-winning choreographer, performer and producer, Liz Lea, who said the day will delve into current research and practice in the areas of dance and health, and how it brings value to our bodies at varying stages of life.

"The day will include 15 incredible speakers hailing from across Australia, the US and the UK who will discuss topics such as mental health, connection to country, technique, mixed abilities and recovery from illness. In addition, there will be inspiring performances and film screenings to check out throughout the day. I highly recommend everyone to get along to this celebration of dance and science!"

Patron of the event, Professor Graham Farquhar AO, a distinguished scientist, former professional dancer and 2018 Senior Australian of the Year acknowledges, "As a dancer I made a wonderful biophysicist."

The *DANscienCE Moving Well* program includes:

- Thought-provoking talks by experts in health and movement.
- A panel discussion between dance and health professionals on ways the arts and science can come together to improve wellbeing. The panel will include Graham Farquhar and will be moderated by award-winning author and journalist, Caroline Baum.
- Inspiring short performances by the GOLDS, a dance group for people aged 55 years and over; and *Offbeat Dance Group*, comprised of members with Parkinson's Disease.
- Film screenings of *On View: Icons (Excerpts)* by Sue Healey, a collection of portraits of iconic dance artists, including a rare live performance by dance legend Eileen Kramer (103 years-old); and *Michelle's Story* by Meryl Tankard, an insight into the world of dance and disability through the journey of Michelle Ryan, a celebrated Australian dancer with Multiple Sclerosis.
- *RED*, a new solo work by Liz Lea inspired by her experiences with endometriosis, featuring dance, film, spoken word and song. Lea was recipient of the 2017 ACT Artist of the Year Award and a 2017 Australian Dance Award.

For the full program, visit: [www.form.org.au/moving-well](http://www.form.org.au/moving-well)

**DANscienCE Moving Well**

**When:** 10am to 9pm on Saturday 2<sup>nd</sup> June

**Tickets:** Tickets start at \$65 for Adults and \$38 for Seniors/Concession - from the Box Office (02) 8839 3399 or [www.riversideparramatta.com.au](http://www.riversideparramatta.com.au)

**Where:** Riverside Theatres – Corner of Church and Market Streets, Parramatta

**RED**

**When:** 8pm on Friday 1<sup>st</sup> June and Saturday 2<sup>nd</sup> June

**Tickets:** Adult \$35 and Conc \$28 - from the Box Office (02) 8839 3399 or [www.riversideparramatta.com.au](http://www.riversideparramatta.com.au)

**Where:** Riverside Theatres – Corner of Church and Market Streets, Parramatta

**Trailer:** <https://vimeo.com/266030785>

## NEW MEMBERSHIP FEES STRUCTURE

From July 1st, 2018, ASPAAH will be introducing a new fees structure aimed at accommodating the needs of more of our members (and potential members).

A comparative table is provided below for your information.

MPPA Journal Subscription	Fee Type	Old Annual Fee	New Annual Fee (from July 1st, 2018)
No journal subscription	Undergraduate Student Membership <b>NEW!</b>	N/A	\$20.00
No journal subscription	Concession membership <b>without</b> MPPA <b>NEW!</b>	N/A	\$40.00
	Standard membership <b>without</b> MPPA <b>NEW!</b>	N/A	\$70.00
MPPA journal subscription	Standard membership with online MPPA	\$100.00	\$110.00
	Standard membership with printed MPPA	\$130.00	\$140.00
	Concession membership with online MPPA	\$50.00	\$55.00
	Concession membership with print MPPA	\$65.00	\$70.00

## FREE ADVERTISING IN THE ASPAAH NEWSLETTER

**A new benefit for ASPAAH members; we are now welcoming advertisements to be published in our bi-monthly newsletter, offered free of charge to members!**

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

**To submit content, email [media@aspah.org.au](mailto:media@aspah.org.au)**



## ***MEDICAL PROBLEMS OF PERFORMING ARTISTS***

### **LATEST RESEARCH TITLES!**

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

[Prevalence of Orofacial Changes in Wind Instrumentalists: A Cross-Sectional Pilot Study in Brazil](#)

*José Cristiano Ramos Glória, Amanda Âmbar Balestra, Nayara Santos Iasbik, Dhelfeson Willya Douglas-De-Oliveira, Olga Dumont Flecha, Patricia Furtado Gonçalves*

[Impact of Changes in Playing Time on Playing-Related Musculoskeletal Pain in String Music Students](#)

*Judith Robitaille, Yannick Tousignant-Laflamme, Manon Guay*

[Health-Related Quality of Life in University Dance Students](#)

*Hayley M. White, Johanna M. Hoch, Matthew C. Hoch*

[Comparison of Lower Extremity Muscle Flexibility in Amateur and Trained Bharatanatyam Dancers and Nondancers](#)

*Monica Sharma, Shibili Nuhmani, Deepti Wardhan, Qassim I. Muaidi*

[Epidemiology, Treatment Efficacy, and Anxiety Aspects of Music Students Affected by Playing-Related Pain: A Retrospective Evaluation with Follow-up](#)

*Christos I. Ioannou, Julia Hafer, André Lee, Eckart Altenmüller*

[Effects of Aging on Musical Performance in Professional Orchestral Musicians](#)

*Dianna T. Kenny, Tim Driscoll, Bronwen J. Ackermann*

[Extent of Playing-Related Musculoskeletal Problems in the Irish Traditional Music Community: A Survey](#)

*Mark Porter, Iseult M. Wilson, Liz Doherty, Justin Magee*

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[and Movement in High String Players: A Systematic Review](#) [Review]

*Heike Schemmann, Nadine Rensing, Christoff Zalpour*

[Dancer Wellness. M. Virginia Wilmerding and Donna H. Krasnow, eds.](#) [Book Review]

*Esther C. Nolton* **Free**

[Managing Stage Fright: A Guide for Musicians and Music Teachers. By Julie Jaffee Nagel](#) [Book Review]

*Patrick Gannon* **Free**

[Editorial](#) [Editorial]

*Bronwen J. Ackermann* **Free**

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**JOIN ASPAH NOW!**

## 2018 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:

- Professional Listing on ASPAH's online Directory of Members
- Full annual subscription to *Medical Problems of Performing Artists*
- One year free subscription to *dancetrain* magazine in first year of membership
- 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

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- 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

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

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