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News from ASPAH Executive Committee

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ASPAAH

Australian Society for
Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

Welcome to the May newsletter! Keep reading to hear about ASPAH members' publication in The Conversation, get a reminder about submissions for the 2019 ASPAH conference, find out about the International Symposium on Performance Science being held in Melbourne in July, and see some news and advertisements from our members.

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 June 30th to be considered for publication in the next issue.

Keep healthy and well!

Camilla

IN THIS NEWSLETTER

1. President's Report
2. Call for Abstracts (Closing June 7th)
3. Australian Performing Arts and #MeToo (article by ASPAH members)
4. International Symposium on Performance Science (Melbourne 2019)
5. Member Updates and Introductions
6. Member Advertisements: Alexander Technique Workshop for Musicians (Jeremy Woolhouse)
7. Latest MPPA Titles

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PRESIDENT'S REPORT

With a month until abstract submissions are due it's time to get thinking, writing and submitting your work for the 2019 ASPAH conference. The conference committee has produced a new and streamlined online submission system to help you get your abstracts in and reviewed. The conference is shaping into another fantastic event this year and numbers are limited. Be sure to get your abstracts in on time as late submissions will not be accepted.

Our content and promotion subcommittees have been prolific over the past months with themed social media posts, new guides, and practitioner wisdom videos from some of our most prized Australian performing arts healthcare providers. I urge you to view, share and discuss all of the fantastic content that is freely accessible through the ASPAH website. All of the ASPAH guides are easily printable and can be shared to patients and in waiting rooms. Our member network is our most important medium for spreading the word for performing arts healthcare in Australia. Let's get ASPAH visible in the Australian performing arts community!

Special thanks goes to Amy Naumann, who after months of work will be launching our #HelpYourShowGoOn campaign at the University of Queensland this month. Amy has compiled an amazing educational booklet, coupled with the ASPAH guides and poster series. The campaign will be presented to the School of Music students to support their training and wellbeing. Please contact Camilla at admin@aspah.org.au if you would like ASPAH to present the work at your school or institution.

All the best,

Luke

ABSTRACT DEADLINE IS NEXT MONTH!

THERE WILL BE **NO EXTENSIONS** THIS YEAR

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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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"Hollywood may be able to afford

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OPTIMISING PERFORMANCE

International Symposium on Performance Science
Melbourne, 16 - 20 July 2019

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The International Symposium on Performance Science (ISPS) will be held in Melbourne, Australia at the new Ian Potter Southbank Centre at the University of Melbourne's Southbank campus from the 16-20 July 2019. The ISPS is a biennial meeting of performers and scientists that provides a platform to discuss all facets of performance and the skills which underpin it from interdisciplinary perspectives through topics such as motivation and the development of expertise, novice to elite levels of performance development, the psychology and physicality of performance, performers' health, and the perception, analysis, and evaluation of performance across the arts, as well as the natural, social, and applied sciences. The 2019 symposium theme is *Optimising Performance*. For more information and registration details please visit <https://performancescience.org/conference/isps-2019/>

[READ MORE](#)

INTRODUCING NEW ASPAH MEMBERS

Welcome aboard Melissa!



MELISSA JAMES

I am an accredited hand therapist and occupational therapist with over 25 years experience specialising in the treatment of hand, wrist and elbow conditions . I have a special interest in treating musician's hand problems as many of my own family members are musicians. I also trained as a dancer which has given me an understanding of some of the many challenges faced by performing artists. My practice Bayside Hand Therapy is local in Wynnum, Brisbane.

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MEMBER UPDATES



GREG HOLDAWAY

Hi, I'm Greg Holdaway, training director of BodyMinded: Sydney Alexander Technique. Some of you will have met me at the ASPAH conferences over the years. Performing arts often represent the peak of what human beings can achieve. My work in assisting performers and others to reach their potential is inherently rewarding; helping people remove blocks to creative expression, relieve their struggles and free the path

to simply perform at their best. I work a lot with musicians, and many working musicians are also teachers, it is so important to provide clear and accurate ways to educate the next generation of performers, they can avoid some at least of the health challenges faced by the previous generation as a consequence of less than adequate coordination then we are doing our job!

NEWS/UPDATES FROM GREG

BodyMinded is once again in transition, after 7 years of PD training for professional performers and teachers along with training Alexander teachers we are refocusing on the public. Our graduate teachers are offering lessons and classes in Sydney, giving me more time to focus on developing my own work and travelling to teach. We have built a successful professional development business over the last few years, and are adding further modules of study to our BodyMinded practitioner certificate course.

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](#)

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PERFORMANCE CONFIDENCE FOR MUSICIANS SHORT COURSE



For musicians dealing with performance anxiety, stage fright, or nerves, or for those who simply wish to improve on confidence in performance.

5 x 90 minute sessions, Wednesdays 7:45pm
June 5, 12, 19, 26, and July 3, 2019

Full course fees: \$250 if paid by 1st May, otherwise \$280
Payment required to reserve place. Max 6 attendees.

Info and bookings at www.poisealexandertechnique.com.au or call 0490 126 293

Performance confidence is not just psychological - it is a whole body-mind state. This course draws on principles of Alexander Technique to bring the body and mind into coordination for performance. Participants will learn panic prevention and management strategies as well as practice techniques to cultivate confidence. Long term performance anxiety is associated with physical and mental habits. Participants will look at how this nervous energy can be redirected into performance.

About the presenter:

Jeremy Woolhouse became a confident performer through a long period of self

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development supported by Alexander Technique, Zen meditation and contemporary psychology. He cites this development as central to his capacity for presenting engaging and fulfilling public performance. Jeremy's workshops draw on his personal journey, his experience in professional performance, teaching of music and of Alexander Technique.

FREE ADVERTISING IN THE ASPAH NEWSLETTER

ASPAH members are welcome to send in relevant advertisements to be published in our bi-monthly newsletter, free of charge!

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

To submit content, email media@aspah.org.au

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

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

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

[Decreased Bone Mineral Density in Forearm vs Loaded Skeletal Sites in 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

Log in to read these articles and more at <https://www.sciandmed.com/mppa/>

2019 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.

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<p>Membership benefits include:</p> <ul style="list-style-type: none">• Professional Listing on ASPAH's online Directory of Members• 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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