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News from ASPAAH Executive Committee

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**ASPAAH**

Australian Society for  
Performing Arts Healthcare

## LETTER FROM THE EDITOR

Dear <<First Name>>,

Our newsletters have been filling up lately with news from around the country and overseas. It's an exciting time for performing arts healthcare! To help you navigate to the content you are most interested in, you can now click on the item you'd like to view in the "In This Newsletter" box and be automatically directed to that section.

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 for a limited time (read more below). Simply email content to [media@aspah.org.au](mailto:media@aspah.org.au) by December 31st to be considered for publication in the first issue of 2018!

Keep healthy and well,

Camilla

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8. [ICPAM 2018 - Call for Papers Extended!](#)

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**REGISTRATIONS CLOSE**  
**5PM FRIDAY,**  
**NOVEMBER 17TH!**

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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!**

**REGISTER ONLINE NOW:**  
[www.aspah.org.au](http://www.aspah.org.au)

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# PRESIDENT'S REPORT

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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](mailto: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

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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](mailto:admin@aspah.org.au)

## DOWNLOAD NOMINATION FORM

### AUSTRALIAN ALLIANCE FOR WELLNESS IN ENTERTAINMENT

Last month on October 10th, Entertainment Assist announced the formation of the Australian Alliance for Wellness in Entertainment (AAWE). ASPAH is proud to be one of the founding members of this groundbreaking initiative focused on peer-to-peer collaboration across sectors to promote and pursue a healthy entertainment industry.

You can read the full media release announcing the initiative [here](#) and click on the image below to register for upcoming forums in your state!



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## MELISSA JHEY

I'm an Osteopath practising on Sydney's North Shore and especially love working with musicians and dancers. I have helped hundreds of people overcome pain, move well and live healthier lives. I play guitar, sing and learn drums so I understand problems faced by performance artists from sore shoulders or necks through to anxiety, stress and pain related to music practise, performance, recording, touring and production. I've successfully treated professional dancers with foot pain, back pain, muscle strains and ligament sprains to ensure they perform to their highest level. I use spinal manipulation, massage, craniosacral therapy, stretching and joint mobilisation to resolve imbalances in the body that lead to injury and poor health. I'm a firm supporter of preventative medicine and believe Osteopathy can be a valuable ally for artists of all disciplines to maintain optimal health and freedom of movement over their careers and lives.



## JANET KARIN

I'm a really happy new member of ASPAAH. The newsletter, the resources, the webinars, the November Symposium and regular Victorian Chapter activities make membership very satisfying.

A looong time ago I was a Principal Dancer of The Australian Ballet. After that I immersed myself in my other passion - teaching. Over the years, I've realised how much neurology, psychology and somatics influence dancers' health and performance. For 15 years I worked on applying

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at The Australian Ballet School, while also being involved with the International Association for Dance Medicine & Science (IADMS), serving as IADMS President (2013-2015). Now I am freelancing - writing, reviewing, presenting, researching and mentoring, with occasional coaching as time permits. Exchanging ideas with fascinating experts in music and performing arts healthcare makes ASPAAH an invaluable resource.



### **FERESHTEH POURKAZEMI**

Dear ASPAAH members,

My name is Fereshteh and I am a researcher, physiotherapist, and an educator at the University of Sydney. I am also a passionate artist; I love painting dance performers. Although painting is not considered as part of performing arts, I felt being a member of this group can provide me with a platform to meet enthusiastic artists, healthcare providers and researchers to learn from and collaborate with. My passion is to bring the universal language of arts into health and education. I am shifting my research towards art, health and wellbeing and I have also brought art into our education by forming a group of healthcare students who are also artists.

Thank you for welcoming me to your society and I look forward to meeting you all and hearing about your research, art, and clinical experience!



### **JAIME REDFERN**

Following a 20-year professional dance career in companies including Australian Ballet, Queensland Ballet and Expressions Dance Company, Jaime Redfern moved to Asia where he has focused on developing educational programs that promote collaboration and research in dance within Asia at under and postgraduate level over the past



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the development of numerous collaborative structures that facilitate interdisciplinary approaches to creating movement based work and practice as research. The many different roles within the performing arts sector, often in complex cultural environments have offered Jaime a broad understanding and capacity to initiate, develop and execute programs and courses. These roles include choreographer, teacher, mentor, curriculum developer, production and artistic director, researcher and creative leader. Jaime is currently Associate Professor and Head of Contemporary Dance at the Hong Kong Academy for Performing Arts.



### **MICHELLE SAMARAS**

Graduating with a Bachelor of Physiotherapy with Hons at UniSA in 2013, I have been practicing in musculoskeletal physiotherapy for four years. A dancer at heart, I have 21 years of dance training behind me and am still dancing today! I have an excellent understanding of the physical and emotional demands required for many styles of dance including Classical, Tap, Jazz, Hip Hop, Stiletto and Contemporary. Combining my work and leisure together, I have focused a lot of my clinical development on screening, treating and conditioning for dancers specifically. When I'm not at work, I love to keep active. In my spare time if I'm not at dance (surprise, surprise) I enjoy keeping busy and active doing Pilates, Yoga and Kick Boxing. I am currently practicing at Back In Motion Woodville, SA.

## **PERFORMING ARTS WELLBEING SUMMIT**



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## HOW CAN THE SHOW GO ON? PERFORMING ARTS & SCREEN WELLBEING SUMMIT

**TIME:** 9AM TO 5.30PM

**DATE:** MONDAY, 13TH NOVEMBER 2017

**VENUE:** THE STUDIO, SYDNEY OPERA HOUSE



**TICKETS \$35**

INCL. MORNING &  
AFTERNOON TEA  
PLUS LUNCH



SCAN CODE  
FOR TIX

**MORE INFO:** [TNN.ORG.AU/TNNEVENTS/SHOW-GO-ON-2017](http://TNN.ORG.AU/TNNEVENTS/SHOW-GO-ON-2017)

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BY CREATE NSW.



**Create NSW**  
Arts, Screen & Culture



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## **ASPAH SUPPORT FOR "COMPOSED"**

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## **DEADLINE EXTENDED TO DECEMBER 1st**

### **CALL FOR ABSTRACTS:**

**International Conference on Performing Arts Medicine  
Thursday 29th - Saturday 31st March 2018  
The Hague, The Netherlands  
“State of the Art in Performing Arts Medicine”**

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,

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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. Besides physicians in the field of dance and music, we especially invite also otolaryngologists to submit abstracts.

### **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

Conclusions: Conclusions and relevance for Performing Arts Medicine.

NB: If the topic of the presentation fits a research-based format, then, in addition, please make sure to describe the Study design, Methods and Results.

All abstracts must be submitted before December 1st 2017 23:59 CET via the official conference website: [www.icpam2018.org](http://www.icpam2018.org) . If you need assistance, please contact [abstract@ICPAM2018.org](mailto: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.

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

### **LATEST RESEARCH TITLES!**

**Access to the MPPA database is included in an ASPAAH membership -  
click the above JOIN ASPAAH NOW button to read this latest research in  
performing arts healthcare**

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[Playing the Clarinet: Influence of Body Posture on Muscle Activity and Sound Quality](#)

*V.A.E. Baadjou, M.D.F. van Eijdsden-Besseling, J.A.M.C.F. Verbunt, R.A. de Bie, R.P.J. Geers, R.J.E.M. Smeets, H.A.M. Seelen*

[Reducing Risk of Noise-Induced Hearing Loss in Collegiate Music Ensembles Using Ambient Technology](#)

*Jason Powell, Kris Chesky*

[Analysis of High-Density Surface EMG and Finger Pressure in the Left Forearm of Violin Players: A Feasibility Study](#)

*Paolo Cattarello, Roberto Merletti, Francesco Petracca*

[Overuse Injuries in Professional Anatolian Folk Dancers: A Descriptive Study Verified with MRI](#)

*Neslihan Aksu, Vefa Atansay, Taner Aksu, Sukriye Damla Kara, Safiye Koculu, Isik Karalok*

[Effect of Arm Position on Width of the Subacromial Space of Upper String Musicians](#)

*Elliot V. Smithson, Elizabeth Reed Smith, Gary McIlvain, Mark K. Timmons*

[Leg-Length in Relation to Selected Ballet Performance Indicators](#)

*C.C. Karpodini, M.A. Wyon, N. Comoutos, Y. Koutedakis*

[Epidemiology of Dance-Related Injuries Presenting to Emergency Departments in the United States, 2000-2013](#)

*Amy Jo Vassallo, Claire Hiller, Emmanuel Stamatakis, Evangelos Pappas*

[Analysis of Anteroposterior Spinal Curvatures in Child Violinists from Music Schools](#)

*Anna Cyganska, Aleksandra Truszczyńska-Baszk, Justyna Drzał-Grabiec, Adam Tarnowski*

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[Performing Arts Medicine Abroad] *Naotaka Sakai* **Free**

[SaludarteHabana 2016: International Congress on Diseases and Rehabilitation of Professionals in the Arts](#)

[Performing Arts Medicine Abroad] *David Hinkamp* **Free**

[Musculoskeletal Problems in Performers \[letter\]](#)

[Letter] *David Fielding* **Free**

[The Sickness of Stigmas](#)

[Editorial] *Bronwen J. Ackermann* **Free**

MUSICAL KEYS

## Workshop: Using Guided Imagery & Music to increase performing confidence



A presentation and workshop on the application of imagery & music techniques to tap into one's performance potential

**Friday 10th November from 6 - 7:30pm**

Loughlin Room, Melbourne University Music Dept, Parkville

RSVP to [info@musicalkeys.com.au](mailto:info@musicalkeys.com.au) by Monday 6th November

ASPAH members free, non-members \$10

*\* Please wear comfortable clothing, BYO yoga mat if preferred for lying on floor*

**Workshop Facilitator: Rachael Martin**

*M.Music (Music Therapy), A.MusA, PGDip Music Therapy, PGDip Guided Imagery & Music Therapy  
Registered Music Therapist and Guided Imagery & Music Therapist*

**<http://performancepotential.musicalkeys.com.au> | e: [info@musicalkeys.com.au](mailto:info@musicalkeys.com.au)**

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**Dr Bronwen Ackermann**, PhD, MPH, BAppSc(PT)

**Dr Mark Halaki**, PhD, MSc, BSc

**Professor Margaret Barrett**, PhD, MEd, BA

**Mr Ju-Yang Chi**, PhD candidate, MSc, BPT

Room L110A

Building C42

The University of Sydney

NSW 2006 AUSTRALIA

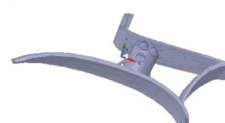
Telephone: +61 2 93519472

Email: [Bronwen.ackermann@sydney.edu.au](mailto:Bronwen.ackermann@sydney.edu.au)

Web: <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](mailto:jchi6656@uni.sydney.edu.au)

Or **Dr Bronwen Ackermann** at Email: [Bronwen.ackermann@sydney.edu.au](mailto: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](http://www.bodymapping.com.au)**

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# ADVERTISE IN THE ASPAH NEWSLETTER

**A new benefit for ASPAH members; we are now welcoming advertisements to be published in our bi-monthly newsletter. This will be offered free of charge for a limited time to members!**

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

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**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.

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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

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