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News from ASPAH Executive Committee

[View this email in your browser](#)**ASPAH**Australian Society for
Performing Arts Healthcare

LETTER FROM THE EDITOR

Dear <<First Name>>,

We have the [2018 ASPAH Conference](#) coming up, with earlybird registrations closing in less than 2 weeks! It's great to see a couple of the scheduled presenters have had their work published in the latest issue of MPPA, including Dirk Möller and Karen Lonsdale. You can see the latest list and links to MPPA titles [at the end of this newsletter](#).

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

Keep healthy and well,

Camilla

IN THIS NEWSLETTER

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PRESIDENT'S REPORT

Dear ASPAH community,

Only a few months to go until our capstone event in December, and [with a great program in place](#) I am sure it will be another fantastic ASPAH conference. Remember that early bird registrations close this month so be sure to [register now](#) for the discounted fee.

If you haven't already done so please visit the new [ASPAH Guides page](#). With special thanks to Janet Karin, Mark Seton and Amy Naumann, for coordinating the guide development, and for the valued contributions from the ASPAH members listed on the guides. We hope that the guides will provide a valuable resource for the performing arts community as an accessible means of understanding and managing health and well-being within the performing arts sector. All of the guides are free pdf downloads, so please share the links and print them out to distribute within your networks. The ASPAH committee would also welcome any offers to produce additional guides that are relevant to your area of expertise. Please contact us if you have any suggestions.

The new membership fees were introduced in July, which include the flexibility of three standard and concession memberships, as well as a new student category. Our membership is the most important element of ASPAH and new members are always welcome. Please forward this email or recommend ASPAH to your networks to assist ASPAH in growing into the future.

The [Paulette Mifsud Memorial Grant](#) is now officially open for applications. Thank you to all of the valued donors who contributed to establishing the fund. The grant is open to all ASPAH members and is a fantastic opportunity to develop awareness of performing arts healthcare in Australia.

All the best,

Luke

Luke Hopper PhD
ASPAH President

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EARLYBIRD REGISTRATIONS OPEN! Closing September 14th

The 2018 ASPAH Conference is open for registrations, with a limited time only to save on earlybird registrations. A [draft program](#) has been released so have a look at what's coming up and register now to save!

BEFORE AND AFTER
THE SPOTLIGHT
PERFORMANCE PREPARATION
AND RECOVERY





KEYNOTE SPEAKER
DR SHONA HALSON
AUSTRALIAN INSTITUTE OF SPORT

DEC 1ST - 2ND 2018
SOFITEL WENTWORTH
SYDNEY, NSW



[REGISTER HERE](#)

INTRODUCING NEW ASPAH MEMBERS!

Welcome aboard Kareena and Jane!

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

[Just follow this link](#)

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

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



KAREENA HODGSON

My name is Kareena and I have a Bachelor of Counselling and Coaching from The Australian College of Applied Psychology.

I was a full-time professional international circus performer for 20 years, before starting a new career as a qualified and accredited life coach and counsellor after the birth of my two children. The Manifesto is my professional consultancy. I have a fierce loyalty to my partner, my children, my friends and my clients. One area of my practice is to work with artists/performers/crew around the difficulties attached to touring, creating and performing life. Kareena's experience as a mother, partner, daughter, sister, performer and producer means I have a deep understanding of the multiple roles we play and the need for reinvention throughout their lives. My experiences provide many of the metaphors and analogies that underpin my practise.

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Hello, ASPAH! I am pleased to join your community. I am a private clinical psychologist providing care for the performing arts, in particular, wellness programs and support for touring artists. I consult with a number of theatre companies and am working with advocacy groups such as Arts on Tour NSW to address mental wellness in the industry. I have worked at the Children's Hospital at Westmead for the past 10 years, specialising in Eating Disorders research. I have worked for 18 years as a large-event specialist, working as a Ceremonies creative on every continent, and as such have a unique perspective on touring. I hold a Doctorate of Clinical Psychology/Master of Science from USyd and a Graduate Diploma in Dramatic Art (Directing/Movement) from NIDA. I am pleased to join the community to promote and support mental wellness for performing artists and production crews, and to promote arts understanding within the field of psychology.

Notice of AGM

The Annual General Meeting of the Australian Society for Performing Arts Healthcare will be held on **December 1st at 12:50pm** EST. The venue will be the **Sofitel Wentworth, 61-101 Phillip Street, Sydney.**

We would appreciate the physical presence of ASPAH members attending this event as it is a great way to bring the membership together and share ideas.

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Call for Nominations

Nominations to the ASPAH committee will be **open from this Saturday, September 8th, until 1pm on Sunday, November 18th**. ASPAH members and people from the general community are invited to stand for nomination to the committee. While membership is not a condition for nomination to the committee, it is usual practice to become a member if elected; preference will often be given to current members in the case of an election.

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 signed by eligible ASPAH members if appropriate. You can download the nomination form [here](#).

Please send applications to secretary@aspah.org.au by **1pm Sunday 18th November**. If there is a need for election you will be notified after this date.

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 once a month via Skype, with a face to face meeting generally held around the annual conference. Tasks are divided up amongst committee members so as not to make any single load too large.

If you have any questions about committee nominations, please contact admin@aspah.org.au

ASPAH MEMBERS DIRECTORY

Are you a performing artist with health concerns? Did you know the ASPAH Members Directory is a freely accessible database including details of healthcare professionals with interest, experience and/or expertise working with performing artists? You can search by state, performing arts field, or healthcare profession!

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Check it out at www.aspah.org.au/members/

We encourage you to share this resource throughout your networks to assist performing artists who are in need of healthcare and are unsure where to seek help.

(All ASPAH Members have the opportunity to be listed in this directory)

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FIND A HEALTHCARE PROVIDER!

The ASPAH Member Directory lists details of members who are offering services to improve the health and wellbeing of performing artists across Australia.

Visit: www.aspah.org.au/members/

MEDICAL PROBLEMS OF PERFORMING ARTISTS

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LATEST RESEARCH TITLES!

Access to the MPPA database can be 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.

147 [Potential Relevance of Altered Muscle Activity and Fatigue in the Development of Performance-Related Musculoskeletal Injuries in High String Musicians](#)

Dirk Möller, Nikolaus Ballenberger, Bronwen Ackermann, Christoff Zalpour

156 [Balance Training in Modern Dancers: Proprioceptive-Neuromuscular Training vs Kinesio Taping](#)

Demet Tekin, Ani Agopyan, Gul Baltaci

166 [Musculoskeletal Health Complaints and Corresponding Risk Factors Among Music Students: Study Process, Analysis Strategies, and Interim Results from a Prospective Cohort Study](#)

Nikolaus Ballenberger, Dirk Möller, Christoff Zalpour

175 [Effects of Playing Position on Hydration Status in Collegiate Marching Band Musicians](#)

Nobuo Yasuda, Shuto Ito

183 [Effect of Using Ergobrass Ergonomic Supports on Postural Muscles in Trumpet, Trombone, and French Horn Players](#)

Kevin Price, Alan H.D. Watson

191 [Challenges Faced by Woodwind Players in Malaysia While Fasting During Ramadan: A Case Study](#)

Karen Anne Lonsdale, Fariba Hossein Abadi

198 [Cardiorespiratory Profile and Performance Demands of Elite Hip-Hop Dancers: Breaking and New Style](#)

Matthew A. Wyon, Julie Harris, Faye Adams, Ross Cloak, Frances A. Clarke, Janine Bryant

205 [Combined Acquisition Method of Image and Signal Technique \(CAMIST\) for Assessment of Temporomandibular Disorders in Performing Arts Medicine](#)

Miguel Pais Clemente, Joaquim Gabriel Mendes, Ricardo Vardasca, Afonso

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213 [Christoph Wagner \(1931-2013\): Father of Music Physiology and Musicians' Medicine in Germany \[In Memoriam\]](#)

Ulrike Wohlwender **Free**

214 [Prioritising Performance--Where Does Health Fit In?](#) [Editorial]

Bronwen J. Ackermann **Free**

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

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:

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|-----------|---|-------------|
| | <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> • One year subscription to <i>dancetrain</i> 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 • 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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