

# Athletes and the Arts® The Medical Professional



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As a medical personnel, you are accustomed to working with athletes and their injuries, but it is equally important you know how to address the injuries associated with performing artists.

Athletes and the Arts® wants to equip you with an arsenal of tools to ensure you are ready to work with performing artists and their teachers.

Understanding the performing artist is the best way to develop a prevention strategy before a problem occurs:

### Observe a Performance:

- This will help you understand the specifics of the activity
- Evaluate posture, ergonomics, weight of instrument and repetition
- Understand the type and volume of practice and performance that may lead to focal dystonia and overuse

### Discuss a Typical Week:

- Understand all of the activities in a performer routine including length and intensity of practices and performances



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### Hearing Loss:

- Many performers suffer from hearing loss; test for and educate about noise-induced hearing loss

### Return to Play

- Just like all other athletes it is important to determine the best timing for return to play
- Work with their teacher to educate the student on this process

### Exercise is Medicine®:

- Talk with performing artists and their teachers about incorporating core strength, aerobics and flexibility into their routines to optimize performance and longevity.

Remember all performers are unique. Educate them on the common wellness issues such as sleep, nutrition and hydration, and help them understand that these tips will optimize BOTH performance and health.



[www.athletesandthearts.com](http://www.athletesandthearts.com)

**Athletes and the Arts®** - Integrating the science of sport and the performing arts for mutual benefit.

A collaborative initiative of: American College of Sports Medicine (ACSM), Center for Music Arts Entrepreneurship, Loyola University (New Orleans), Performing Arts Medicine Association (PAMA) and supporting organizations— American Academy of Podiatric Sports Medicine (AAPSM), American Medical Society for Sports Medicine (AMSSM), American Osteopathic Academy of Sports Medicine (AOASM), Drum Corps International (DCI), Music Teachers National Association (MTNA), MusiCares, National Association for Music Education (NAFME), National Association of Teachers of Singing (NATS), National Athletic Trainers' Association (NATA), National Hearing Conservation Association, New Orleans Musicians Clinic, and The Voice Foundation.