

Athletes and the Arts® The Performing Artist



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Athletes and the Arts® recognizes performers as athletes whose health and performance can benefit from knowledge, programs and techniques developed for sport athletes.

The tips in this handout will help you become a healthy and happier performer.

Establish a Relationship with a Medical Professional Before You Need It

- Perform or practice for them to allow them to understand your craft
- Document and share a week of activity so they understand your volume and intensity
- Check your hearing by an audiologist to establish a baseline and regularly after that.
- If injured, discuss your return to play with your medical professional and teacher

Evaluate Your Exposure to Sound:

- Noise-induced hearing loss is common for many performing artists.
- Have your hearing checked regularly
- Work with your medical professional and teacher to develop a prevention strategy



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Care for “Core Instrument:”

- Know the importance of hydration, nutrition and sleep!
- Establish core strength, aerobics and flexibility for optimal health, longevity and performance
- Targeted strength exercises can help support the weight of your instrument

Prevent Injuries:

- Talk with your teacher or agent to develop a practice and performance schedule that is in perspective
- Avoid too much too soon; know how much is enough

Cross-Train:

- Establish activities that complement your mental and physical skill to avoid overuse and burnout
- Consider activities that may improve your performance by increasing aerobic capacity



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), International Association for Dance Medicine and Science (IADMS), 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, Sports, Cardiovascular and Wellness Nutrition (SCAN), and The Voice Foundation.