



DIVA Performing Arts Pre-participation Screening

WHAT

The Dancer, Instrumentalist, Vocalist, and Actor (D.I.V.A.) Pre-participation Screening for Performing Artists Tool

WHY

Irrespective of age, or genre of performing art, globally:

- the majority of performing artists will experience an injury that will affect their abilities to perform;
- dancers suffer very high rates of lower limb injuries, particularly foot and ankle;
- vocalists are prone to vocal fold injuries and dysfunction, as well as respiratory limitations; and
- instrumental musicians can suffer injuries in the upper body including hands, and face.
- Actors, like many other performing artists, are frequently exposed to psychological stressors.

Based on growing published data, performing artists often have active and long annual schedules comparable to sports athletes and also have high injury risks. Unlike sport athletes, performing artists are not usually screened annually prior to active participation, and health professionals have not had access to adequate consensus evaluation tools.

HISTORY

The Dancer, Instrumentalist, Vocalist, and Actor (D.I.V.A.) pre-participation screening tool is the brainchild of Dr. Bronwen Ackermann, Editor-in-Chief of Medical Problems of Performing Artists, specialist musicians' physiotherapist, and research academic at the University of Sydney, Australia. This document has been in development since the summer of 2015, and draws from her previous research and practical experiences screening and managing injuries in performing artists and athletes over the past 25 years. It then further developed and expanded as a result of input from internationally renowned clinicians working in performing arts medicine to include considerations of the physical, cognitive, and affective demands of performing artists.

CONTENT

The D.I.V.A. Screening Tool represents a current best-practice approach, and includes a selection of the most reliable and clinically relevant tools that fit with the pragmatic goal of the test being administered in one sitting. The tool is designed for all performing artists (dancers, instrumentalists, vocalists, and actors), and is divided so that relevant sections can be used at the discretion of the health professional.

AVAILABILITY and FEES

For availability and Fee Schedule, please contact: pama@artsmed.org

PAMA considers this a living program; as such it will continue to evolve in years to come.