

Berklee College of Music and Performing Arts Medicine Association
present

The Athletic Musician: An Exploration for Musicians, Teachers, and Health Care Providers

Sunday, March 28, 2010

9:30 am - 4:30 pm

Registration begins at 9 am

Berklee College of Music
Uchida Building
921 Boylston St
Boston, MA 02215

*This conference is dedicated to the memory of
Richard Ehrman, PAMA member, Berklee concert
office manager, and Feldenkrais Method Practitioner,
whose life was dedicated to musician wellness.*



The Performing Arts Medicine Association is an organization comprised of dedicated medical professionals, artists, educators, and administrators with the common goal of improving the health care of the performing artist.

PAMA is committed to the well being of performing artists through:

- The highest quality of care with an appreciation of special needs
- Educational programs to enhance the prevention of medical problems
- Communication among professionals in diverse disciplines
- Fostering research in all areas of performing arts medicine

Visit www.artsmed.org

Berklee college of music

Berklee College of Music was founded on the revolutionary principle that the best way to prepare students for careers in music is through the study and practice of contemporary music. For more than half a century, the college has evolved to reflect the state of the art of music and the music business. With more than a dozen performance and nonperformance majors, a diverse and talented student body representing more than 70 countries, and a music industry "who's who" of alumni, Berklee is the world's premier learning lab for the music of today—and tomorrow.

For More Information

See websites:

www.artsmed.org for conference details (PAMA)

www.berklee.edu for directions to Berklee College of Music

For questions: Regina Campbell, PT

regina@performingartspt.org

Agenda

- 9:30am Welcome and Introductions, *Regina Campbell, PT*
- 9:40 Performance and Practice Techniques, a Survey of 387 Berklee Student Instrumentalists and Vocalists, *Neil Olmstead, MM*
The first survey of its kind at Berklee on instrument-related injury of our students, it shows that 303 (78%) of the respondents reported pain while they practice. This has been a wake-up call for faculty.
- 10:00 The Sport of Arts Medicine, *Clay Miller, MD, MFA*
Music medicine will be reviewed including common injuries, dystonia, and how principles of Sports/Musculoskeletal medicine are used for treatment. This talk will include a discussion of how the American Academy of Sports Medicine sees music medicine as an extension of sports medicine.
- 10:45 Training our Bodies for Musical Performance, *Regina Campbell, PT*
This session will explore the sports medicine model of training for the musician as an athlete. The four major aspects of fitness training—cardiovascular, flexibility, strength, and body awareness—will be reviewed. Specificity in how to train for musical performance will be addressed. Practice strategies and posture for peak performance will also be discussed.
- 11:15 Mindfulness-Based Stress Reduction for the Performing Musician, *Aline Benoit, BM, MA and Patricia Normand, MD, ABIHM*
Based on the program developed at the Center for Mindfulness in Medicine, Healthcare and Society at the U. Mass. Medical Center, this presentation explores how MBSR develops mind/body skills integral to performance. Topics will include:
- Development of concentration and mental focus
 - Reduction of stress and anxiety
 - Increased body awareness and injury prevention
 - Cultivation of wellness through the individual's ability for self care
 - Research findings in MBSR
- 12:15 Lunch Break
- 1:00 pm Strategies for the Prevention of Music-induced Hearing Disorders from Ensemble-based Instructional Activities, *Kris Chesky, PhD*
Ensemble-based instructional activities offered in collegiate level schools of music are analogous to school sports in that the instructor/director determines and leads the type and pace of educational activities. However, unlike professionals trained in physical education, professionals directing ensemble-based instructional activities are often unaware of various health risks associated with learning music in an ensemble-based setting.
- This session will describe recent educational and technical advances designed to empower individual instructors, students, and educational institutions to prevent music-induced hearing disorders. This approach is being recognized by the NIOSH/NHCA Alliance through the 2010 Safe in Sound award for innovation in hearing conservation.
- 2:00 Singing Strong: Training our Voices for the Rigors of Performance, *Mary McDonald Klimek, MM, MS-CCC/SLP*
Buzzwords in athletic training -- power, strength, flexibility, range of motion, and agility -- also apply to the singing voice. So do the terms "repetitive stress" and "strain". How can singers train to develop and expand the dynamic capacity of the singing voice without injury? Learn general training guidelines as well as some specific "skills and drills" from this voice therapist who specializes in the rehabilitation of elite vocal athletes (established and aspiring professional singers).
- 3:00 Break
- 3:15 Break Out Sessions: Opportunity to join instrument related workshops co-facilitated by PAMA members and the faculty at the Berklee College of Music. Workshops will focus on ergonomic playing strategies, practice routine development, exercise, and stress reduction techniques.
- 4:15 Course Evaluations and Conference Wrap-up
- 4:30 Adjourn

Presenters

Aline Benoit, BM, MA

Mind/Body Department, Longy School of Music;
Performance Enhancement/Stress Management Specialist,
Performing Arts Physical Therapy, PC
Brookline, MA

Regina Campbell, PT

Owner/practitioner, Performing Arts Physical Therapy, PC
Brookline, MA
Winchester, MA
Lee, MA
PAMA Board of Directors
Chair, Mind/Body Program, Longy School of Music

Kris Chesky, PhD

Associate Professor
University of North Texas
Texas Center for Music & Medicine
College of Music
Denton, TX

Mary McDonald Klimek, MM, MS-CCC/SLP

Senior Speech Pathologist,
Professional Voice
Voice and Speech Laboratory
Massachusetts Eye and Ear
Infirmary;
Certified Course Instructor, Estill
Voice Training
Lexington, MA

Clay Miller, MD, MFA

President, PAMA
Sports Medicine North
Peabody, MA

Patricia Normand, MD, ABIHM

Private Practice, Psychiatry
Newton, MA

Neil Olmstead, MM

Professor
Piano Faculty
Berklee College of Music
Boston, MA

Registration and Fees

Please register by **March 20, 2010**, space is limited and registrations are accepted on a first come, first serve basis.

Name: _____ Degree: _____

Affiliation: _____

Address: _____

City / State / Zip: _____

Students: I am a full-time student at: _____

E-mail: _____ Tel: _____

My area of interest is: _____

Select breakout session (please write in first and second choice):

- | | |
|--------------------------|------------------------|
| ____Piano Workshop | ____Brass Workshop |
| ____Guitar/Bass Workshop | ____Woodwinds Workshop |
| ____Percussion Workshop | ____Vocal Workshop |
| ____Strings Workshop | |

I will register as checked below:

Register by March 20, 2010 to receive the discounted registration fee! Registrations may be available on-site, space depending.

Discounted registration fee if registering by March 20, 2010:

- \$85 fee for professionals
- \$40 fee for full-time student (show ID on-site)

Registration fee if registering on-site (space is limited):

- \$95 fee for professionals
- \$50 fee for full-time student (show ID on-site)

PAYMENT:

- Check made payable to Performing Arts Physical Therapy, PC and mail to:

**Performing Arts Physical Therapy, Attn: Conference
2 Mayflower Rd, Winchester, MA 01890**

- Credit Card: MasterCard Visa

Name on card: _____

Card #: _____ Exp Date: _____

Security code on back (3 digits): _____

Street address, city/state/zip code from your credit card statement:

Amount \$: _____

Signature: _____

If paying by check, please mail this form with your check to the above address. If paying by credit card, this form may be faxed to 617-277-1503 or mailed to the above address.