

“Empowering Musicians: Leading a Healthy and Fulfilling Life”

MTNA has been a powerful advocate for musicians’ health for over thirty years, and will continue this effort with its fifth consecutive Pedagogy Saturday wellness track. This year’s track focuses on the important correlations between mind and body in maintaining our wellbeing. As in previous years, MTNA continues in its pursuit of bringing together musicians and medical professionals who passionately seek to empower musicians to achieve their potential. Today’s sessions will explore strategies to help individuals increase their physical and psychological awareness, to overcome and learn from obstacles, thriving in the process, and to discover the tools to remain healthy and active throughout their lifetime. We are especially pleased to include this year’s MTNA keynote speaker, Dr. Eckart Altenmüller, world-renowned neurologist and performing arts medicine physician from Hannover, Germany. We are happy to include this equally devoted flutist and performer in our program. Everyone is invited to join us for these sessions that have the potential to positively impact you and your students in every aspect of your lives. Take advantage of the presence of all these experts and the indispensable information they will offer that crosses all disciplines and skill levels. Don’t miss out on this life enhancing day!

8:00-8:10 AM: Gail Berenson
Welcome and introductory remarks

8:10-9:00 AM: Deborah Adams
“Getting to the Heart of the Matter”
The Alexander Technique looks at you as a whole person – not just a body. Our bodies reflect our inner selves. We will tap into this understanding via sensing exercises along with some guidelines for safe practicing.

9:15-10:15 AM: Deanna McBroom
“Your Voice - Avoiding Vocal Landmines for Teachers and Singers”
Whether a singer or a professional using your voice daily, learn how the voice works and what to do if it doesn’t. Learn how to avoid unhealthy voice and hearing situations and discover how to help protect the voice.

10:30-11:30 AM: Jennie Morton
“Attention, Intention, and Tension: The Impact of Thought Patterns in the Development of Injury”
The role of our thought patterns in the development of injury is not often considered. This session will explore how emotions and thought patterns can directly affect the development of musculoskeletal injury and influence the perception of pain.

11:30 AM-1:00 PM: Lunch

1:00-2:00 PM: Dr. Jeff Russell
“Physical Function as a Gateway to Optimum Musician Wellness”
Musicians require high level physical abilities. Thus, when physical function is restricted, the rest of a musician’s wellness is compromised. The presentation will offer important concepts to keep the physical operating as it should.

2:15-3:15 PM: Dr. Noel Engebretson, Dr. Jim Litzelman, Dr. Charles Turon

“Learning From and Overcoming Obstacles: Tackling Focal Dystonia and The Positive Take Aways From Three Pianists’ Experiences”

When three outstanding pianists noticed troubling symptoms affecting their performing, they each took unique routes in dealing with their ultimate diagnosis. Forced to focus on their playing from a different perspective, they discovered strategies that, in the long run, made them better pianists - and more astute teachers.

3:30-4:30 PM: Dr. Eckart Altenmüller

“Preventing Overuse and Curing Injuries: A Neuro-Psychological Perspective From a Physician/Flutist”

Young musicians are facing multiple stressors: Students must organize themselves, find time for practicing, gain self-confidence and acquire communicative abilities and performance skills. Educators can provide enormously relevant guidance in preventing injuries and supporting rehabilitation. An individualized approach to musician's health will be demonstrated and discussed.

4:30 PM:

Closing Remarks and Q&A

An additional opportunity to ask questions to all our expert presenters.