

Performing Arts Medicine: Outline Training Curriculum



This is intended to inform programmes for BAPAM Training Days, as well as clinicians' personal learning. It divides into generic topics, equally applicable across all disciplines of the performing arts, and topics specific to instrumentalists, professional voice users and dancers. The suggested syllabus for BAPAM Induction Days is separate.

Generic Topics

Practical:

- Examination of the neuromusculoskeletal system
- Examination – ENT, oral, dental
- Ergonomic assessment
- Detecting adverse tensions and assessment during performance

Psychological:

- Performance anxiety
- Common psychological and psychiatric problems
- Performing with confidence: effective strategies for learning and performing, including mental awareness and mental practice skills
- Group dynamics
- Counselling and relaxation techniques suitable for general consultations.

Lifestyle:

- Fitness and exercise
- Hydration and nutrition
- Alcohol, smoking, addiction, drug abuse
- Sexual health
- Occupational setting, career patterns, social factors

Neuromusculoskeletal:

- General muscle functional anatomy and physiology
- Soft tissue injury, repair and rehabilitation
- Psychosocial aspects of symptomatology
- Chronic pain syndromes
- Hypermobility
- Ergonomics – theory and assessment

Overuse and misuse syndromes
Healthy playing and practice regimes
Mental aspects of rehabilitation

Special senses:

Physics of musical sound and noise
Hearing and hearing loss
The acoustic environment
Risks to and protection of performers
Regulatory framework
Vision and the performer

Therapeutics:

Prescribing
Surgery for the performer
Physical therapies
Non-medical, non-surgical interventions – what therapies, what evidence, appropriate referral
'Release and realignment' methods including the Alexander Technique
Complementary therapies

Legal aspects:

Health and Safety at Work
Noise at work
Relevant Employment Law

Other environmental issues:

Lighting
Heat
Stage smoke

Travelling and Touring

Adolescence and student performers

Research techniques and critical reading

Instrumentalists

Examination of the upper limb – in detail
Demonstration of instrumental techniques
Instrument-specific ergonomics
Rheumatological problems in musicians, including osteoarthritis
Upper limb and neck problems – in detail
Work-related disorders of the Upper Limb – in detail, including chronic pain
Neurological problems including nerve entrapments and focal dystonia
Orofacial disorders: TMJ, embouchure (incl. dystonia), dental

Headache and facial pain
Respiratory problems – wind players
Surgery for musicians – indications and rehab

Professional Voice Users

Functional anatomy and physiology of the voice
Care of the professional voice
Disorders of the professional voice – including allergy, GO reflux
Respiratory problems
Orofacial disorders and headache
Prescribing for professional voice users
Surgery and professional voice users

Dancers

Examination of the spine and lower limb – in detail
Disorders of the spine, bony pelvis and lower limb
Dance injuries
Hypermobility
Nutrition and fitness
Female athlete triad
Surgery and rehab for dancers

BAPAM Training Days:

It is anticipated that all the above could be covered during the course of a five-year rolling programme.