

CHELTENHAM FESTIVALS

MUSIC12

4-15 JULY 2012

BOX OFFICE 0844 880 8094

cheltenhamfestivals.com



MUSICAL ATHLETES

A series of talks on the musical body - how it works, how it sometimes doesn't work, and how it can be fixed.

CHELTENHAM
MUSIC FESTIVAL

SATURDAY 7 AND
SUNDAY 8 JULY 2012

In association with HSBC 

CHELTENHAM FESTIVALS

LabOratory

supported by
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BRITISH ASSOCIATION FOR
PERFORMING
ARTS
MEDICINE

CARING FOR PERFORMERS' HEALTH

MUSICAL ATHLETES

MATCH FIT - OR ON THE BENCH?

The world of music making is highly competitive - it involves a rigorous schedule, late hours, fierce concentration, vast injections of adrenalin, a great deal of solitary practice and the overcoming of performance 'nerves'. All of these elements put huge demands on the bodies and minds of musicians, singers and conductors; they are the sort of demands that we more readily associate with sportsmen and women.

Musicians suffer surprisingly high levels of illness and injury directly attributable to their profession. If they can't work, they can't earn.

Musical Athletes looks at the human engineering of the musical body - how it works, how it sometimes doesn't work, and the different ways it can be fixed.

TICKETS:

£6 per event,
or £20 for all four events.

10%
MEMBERSHIP
DISCOUNT
APPLIES

SATURDAY 7 JULY

2pm, Cheltenham Town Hall M21

HEADS, SHOULDERS, KNEES AND...

A look at the musculo-skeletal demands on the musical body, to include personal testimony from pianist **Helen Reid**. What went wrong, and how did she fix it?

with

Christopher Wynn Parry MBE, Consultant in Rheumatology and Rehabilitation Medicine and Senior physician, BAPAM

Michael Shipley, Consultant Rheumatologist, University College London, specialising in chronic pain

Penny Wright, Honorary Physician and Medical Director, BAPAM

4pm, Cheltenham Town Hall M23

EAR, NOSE AND THROAT

Voice production, injuries and how to breathe properly. What do healthy and unhealthy larynxes look like in action?

with

Alan Watson, Senior Lecturer in Anatomy and Neuroscience, Cardiff University

Ian Macdonald, Voice Therapist and Teaching Fellow in Performing Arts Medicine, University College London

Declan Costello, Ear, Nose and Throat surgeon, Queen Elizabeth Hospital, Birmingham performs a live endoscopy on Ray Tallis (chair of all four sessions) with Phill Barnes (SheffMed, Surgical Instrument Manufacturers)

SUNDAY 8 JULY

2pm, Parabola Arts Centre M30

MY BODY IS A TEMPLE?

A lot of musicians shun conventional medical treatments in favour of complementary or alternative therapies. This session investigates how Alexander Technique, Mindfulness and the like can get musicians into peak mental and physical condition. And what is the role of placebo in all this?



with

Christopher Cullen, Mindfulness teacher at Guildhall School of Music & Drama and Oxford University

Matthew Jones, viola player and Alexander Technique teacher

Howard Bird, Emeritus Professor of Rheumatology, University of Leeds

4.15pm, Parabola Arts Centre M32

FEAR AND FEARLESSNESS

Aaron Williamon, Professor of Performance Science at the Royal College of Music, leads a session that will include an analysis with pianist Melvyn Tan of physiological measures (monitoring of heart rate, skin conductance etc) taken during his solo recital that morning (M27, 8 July). Do elite sportspeople have anything to teach musicians about optimal physical and mental preparation? What role do beta-blockers, alcohol and other substances play in controlling performance nerves?

with

David Wasley, Senior Lecturer in Exercise and Health Psychology, Cardiff Metropolitan University

Karen O'Connor, Performance Coach, Birmingham Performing Arts Consultancy

Howard Bird, Emeritus Professor of Rheumatology, University of Leeds

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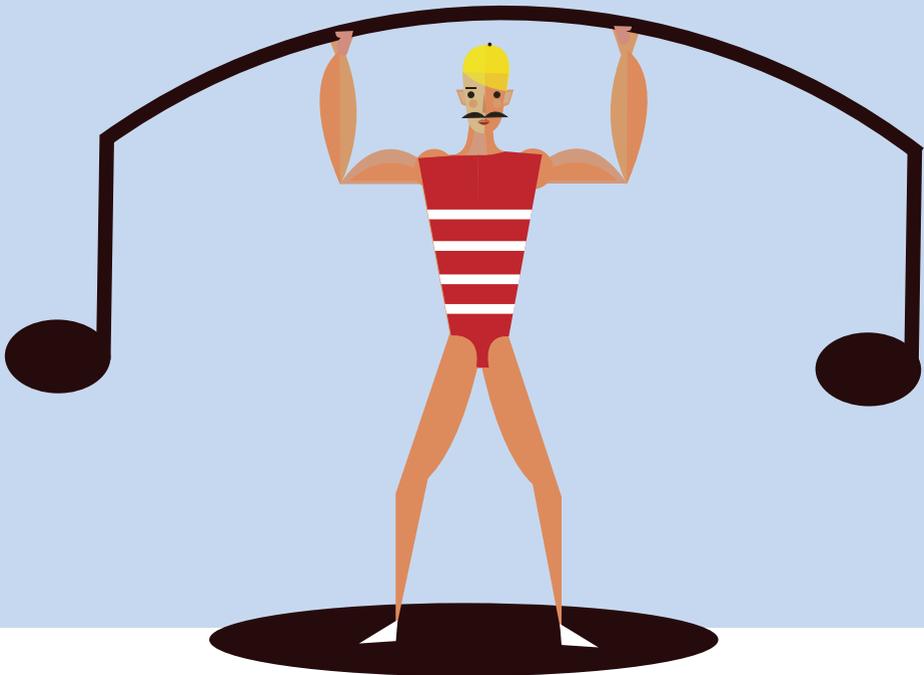
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LabOratory is an exciting project funded by the Wellcome Trust which brings bio-medical sciences to life across all four Cheltenham Festivals.

For future LabOratory events please visit cheltenhamfestivals.com/laboratory

BAPAM is a unique medical charity dedicated to the healthcare of musicians and all performing artists - running free advisory clinics nationwide as well as supplying independent medical advisors to major British orchestras. www.bapam.org.uk



Musical Athletes is part of Cheltenham Music Festival, 4-15 July 2012
cheltenhamfestivals.com/music

Illustrations: Alex Beeching