Moving Away from “No Pain, No Gain”

Performance Science and Therapeutic Care in Conservatory Training

Peabody Conservatory Lunch and Learn Series

October 20, 2020
Covid-19 measures
- Blended learning approach & small groups
- Social distancing & enhanced safety & cleaning measures

Curricula
- BMus module *Introduction to music psychology*
- BMus module *Movement for musicians*
- BMus module *Professional portfolio*
- MMus module *Psychology in music performance*

Research
- Cross-faculty research on the psychological impact of virtual learning and teaching as a result of the Covid-19 pandemic

Health clinic and conditioning studio
- Physiotherapy & triage
- Sports massage, acupuncture & craniosacral therapy
- Conditioning studio & online classes
University of Rochester/Eastman School of Music

• new student orientation modules: normally offered for entering students, but a COVID casualty this year
• onsite clinical care: physician, RN, and counselor (prepaid) and PT (billed to insurance)
• referral network: Eastman Performing Arts Medicine
• return-to-play guidelines: customized for individual
• research studies: 38 yr database on the incidence of PRMD’s
Sarah Hoover, Serap Bastepe-Gray, Andrea N. Lasner, and Ken Johnson

- **Clinical Services**
  - Peabody Clinic for Performing Artist (JHRN): PT/OT onsite, Advisement Sessions, MSK Screenings, Backstage Services
  - Student Health & Wellness Center
  - Hopkins Mental Health Resources
  - Orthopedic, Neurology, PMR Referral

- **Education**
  - Curriculum: Playing Well Courses
  - Co-Curricular programs: Peak Performance Fundamentals, Wellness Workshops & Seminars
  - Clinical Education & Training: Performing Arts PT Fellowship Program (JHRN)

- **Research**
  - Instrument: Smart Guitar (Mechanical Engineering), Guitarists’ Dystonia (Neurology), Mental Practice in Musicians, Improvisational Behaviors with/without imagery
  - Dance: Predictors of MSK Disorders (JHRN), DanceFIT Screening Tool (JHRN)
  - Voice: SongVeil (Mechanical Engineering)
Welcome to the Texas Center for Performing Arts Health

studying, treating, and preventing various occupational health problems associated with learning and performing music and other performing arts.
How would you describe cultural perceptions and attitudes around performance injury? (Check all that apply)
(81 respondents)

- Culture of “no pain, no gain” - 52%
- Little public awareness - 52%
- Little communication and self-disclosure - 47%
- Culture of support - 28%
- Lack of access to resources - 26%
- Resources are widely available - 23%
- Widespread public awareness - 10%