

# 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.