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.