

Mobilizing Music Students to Reduce Hand Injuries

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Password: Piano

VICTOR WELSCH

INJURIES ARE REAL

Studies

2009

BRANDFONBRENER

226 OF 330

22 OF 26

2017

STANEK, KOMES AND MURDOCK

664 OF 1007

104 OF 159

93%

Kok, Huisstede, Voorn, Schoones & Nelissen, 2016



Additional Findings

Practice routine- hours increase

Environment

Grading

WHY IN COLLEGE?

Scholarship

Lack of flexibility in college requirements

Commitment and motivation

Recitals

High school

Monday

7:25-2:30p.m classes

2:45-5:00 p.m. marching
band practice

6:00-7:30 p.m. golf open
range practice

Average of 5.15 hours of free
time between 7a.m.-11p.m.

Heidelberg University

Monday

9:00-9:50a.m. class

1-1:50p.m. class

3-3:50p.m. class

Tuesday

8:30-9:20

2-2:50

3:30-5

Average of 13.1 hours of free
time between 7a.m.-11p.m.

Arizona State University

Monday:

10:45a.m.-11:35a.m. class

4:35p.m.-5:50p.m. class

Tuesday:

No classes

Wednesday:

9:00a.m.-10:00a.m. class

10:45a.m.-11:35a.m. class

3:05p.m.-3:55p.m. class

4:35p.m.-5:50p.m. class

Average of 14 hours of free
time between 7a.m.-11p.m.

Indiana University South Bend

Monday/Wednesday

9:00a.m.-9:50a.m. class

10:00a.m.-11:15a.m.

11:30p.m.-11:45a.m. class

1:00p.m.-2:15p.m.. class

Tuesday/Thursday

10:00a.m.-11:15a.m class

11:30a.m.-12:45p.m. class

1p.m.-2:15p.m. class

4:00p.m.-5:15p.m. class

Average of 11.7 hours of free
time between 7a.m.-11p.m.

“For many students it is when they get to conservatory that practice first takes on the commitment and drive that accompanies a pre-professional environment. It is both the amount and the intensity of practicing that appears related to the development of many if not most music-related medical problems”

Alice Brandfonbrener, “Epidemiology and Risk Factors,” in *Medical Problems of The instrumentalist Musicians* , (Malden, MA: Blackwell Science Inc., 2000), 171-194.

WHO ARE OUR STUDENTS?

- Tension
- Ulnar deviation
- Lack of alignment
- Lack of arm weight
- Incorrect use of finger technique – finger lifting
- Wrist immobility and twisting
- Elbow misplacement
- Unnecessary stretching and hovering
- 1st and 4th finger treatment

Technical problems

NASM

“in an effort to promote good musician health at an **early stage**, the National Association of Schools of Music adopted health and safety standards in 2011...”

What do our piano majors do
after graduation?

CHANGE IS NEEDED

IDEAS

- Intensive summer program prior to freshman year
- First semester approach
- Applied lessons
- Pedagogy classes
- *“Health Promotion Courses for Music Students”*

ONE STEP AT A TIME

PEDAGOGY AWARENESS
SHOULD BE A PART OF EVERY
LESSON

Equipping our music majors with pedagogical devices can be a great vehicle in reducing injuries in future years

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Online Resources

Performing Arts Medicine Association:

- <http://www.artsmed.org/>

NASM-PAMA Advisories on Neuromusculoskeletal and Vocal Health:

- <https://nasm.arts-accredit.org/publications/brochures-advisories/nasm-pama-nms-vocal-health/>

Golansky Institute:

- <https://www.golanskyinstitute.org/>

Keyboard Wellness Institute:

- <https://www.keyboardwellnessseminar.com/>

Images

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Images

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