



www.musicianshealth.co.uk

Newsletter – December 2014 – Happy New Year!

Dear all,

I run a Musicians' Clinic at **Scottish Opera Production Studios, Edington Street, Glasgow**. This year, I made 80 clinical appointments for musicians (new and return appointments). Most musicians were complaining of pain and musculoskeletal disorders related to playing their instrument, but a small number of these appointments was for musicians with focal hand dystonia.

I work as a specialist musculoskeletal physiotherapist, both in the NHS and privately, and I am a member of the Musculoskeletal Association of Chartered Physiotherapists (MACP).

I am also available for lectures/workshops on various topics of Performing Arts Healthcare. To know more about my clinical and scientific research background, go to: <http://www.musicianshealth.co.uk/>.

A short summary of 2014 follows, but you can get full details on the website: <http://www.musicianshealth.co.uk/news.html> .

January 2014 - Facebook

Musicians' Health Scotland is now on Facebook. Next time you go on the website, click on the Facebook logo to "like" the page. This will spread the word about the field of Performing Arts Medicine. Thank you!

March 2014 - Focal Dystonia publications available on this website

The 4-year follow-up study on focal dystonia, published in March 2013 in Medical Problems of Performing Artists, is now available for download in PDF with kind permission of the publishers "Science and Medicine" (USA). Both papers (2010 and 2013) are therefore available as free downloads. See link below: <http://www.musicianshealth.co.uk/biography.html#publications>.

April 2014 - BAPAM Scotland meeting

A meeting of health practitioners and performers, organised by the British Association for Performing Arts Medicine, took place in Glasgow. The topic of the day was Musician's Dystonia. Dr Faith Gardner presented a talk on the neurophysiology of normal movement, and I presented a talk on the pathophysiology and management strategies for focal hand dystonia affecting musicians. A PDF file of this talk is available on the "Advice and Downloads" page of the website: <http://www.musicianshealth.co.uk/advice.html#lectures>.

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June to December 2014 – Musculoskeletal Pain Intensity and Interference Questionnaire for Musicians (MPIQM)

The study on the development and psychometric validation of a questionnaire to measure musculoskeletal pain affecting musicians, which was carried out in 2013 with three professional orchestras in Scotland, has just been published in the journal **Manual Therapy**, a journal specialised in musculoskeletal conditions, musculoskeletal therapies, and musculoskeletal medicine. The article is available on the Journal's website **for free until mid-January**:

<http://www.sciencedirect.com/science/article/pii/S1356689X14001179>.

The study was presented at the Physiotherapy UK Conference in October 2014, conference organised by the Chartered Society of Physiotherapy, UK (CSP).

The MPIQM is now available as a **User Guide** on my website. The guide summarises, in a user-friendly way, the main points of this research, and provides the full version of the questionnaire. This questionnaire is the first of its kind, and could be used as an **injury surveillance tool** within the context of health and safety in professional orchestras.

To find out more and download, go to: <http://www.musicianshealth.co.uk/mskpain.html>.

2015?

I am planning to go back to Aspen, Colorado, to present the MPIQM study at PAMA's conference in July 2015. PAMA is the Performing Arts Medicine Association, USA, of which I am a member.

You will find links to the major Arts Medicine websites on this page:

<http://www.musicianshealth.co.uk/links.html>.

Best wishes,

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