

RESOURCES - AATA WEBSITE

What we do

Integrate the science of sport and the performing arts for mutual benefit.

Target audiences

- Performing artists (students through professionals)
- Medical professionals
- Educators, teachers, choreographers

[Learn More](#)



AATA AMBASSADORS



Jon Batiste *Video:*
[In Support of Athletes and the Arts](#)



Kathryn Morgan *Video:*
[In Support of Athletes and the Arts](#)



Amy Yakima

Athletes and the Arts

Athletes and the Arts®
Integrating the
Science of Sport and
the Performing Arts



Performing Arts Medicine – Published Nov 2018

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CAREER TRANSITION FOR DANCERS

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Our program enables dancers to define their career possibilities while developing the skills necessary to excel in a variety of disciplines in order to thrive during all phases of their careers.



Founded in 1985, Career Transition For Dancers enables dancers to define their career possibilities and develop the skills necessary to excel in a variety of disciplines outside of dance.

Hi Randy,

I hope this note finds you happy and healthy—and still involved in ACSM and the Performing Arts? I ask because I have a friend who is a musician and an athlete. She wants to better combine the two, so I am introducing you to ????????, pianist, piano teacher, and runner/athlete. She writes:

- *As you both know athletics and the arts are two integral [parts of my life]. Artist vs Athlete is a battle in my head on a daily basis. I often approach music as an athlete would and athletics as an artist would. The parallels between the two are powerful.*
- *Is there any literature I could read to familiarize myself with what ACSM has studied thus far? I was curious about the certificate given by the ACSM on performing arts and health.*
- *What types of things do you think I could offer this body of study? I could use help writing an article for the newsletter. What avenue would I go down?*

Randy, I am hoping you can correspond with Cynthia and let her know what ACSM is doing with athletes and the performing arts. Has much been done in terms of performing artists and nutrition? Eating disorders? Weight management?

???????, maybe you can write Randy to tell him a bit about your goals.

Thanks for your guidance, Randy

Nancy Clark, MS RD CSSD

I'm a music professor at the University of Nevada Las Vegas, and also founder and Chair of our College of Fine Arts Consortium for Health and Injury Prevention (<https://www.unlv.edu/finearts/chip>).

I'm writing because Las Vegas, always known as the "Entertainment Capital of the World," is evolving into a sports capital as well with our Golden Knights, and now Las Vegas Raiders. For this reason there is a great deal of interest in promoting sports injury prevention and research here. I would like to help people understand that athletic health issues can be aligned with performing arts health issues.

I'm very interested in consulting with you about this, as well as working towards bringing you (or some other representative of Athletes and Arts) to Las Vegas to meet with a variety of constituents, and speak publicly about your work.

I look forward to hearing back from you.

Sincerely,

Stephen Caplan, D.M.A.
Professor of Oboe, UNLV
Chair, CFA Consortium for Health and Injury Prevention
Author, *Oboemotions*
The Breathing Book
Buffet Group USA Performing Artist



[OHIO](#) » [CHSP](#) » [AHSW](#) » [Community Engagement](#) » [SHAPe Clinic](#)

SHAPe Clinic

Community Engagement

Athletic Training

Nutrition Counselling

Exercise Physiology

SHAPe Clinic

Mission

At the Clinic for Science and Health in Artistic Performance (SHAPe Clinic), injured performing artists at Ohio University can be evaluated, treated and receive health and wellness advice from licensed athletic trainers who have the specialized equipment and knowledge to care for them. The care is provided with no out-of-pocket costs to the patients, who include OHIO's dance, music, theater performance, theater production, and Marching 110 students. In addition to the clinic, SHAPe provides on-site healthcare coverage for dance concerts, physical theater performances and Marching 110 football game performances, along with a variety of research and educational activities.

The facility is a unique collaboration between the College of Fine Arts and the School of Applied Health Sciences and Wellness. It was launched in August 2013 with the help of faculty and administrators in both colleges, along with a grant from Ohio University's 1804 Fund.

Quick Links

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Eating Before Performing

Scenario

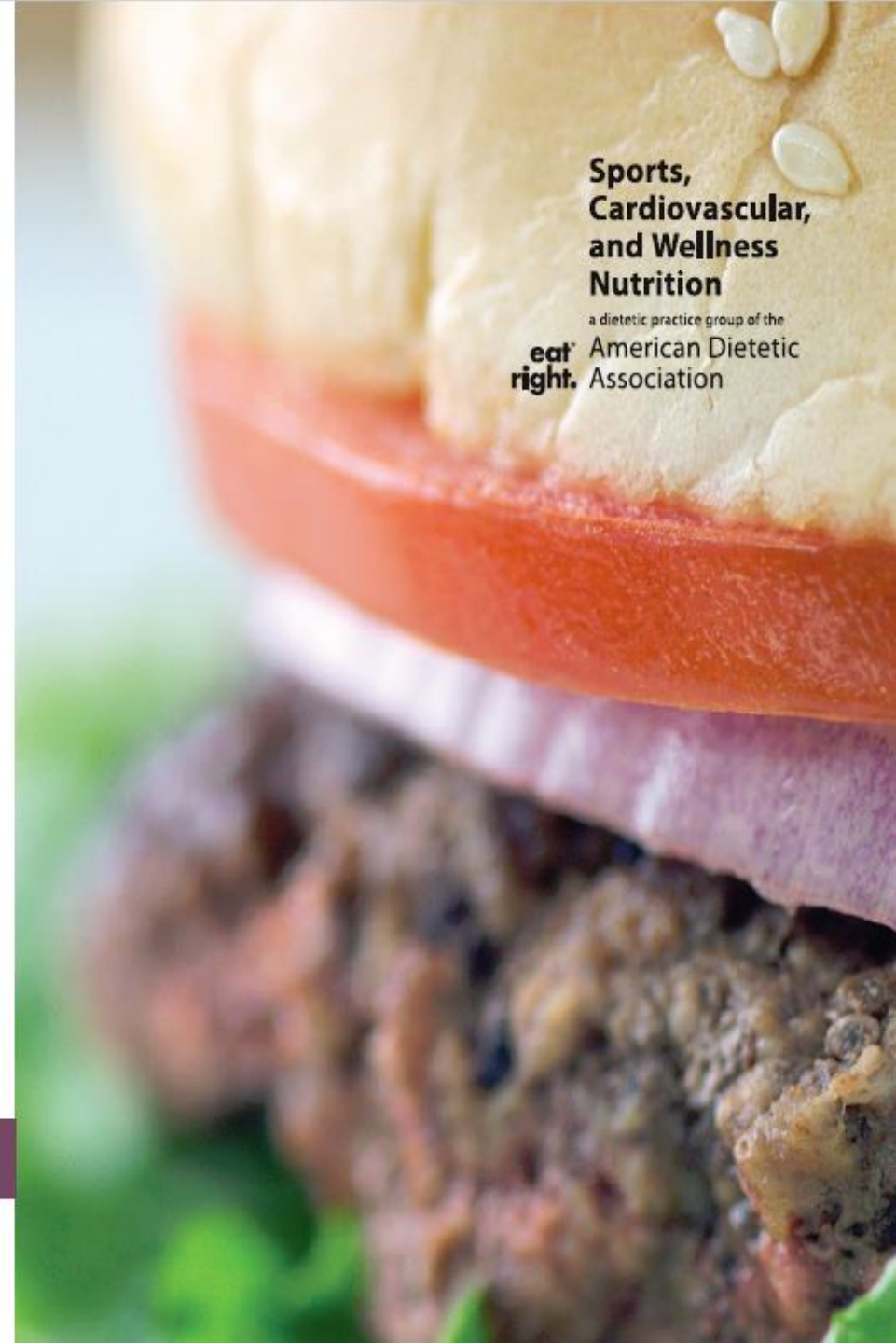
The day of a performance, I often feel nervous and sometimes skip lunch, only to feel hungry later. Performances are usually in the evening so I know I need to eat something beforehand. Playing extended sets, I rarely get a break. What foods can I eat and at what times to supply me with enough energy to perform well the entire time?

Goals of Nutrition Before Performing

- Consume a carbohydrate-rich snack or meal before exercise to top off muscle stores. With pre-performance jitters, liquid meal replacements may be a better

**Sports,
Cardiovascular,
and Wellness
Nutrition**

a dietetic practice group of the
**eat
right.** American Dietetic
Association



Athletes and the Arts®

How Can I Get More Involved?

We have a very compelling issue that needs attention at all levels. Your grass roots efforts in helping to promote the Athletes and the Arts® (AATA) initiative can build momentum, fulfill a social need and help an underserved population. Key target audiences include: performing artists of all types and ages, medical professionals, music/band/dance teachers, choreographers, artist reps/agents/managers and parents.

STEP 1 - Review www.athletesandthearts.com (the AATA website) and the collaborating organizations. Understand who the key national AATA representatives are and why they are involved in AATA. This information is located on the ABOUT US section of the website. Introduce yourself to these reps and let them know of your interest. Consider joining one or more of these organizations if not already a member.

STEP 2

• **If a member of one of these organizations** - Develop or join

- Reach out to one or more of 640 National Association of Schools of Music (NASM) institutions around the United States and help them address a 2012 health and safety standard that says in part:

“...It is the obligation of the institution that all students in music programs be fully apprised of health and safety issues, hazards, and procedures inherent in practice, performance, teaching and listening.”

Specific methods for addressing these issues are the prerogative of the institution but many NASM schools are not aware of how to address these topics (see <http://nasm.arts-accredit.org/>) Share AATA resources and become the primary point of contact.

- Reach out to one or more of the many performing arts venues, dance academies or non-NASM music institutions around the United States and help them address the same issues as noted above by alerting them to AATA resources and your specific area of expertise. Discuss adding several of the one-page educational documents from the AATA website into the “green rooms” as resources for artists/students and parents. Become the primary point of contact for these venues and studios.
- Reach out to local healthcare/wellness professionals and make them aware of the AATA initiative/website resources and the possibility of vastly expanding their practices by better understanding and addressing the needs of this underserved population. Suggest they consider providing performing arts wellness educational materials in their waiting rooms or as on-line resources. Become the primary point of contact for these

NIHL vs Concussions

Hard to notice, brain function changes slowly



- Understand your exposure to the risk
- Get baseline test and recheck on regular basis.
- Use preventive measures as appropriate.