



Wellness for the Musician

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Outline

- Injury Risk Reduction
- Posture
- Mental Health
- Health Habits
 - Sleep
 - Hydration
 - Nutrition
 - Physical Activity



What is wellness?

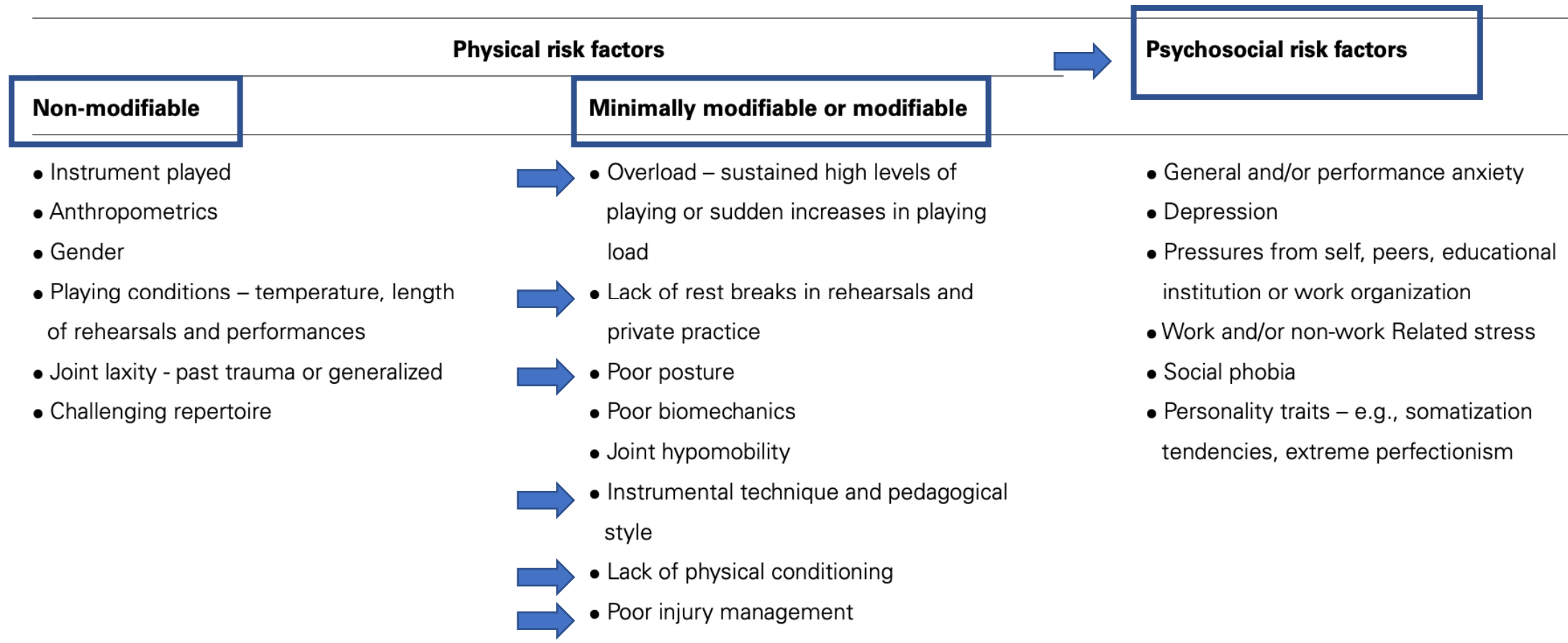
The quality or state of being in good health especially as an actively sought goal

Injury Risk in Musicians

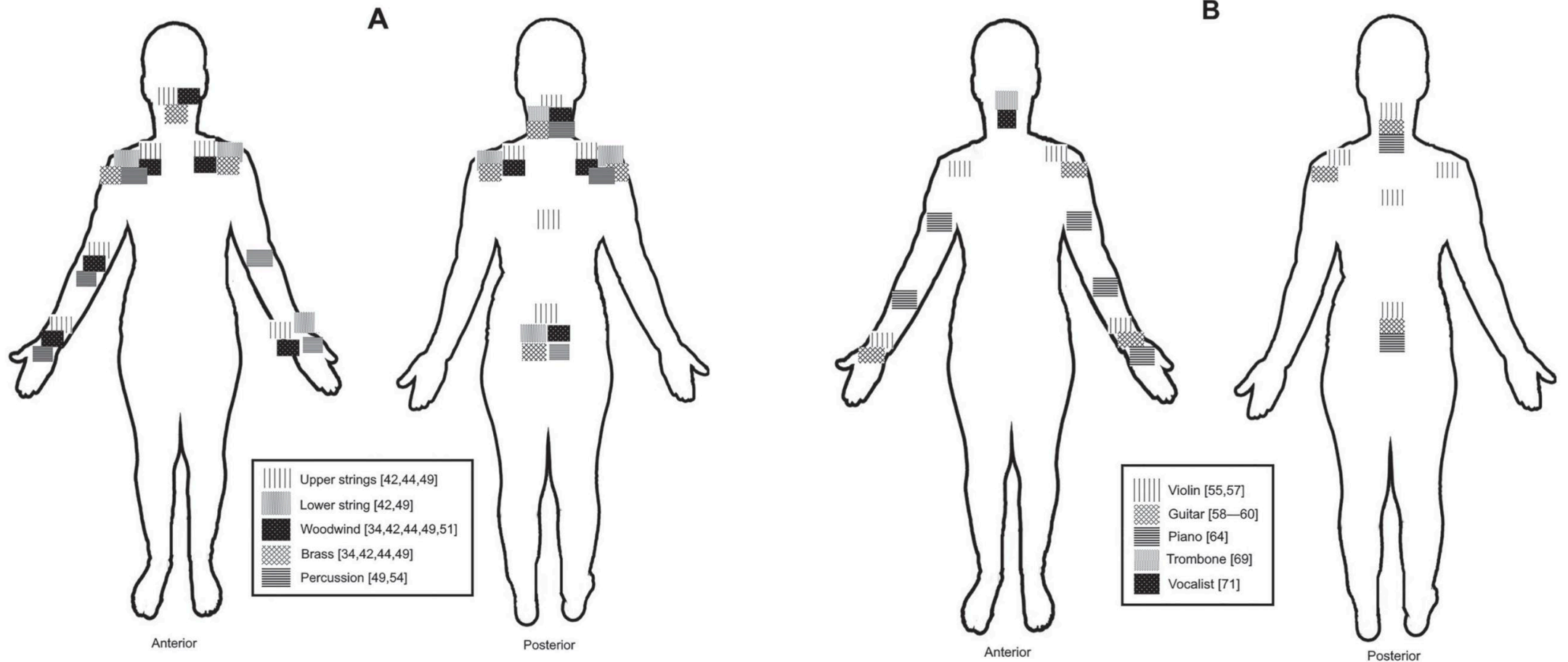
Life time playing related pain prevalence 62-93%^{Kok 2015}

“Most professional musicians will suffer from musculoskeletal complaints during their lifetime; some of them will stop playing their instruments due to these complaints”^{Kok 2015}

Musical Risk Factors



Injury Risk by Region



A woman in a black t-shirt is examining the back of a man in a grey t-shirt. The man is standing with his back to the camera, and the woman is leaning over him, touching his lower back. The background is a blurred clinical or office setting. An orange horizontal bar is located in the top left corner of the image.

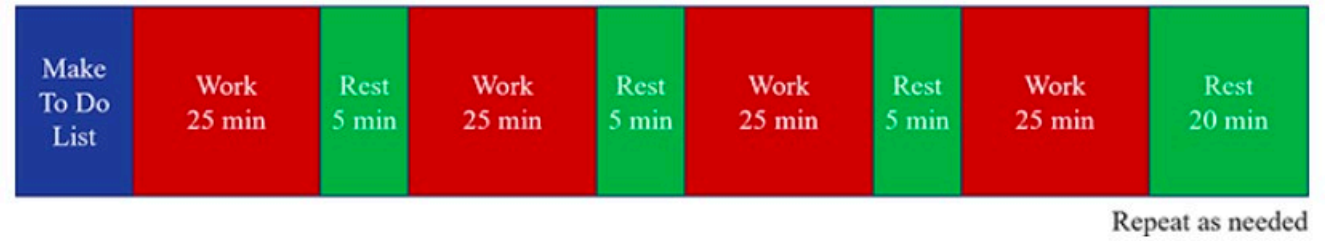
When is it time to see a provider?

- Playing Related Musculoskeletal Disorders (PRMD)
 - Pain
 - Weakness
 - Nerve symptoms
 - Persistent pain during playing or after
 - Anything that is interfering with your ability to play your instrument at the level you are used to

Injury Risk Reduction

- Adequate rest breaks
- Early injury detection
- Maintaining health habits

Pomodoro Method



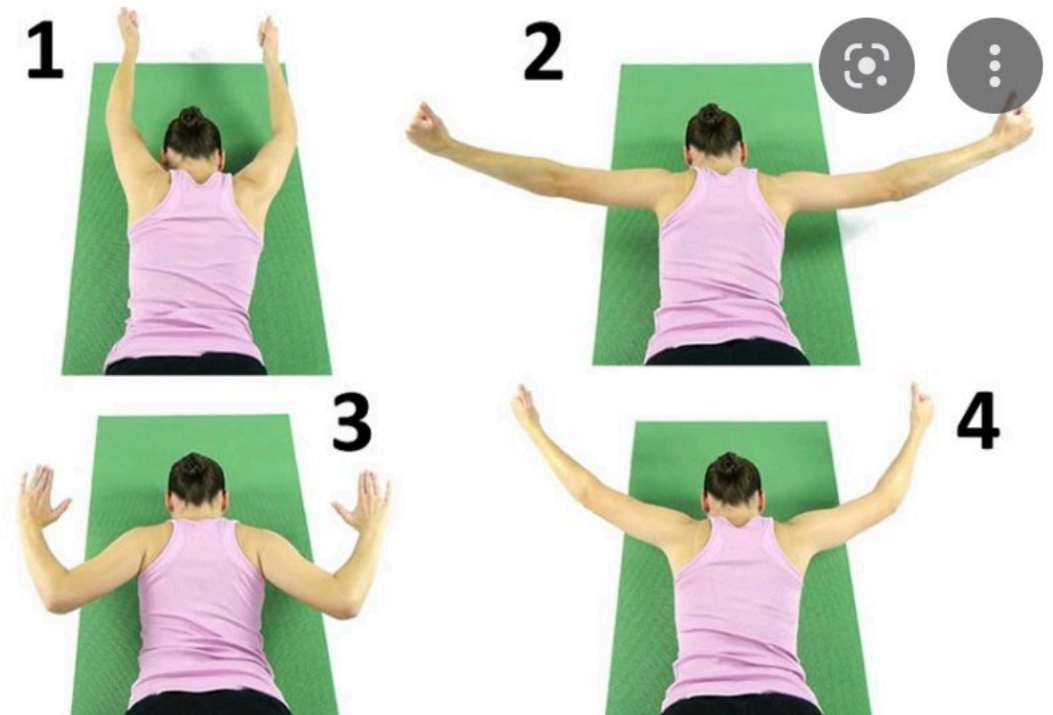
Posture Considerations

Length of time in certain posture positions

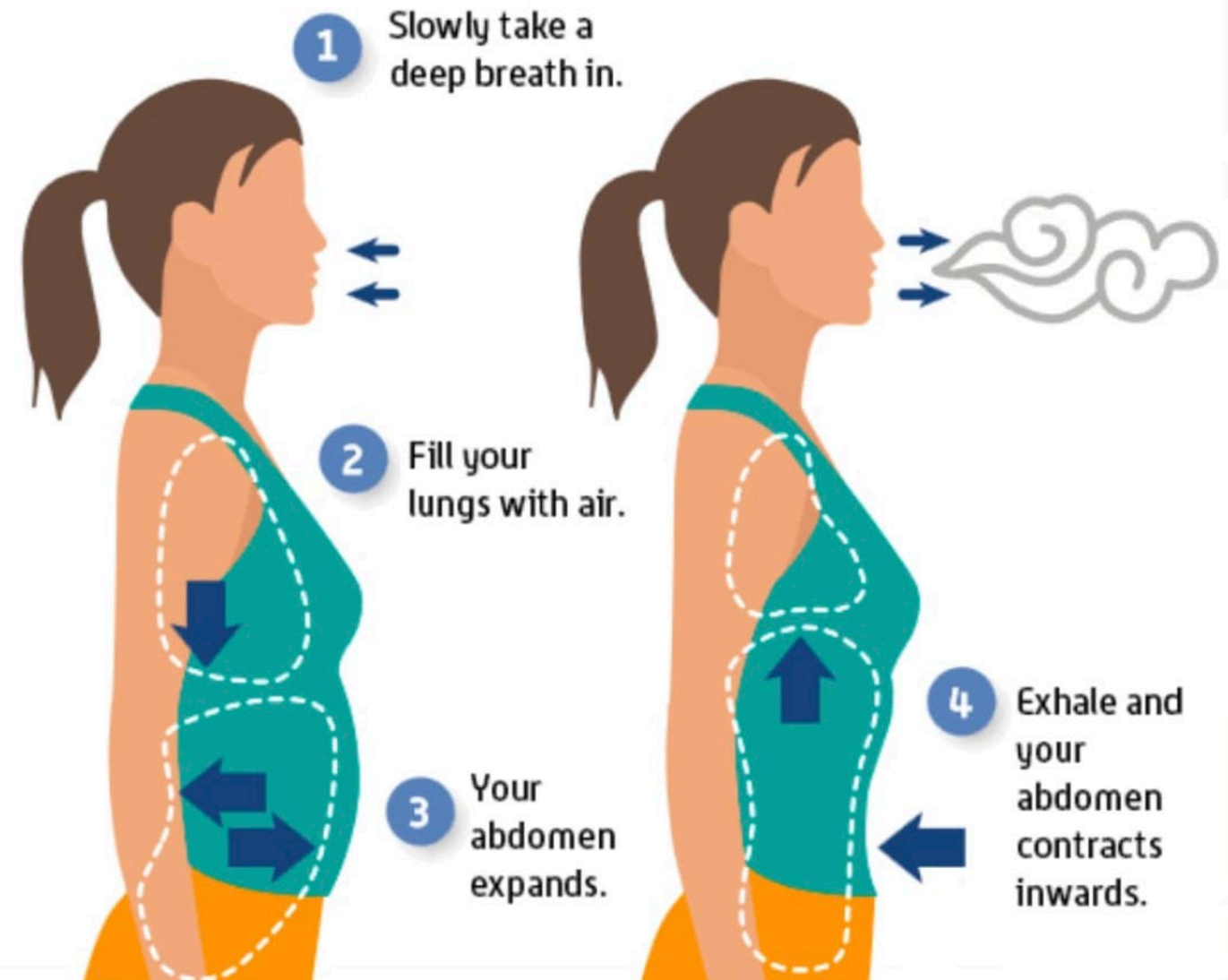
Asymmetrical alignment

Postural muscle strengthening

Effective posture for adequate breath control



Diaphragmatic Breathing





Sleep

- According to the [National Sleep Foundation](#), high school students (ages 14-17) need about eight to 10 hours of sleep each night. For young adults (ages 18 to 25), the range is need between seven and nine hours.
- Poor sleep hygiene can lead to:
 - Fatigue
 - Irritability/short temper
 - Mood changes
 - Trouble coping with stress
 - Difficulty focusing, concentrating, and remembering
 - Brain fog

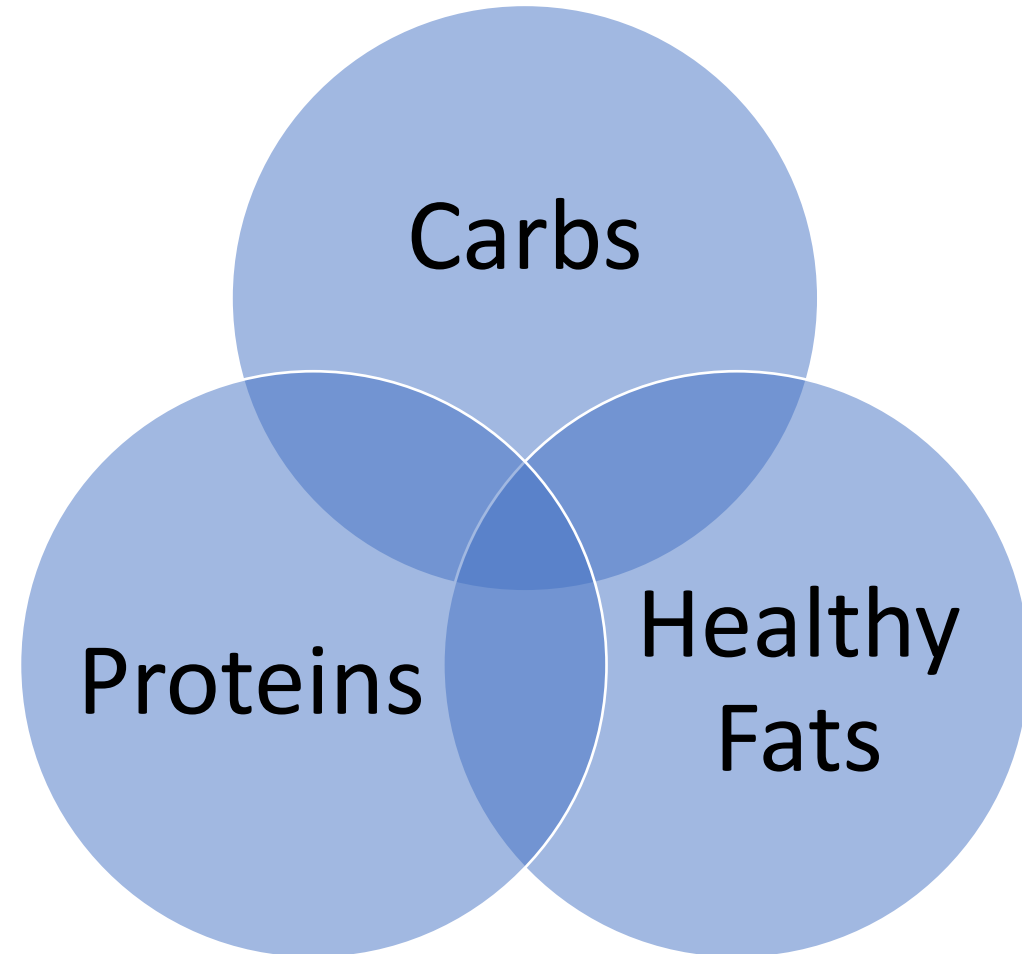


How to optimize sleep

- Routine bedtime
- Noise control
- Dark and cool temperature environment
- Limit evening screentime
- Avoid afternoon caffeine
- Limiting alcohol intake
- Achieve enough physical activity throughout the day

Nutrition

- Adequate energy intake
 - Energy Availability
- Adequate macronutrient intake
 - Carbohydrate 45-55% (5-12g/kg)
 - Protein (1.0-2.0g/kg)
 - Healthy Fats (20% of total calories)
- swc.osu.edu
 - OSU nutrition counseling





Hydration

- Before, during, and after rehearsals
- Drink your weight
 - 1 ounce of water for every kg of body weight
 - About 2-3 liters of water

Physical Activity Guidelines

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



* If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**.
Even 5 minutes of physical activity has real health benefits.



Mental Health

- Overtraining/perfectionism
- Stress management
- Performance anxiety
- Thoughts of self harm/suicidal ideation
- Mental health concerns impacting quality of life

Mental Health Resources

- OSU Counseling and Consultation Services
 - [CCS.osu.edu](https://ccs.osu.edu)
- Immediate care for individuals in crisis
 - Call 988
 - CCS immediate care line: (614)-292-5766
 - Go to the emergency dept

Injury Checks

Every other Wednesday 9-11am

Weigel Hall Room 106

FREE 15 minute slots

Contact Me

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References

- Baadjou VAE, Verbunt JAMCF, van Eijsden-Besseling MDF, et al. Preventing musculoskeletal complaints in music students: a randomized controlled trial. *Occupational Medicine*. 2018;68(7):469-477.
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- Rousseau C, Barton G, Garden P, Baltzopoulos V. Development of an injury prevention model for playing-related musculoskeletal disorders in orchestra musicians based on predisposing risk factors. *International Journal of Industrial Ergonomics*. 2021;81:103026.
- Elam T, Mowen S, Jonas C. Occupational injuries in musicians: a literature review. *Military Medicine*. 2022;187(5-6):e619-e623.