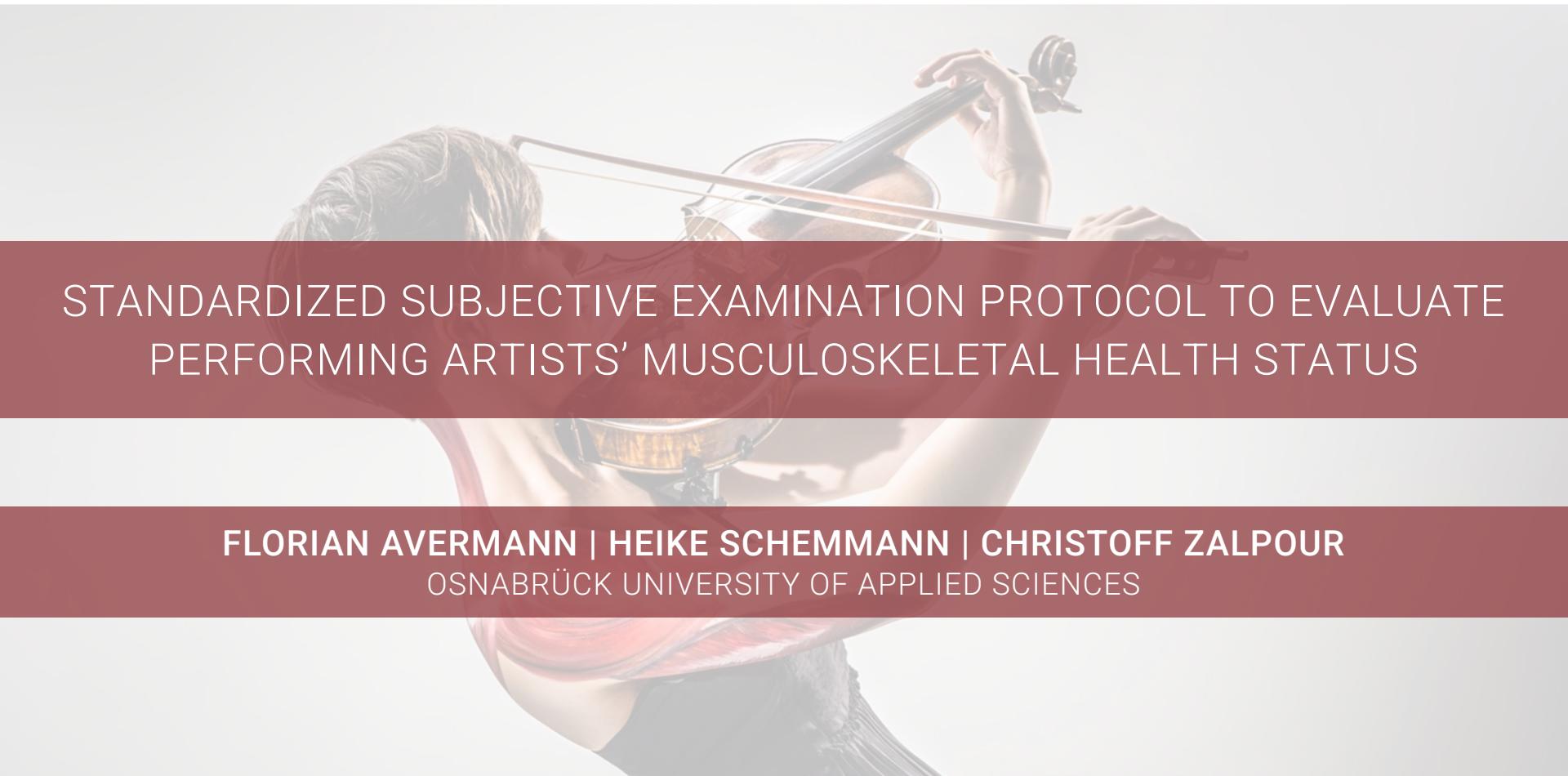




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STANDARDIZED SUBJECTIVE EXAMINATION PROTOCOL TO EVALUATE
PERFORMING ARTISTS' MUSCULOSKELETAL HEALTH STATUS

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INTRODUCTION

BACKGROUND

- Musculoskeletal problems are widespread in performing artists (1 – 8)
 - Various reasons and contributing factors
 - Internal and external aspects
- Specialized physiotherapy/manual therapy for performing artists is not so common compared to sports physiotherapy (9)
 - Physiotherapy itself needs improvement

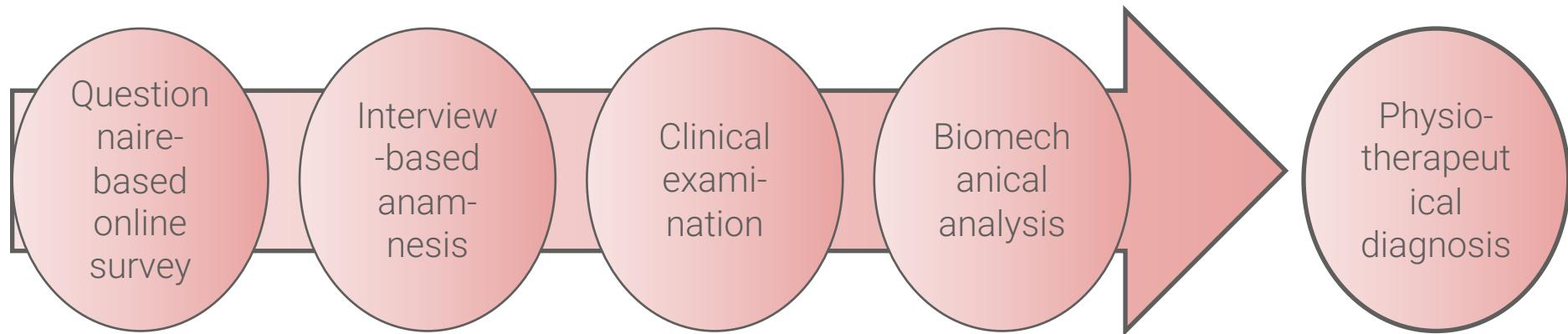


PURPOSE

1. Develop an examination protocol for the evaluation of performing artists and their musculoskeletal problems
2. Provide a tool for physiotherapist to standardized the clinical process for an evidence-based care



METHODS



QUESTIONNAIRE-BASED ONLINE SURVEY

- Literature search
 - specific for performing artists
 - Instrumentalists, singers and dancers
 - Specific for common diseases, injuries or body parts
 - E.g., performance anxiety, injuries of the upper extremity
 - Commonly used in research
 - Good psychometric properties
- Discussion within the research group under the aspects of time and importance

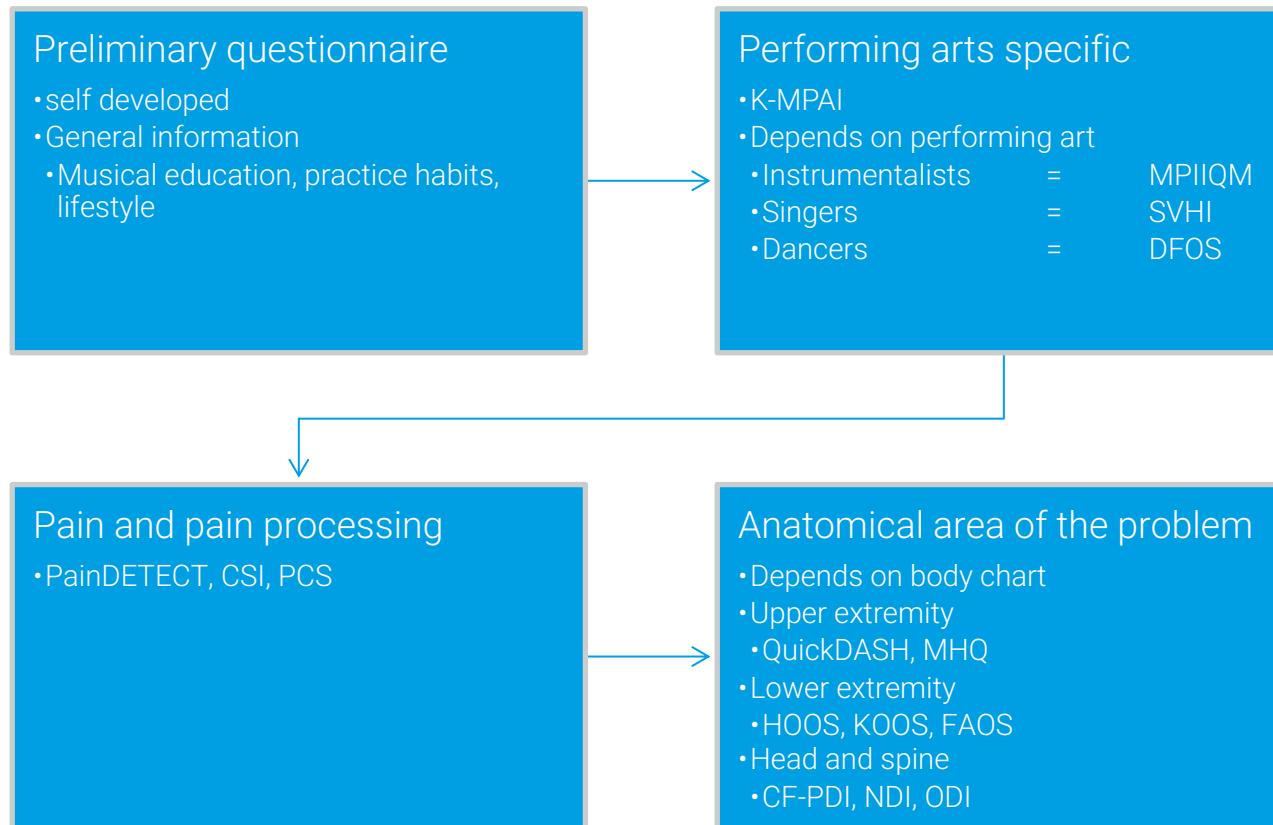
INTERVIEW-BASED ANAMNESIS

- Based on the manual therapy concept by Maitland and the musculoskeletal clinical translation framework by Mitchell et al. (10, 11)
- Literature search
 - specific contributing factors
 - Specific aspects for instrumentalists, singers and dancers
- Discussion within the research group under the aspects of time and importance



RESULTS

QUESTIONNAIRE-BASED ONLINE SURVEY (12-26)



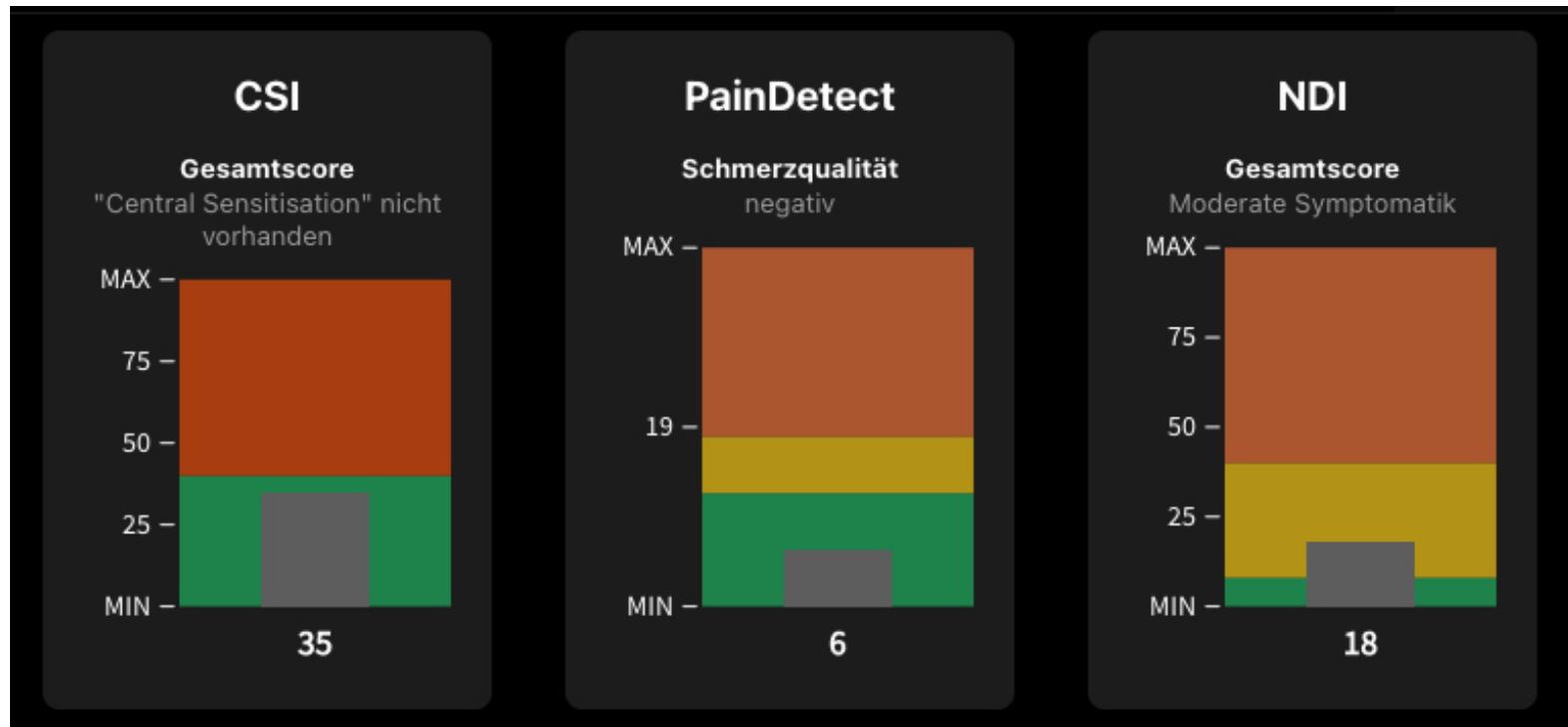
QUESTIONNAIRE-BASED ONLINE SURVEY

Benefits

- Validated questionnaires
- Online access, Location-independent
- Implementation of automatisms
 - Only relevant questionnaires will be visible for each performing artist
 - Graphical visualization within self-developed app
- Changes are measurable

QUESTIONNAIRE-BASED ONLINE SURVEY

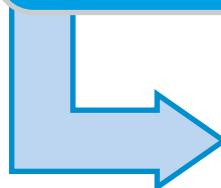
Graphical Visualization of questionnaire results



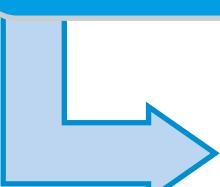
INTERVIEW-BASED ANAMNESIS (10,11)

Bodychart

- Information about the localization and the quality of problems (e.g., stabbing pain)

 24h

- Behavior of the main problem
 - Worsening?, Improving? → activities
 - Intensity in general and during activities

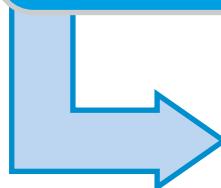
 Hx

- Trigger of the Problem
- Course of the problem over time
 - Episodes

INTERVIEW-BASED ANAMNESIS (10,11, 27 – 35)

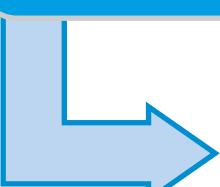
Red flags

- Different combinations of symptoms and other aspects that might not have a musculoskeletal origin



Yellow flags

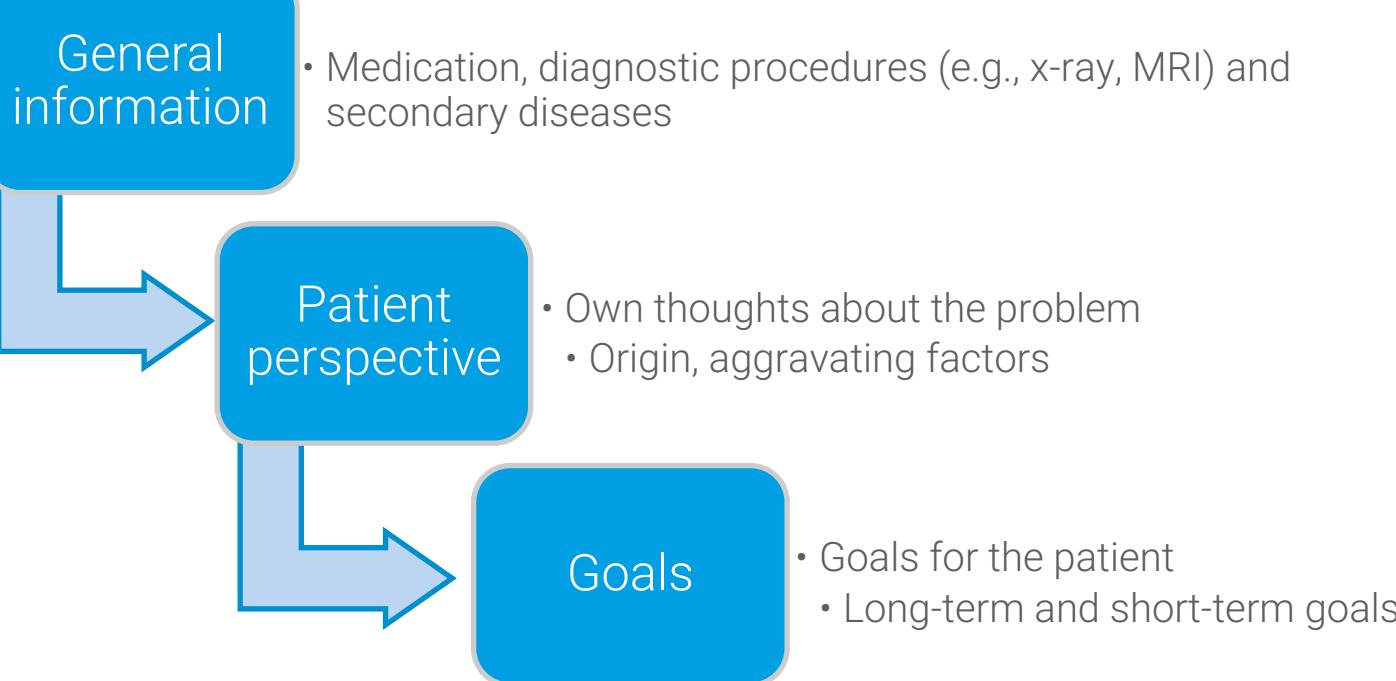
- Cognitive, social and affective factors



Blue/black flags

- Performing art specific factors
 - Pit, instrument, financial aspects

INTERVIEW-BASED ANAMNESIS



INTERVIEW-BASED ANAMNESIS

Benefits

- structured set-up
- more detailed analysis of the individual aspects
- Overview of the severity and irritability of the problem
- Good base for the clinical examination
- Interview benefits from the questionnaires



CLINICAL IMPLICATION & FUTURE WORK



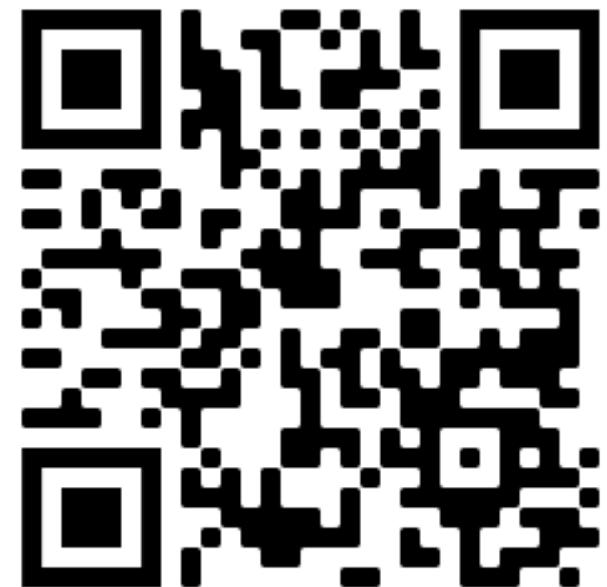
- Structure of the project: RefLabPerform
 - Is under evaluation
 - Goal:
 1. Development of a physiotherapeutic report under evaluation of a biomechanical analysis on a musical instrument.
 2. Structured treatment of performing artists to evaluate efficiency and benefits of physiotherapy for performing artists



THANK YOU FOR YOUR ATTENTION.

ONLINE: WWW.HS-OSNABRUECK.DE/EN/REFLABPERFORM/

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