

WELLNESS RESOURCES FOR THE MUSICIAN

- Neuromusculoskeletal Health (Healthy Practicing/Injury Prevention)
- Vocal Health
- Hearing Health
- Mental Health (Performance Anxiety/Musician Psychology)
- General Resources
- Databases

Presented by Dr. Linda Cockey, Professor of Music MTNA – March 24, 2015

NASM - The National Association of Schools of Music - has added information on neuromusculoskeletal health, vocal and mental health and hearing preservation. These papers give the basic information that all musicians need to know for injury prevention and musician wellness. NASM partnered with PAMA to develop these important documents. <http://nasm.arts-accredit.org/index.jsp?page=NASM-PAMA%3A+Neuromusculoskeletal+and+Vocal+Health>

Performing Arts Medical Association (PAMA) – contains a member resource directory; information about the journal *Medical Problems of Performing Artists*; resource on performing medicine organizations, clinics, and arts organizations; journal bibliography of articles; and other related materials. www.artsmed.org

NEUROMUSCULOSKELETAL HEALTH: Healthy Practicing/Injury Prevention

Andrews, Elizabeth. (2005) *Muscle Management for Musicians*. Lanham, MD: Scarecrow Press, Inc. www.scarecrowpress.com

Bruser, Madeline. (1999) *The Art of Practicing: A Guide to Making Music from the Heart*. New York: Harmony/Bell Tower

Conable, Barbara. (2004) *What Every Musician Needs to Know about the Body: The Practical Application of Body Mapping and the Alexander Technique to Making Music*. Chicago, IL: GIA

Chaffin, Roger, Gabriela Imreh and Mary Crawford (2002) *Practicing Perfection: Memory and Piano Performance*. Mahwah, New Jersey: Lawrence Erlbaum Associates

Dawson, William J. (2008) *Fit as a Fiddle: The Musician's Guide to Playing Healthy* Lanham: Rowman & Littlefield Education

Horvath, Janet (2010) *Playing Less Hurt: An Injury Prevention Guide for Musicians*. Milwaukee, WI: Hal Leonard, <http://playinglesshurt.com>

Klickstein, Gerald (2009) *The Musician's Way: A Guide to Practice, Performance and Wellness*. New York: Oxford University Press. www.oup.com Newsletter - www.musiciansway.com

Llobet, Jaume Rosset I and George Odam. (2007) *The Musician's Body: A Maintenance Manual for Peak Performance*. Burlington, VT: Ashgate Publishing Company. www.ashgate.com

Paull, Barbara and Harrison, Christine; (1997) *The Athletic Musician: A Guide to Playing without Pain*; The Scarecrow Press Inc., Lanham, MD & London

Shockley, Rebecca. (2001) *Mapping Music for Faster Learning and Secure Memory: A Guide for Piano Teachers and Students*, 2nd edition. Middletown, Wisconsin: A-R Publications. www.areditions.com

VOCAL HEALTH

Heman-Ackah, Yolanda D., Robert Sataloff and May Hawkshaw. (2013) *The Voice: A Medical Guide for Achieving and Maintaining a Healthy Voice*. Narberth, PA: Science and Medicine.

www.SciAndMed.com/voice

Jahn, Anthony, M.D., et al (2013) *The Singer's Guide to Complete Health*. New York, NY: Oxford University Press. www.oup.com

The Singer's Resource - Gives good advice about general vocal health issues.

www.thesingersresource.com/vocal_health.htm

HEARING HEALTH

American Academy of Audiology (AAA) www.asha.org A professional organization for audiologists but contains information on where to find an audiologist. Also has a lengthy presentation on the "Management of Hearing Loss in Musicians," and, articles on how to prevent hearing loss in musicians as well as information on how music students can use protection to avoid memory loss.

Association for Adult Musicians with Hearing Loss (AAMHL) www.aamhl.org A blog but contains resources tools for musicians suffering from hearing loss as well as other disabilities and has a bibliography on hearing loss for musicians.

Chasin, Marshall. (2009) *Hearing Loss and Musicians*. San Diego, California: Plural Publishing Company, www.pluralpublishing.com

Hearing Protection: www.etymotic.com. Contains a short video: "Hear for a Lifetime."

MENTAL HEALTH: Performance Anxiety/Musician Psychology

Buswell, David. (2006) *Performance Strategies for Musicians: How to Overcome Stage Fright and Performance Anxiety and Perform at Your Peak Using NLP and Visualization*. United Kingdom: MX Publishing. www.mxpublishing.co.uk

The Bullet Proof Musician – a website by performance psychologist and violinist Noa Kageyama who worked with Don Greene and currently teaches at Juilliard. The purpose of this website is to teach musicians how to overcome stage fright, performance anxiety, and other blocks to peak performance. www.bulletproofmusician.com

Nagel, Julie. *Changing Performance Anxiety into Performance Energy* – This website/blog started in 2014 by Dr. Julie Nagel, a leading professional and pioneer in the field of performance anxiety who has a unique background due to her training as a pianist at the Juilliard School of Music as well as her PhD in psychology. Dr. Nagel has worked with performance anxiety and self esteem issues for many years and, gives psychotherapy and psychoanalysis. Author of *Melodies of the Mind* and also has another blog with *Psychology Today*. www.psychologytoday.com/blog/music-my-ears; www.julienagel.net

Freytmuth, Malva. (1999) *Mental Practice and Imagery for Musicians: A Practical Guide for Optimizing Practice Time, Enhancing Performance and Preventing Injury* Boulder, CO: Integrated Musician's Press

Gordon, Stewart. (2006) *Mastering the Art of Performance: A Primer for Musicians*. New York: Oxford University Press

Green, Barry. (2009) *Bringing Music to Life*. Chicago: GIA Publications, Inc.
Green, Barry. (2005) *The Mastery of Music: Ten Pathways to True Artistry*. New York: Broadway Books
Green, Barry and Timothy Gallwey. (1986) *The Inner Game of Music*. New York: Doubleday

Kenny, Dianna T. (2011) *The Psychology of Music Performance Anxiety*. New York: Oxford University Press.
www.oup.com

Lehmann, Andreas, John Sloboda, Robert Woody. (2007) *Psychology for Musicians*. New York: Oxford University Press. www.oup.com

McAllister, Lesley Sisterhen. (2013) *The Balanced Musician: Integrating Mind and Body for Peak Performance*. Scarecrow Press, Inc. www.rowman.com

Moore, Bill. (2011) *Playing Your Best When It Counts: Mental Skills for Musicians and Performing Artists*
Moore, Bill. (2011) *Playing Your Best When It Counts: High-Performance Workbook*
Moore, Bill. (2011) *Playing Your Best When It Counts: High-Performance Journal*
Norman, OK: Moore Performance Consulting. www.drbillmoore.com

The Musician's Brain – A blog by pianist Lois Svard that explores brain science and how it relates to teaching and performing. www.themusiciansbrain.com

Ristad, Eloise (1981) *A Soprano on Her Head*. Boulder, CO: Real People Press

Schwiebert, Jerald with Candace Platt. (2012) *Physical Expression and the Performing Artist: Moving Beyond the Plateau*. The University of Michigan Press, Ann Arbor, www.press.umich.edu

Watkins, Cornelia and Laurie Scott. (2012) *From the Stage to the Studio*. Oxford University Press, www.oup.com

Westney, William (2003) *The Perfect Wrong Note: Learning to Trust Your Musical Self*. Portland, Oregon: Amadeus Press. www.halleonardbooks.com

GENERAL RESOURCES

Berenson, Gail, Barbara Lister-sink, et al (2002) *A Symposium for Pianists and Teachers: Strategies to Develop the Mind and Body for Optimal Performance*. Dayton, OH: Heritage Press

“Musicians and Their Health Care”, a special report, available as a PDF file at www.musicalamerica.com

Pianomap -- an excellent introduction to the concept of body mapping for enhancing performance and preventing injuries. Maintained by Thomas Mark (*What Every Pianist Needs to Know About the Body*). www.pianomap.com

Sataloff, Robert T., Alice G. Brandfonbrener and Richard J. Lederman, editors. (2010) *Performing Arts Medicine, 3rd Edition*. Narberth, PA: Science and Medicine. www.sciandmed.com

Watson, Alan H.D. (2009) *The Biology of Musical Performance and Performance-Related Injury*. Scarecrow Press, Inc. www.rowman.com

The Well Balanced Pianist – describes a holistic mind/body approach to teaching and playing based on the Taubman method, Don Greene’s psychological techniques, Alexander Technique, and other strategies for musician health. www.wellbalancedpianist.com

Occupational Health for Musicians – a collection of articles and e-books covering topics such as performance anxiety, hearing protection, and other aspects of musician health; good overview of wellness issues for musicians. www.peabody.jhu.edu/conservatory/mecc/health.html

MusiciansHealth.com – articles, wellness tips, strengthening exercises and many other resources for musician wellness. Although the author is a chiropractor, the resources given here cover a wide range of musician health concerns and treatments. www.musicianshealth.com

DATABASES

ERIC education database; covers music pedagogy from childhood to adult.
<http://www.eric.ed.gov/>

PubMed from National Library of Medicine; finds articles in medical journals.
<http://www.ncbi.nlm.nih.gov/pmc/>

Annotated Bibliography on Musician Wellness sponsored by MTNA; Authored by Dr. Linda Cockey. Covers books and websites. <http://www.mtna.org/member-resources/annotated-bibliography-on-musician-wellness/>

Google Scholar finds articles in scholarly journals.
<http://scholar.google.com/>

LIBRARY DATABASES

Music Index: www.ebscohost.com/academic/music-index

Academic Search Complete: www.ebscohost.com/academic/academic-search-complete

CINAHL (Nursing and Allied Health): <http://health.ebsco.com/products/the-cinahl-database/allied-health-nursing>

Science Direct: www.sciencedirect.com

Health Source: <http://www.ebscohost.com/academic/health-source-nursing-academic-edition>

FOR FURTHER INFORMATION

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