Wellness for the Musician

Ashley Lea, PT DPT MS ATC
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

<table>
<thead>
<tr>
<th>Non-modifiable</th>
<th>Minimally modifiable or modifiable</th>
<th>Psychosocial risk factors</th>
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<tbody>
<tr>
<td><em>Instrument played</em>&lt;br&gt;<em>Anthropometrics</em>&lt;br&gt;<em>Gender</em>&lt;br&gt;<em>Playing conditions – temperature, length of rehearsals and performances</em>&lt;br&gt;<em>Joint laxity - past trauma or generalized</em>&lt;br&gt;<em>Challenging repertoire</em></td>
<td><em>Overload – sustained high levels of playing or sudden increases in playing load</em>&lt;br&gt;<em>Lack of rest breaks in rehearsals and private practice</em>&lt;br&gt;<em>Poor posture</em>&lt;br&gt;<em>Poor biomechanics</em>&lt;br&gt;<em>Joint hypomobility</em>&lt;br&gt;<em>Instrumental technique and pedagogical style</em>&lt;br&gt;<em>Lack of physical conditioning</em>&lt;br&gt;<em>Poor injury management</em></td>
<td><em>General and/or performance anxiety</em>&lt;br&gt;<em>Depression</em>&lt;br&gt;<em>Pressures from self, peers, educational institution or work organization</em>&lt;br&gt;<em>Work and/or non-work Related stress</em>&lt;br&gt;<em>Social phobia</em>&lt;br&gt;<em>Personality traits – e.g., somatization tendencies, extreme perfectionism</em></td>
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Injury Risk by Region
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
Posture Considerations

- Length of time in certain posture positions
- Asymmetrical alignment
- Postural muscle strengthening
- Effective posture for adequate breath control
Diaphragmatic Breathing

1. Slowly take a deep breath in.
2. Fill your lungs with air.
3. Your abdomen expands.
4. Exhale and your abdomen contracts inwards.
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**

**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
- 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


