Learning Objectives

At the completion of the course, participants will be able to:

1. Describe the nature of performing arts rehabilitation and essential medical and health issues for the performing artist (dancers, musicians and vocalists).
2. Understand principles of injury epidemiology, etiology, and principles of prevention (primary, secondary and tertiary) and management for performing artists.
3. Identify injury risk factors for the performing artist: personal, performance related and environmental.
4. Describe the etiology and symptoms of psychological issues in performing artists, including the complex interplay between self, performance demands and environmental challenges.
5. Understand the aspects of multi-system screening and examination relevant to the performing artist.
6. Describe the important work environmental issues relevant to the physical and psychological health of the performing artist.
7. Consider the multi-system aspects of injury prevention, rehabilitation and return to performance.
8. Understand the physical and psychological and ergonomic demands of various aspects of instrumental, dance and vocal performance.
9. Describe the important aspects of warm-up, practice/rehearsal, recovery and conditioning for the performing artist.
10. Describe the importance of pain, stress and psychological considerations in rehabilitation management for the performing artists.
11. Understand the importance of conditioning, posture, safe movement patterns, practice and rehearsal issues for the health and wellness for the performing artist.
12. Enhance knowledge of blending classic dance training and musician training philosophy and modern evidence based therapeutic exercise models to optimize performance and prevention of injury.
13. Demonstrate an excellent understanding of current best evidence in regards to manual therapy, intervention techniques, and thrust and non-thrust joint mobilization techniques, in the treatment of common performance injuries.