



Preventive Piano Pedagogy: A Project that Starts with the Piano Teacher

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Music Medicine Associations Worldwide

- British Association for Performing Arts Medicine, 1984, England (BAPAM)
- Performing Arts Medicine Association, 1988 (1983, musicians - Aspen), USA and Canada (PAMA)
- Deutsche Gesellschaft für Musikphysiologie und Musikermedizin, 1994, Germany (DGfMM)
- Médecine des Arts, 1995, France (MdA)
- Schweizerische Gesellschaft für Musik-Medizin, 1997, Switzerland (SMM)
- Arts Medicine Aotearoa NZ, 1998, New Zealand (AMANZ)
- Centro Italiano Interdisciplinare di Medicina dell'Arte, 2005, Italy (CEIMARS)
- Nederlandse Vereniging voor Dans- en Muziek Geneeskunde, 2005, Netherlands (NVDMG)
- Total Health Care for Artists Japan, 2005, Japan
- Australian Society for Performing Arts Healthcare, 2006, Australia (ASPAH)
- Österreichische Gesellschaft für Musik und Medizin, 2009, Austria (ÖGfMM)

What music teachers can do?

- Attentive to students feedback, reactions, posture, overall behaviour, observe their working conditions
- Get information: seminars, courses (now many online), informative videos, participate in groups and associations, articles
- Talk about the importance of moving their bodies to compensate for the many hours they dedicate into practicing
- Work on yourself first and before suggesting an exercise to a student

Exercises:

•Pelvic Mobilization

- Walking Pelvis
- Bowl of Honey

•Strengthening Pelvic Area

- Alternating Feet
- Half Standing / Half Seating (Ski Standing Position)

Alice Brandfonbrener email to Carina Joly on May 16, 2011:

Dear Carina: I just got out of the hospital following some cervical spine surgery so have been a bit slower than usual handling my email.

In brief I am a big supporter of musicians, and music teachers, having a good grounding in their anatomy, physiology, postural variants, understanding of how all these impact on their playing comfort as well as on their playing ease and at their peak performance. I do not emphasize names of nerves, muscles, joints etc but I stress function and how understanding their anatomy and physiology can positively affect their playing. I use a number of techniques for them to increase their own insights including practice and observation using a mirror and I also suggest that when possible they obtain a video of their playing from all directions. The use of video is worth a thousand words from an outside observer and they often are surprised at how they look while playing and their postures. I recommend stretches for their upper body and arms and for their necks and back, all limited by comfort. I also strongly suggest swimming as a way to strengthen back muscles as well as arms and to increase flexibility. All this said I do not believe in self diagnosis so always say that common sense should prevail. If there is discomfort that does not resolve or improve or gets worse they should seek professional (medical) help and assessment. I tend to recommend Feldenkrais as opposed to Alexander because it takes individual variations into account and is generally more creative I believe. Musicians, either peers or teachers can often be of help. On the other hand, no matter how experienced or well intentioned they may be they should not be practicing medicine!

Most musicians are woefully uninformed or misinformed regarding the more physical aspects of playing and about human physiology in general. So any steps that help are recommended. Prevention is preferable to treating an established problem; the longer pain remains unresolved the more difficult it becomes to resolve and the more the issue gets complicated by psychological overlay.

I hope this is remotely what you were looking for. If I can be of further help I'm now at home doing physical therapy myself so I'm available. Good luck.

Dr Alice Brandfonbrener

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