



Stanford
M E D I C I N E

Performing Arts
Medicine Program

The Medical Perspective

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BREAKING: HILARY HAHN QUILTS THE BERLIN PHILHARMONIC US TOUR

Norman LebrechtNovember 14, 2024

The US violinist has announced she is still struggling after several months to recover from a trapped nerve.

She has been replaced on the Berlin Phil tour at the last minute by the Norwegian Vilde Frang, playing Korngold's violin concerto at Carnegie Hall. The substitute soloist in Washington and at Ann Arbor, Michigan, will be the US violinist Benjamin Beilman. Beilman has not played with the Berlin Phil before.

Hilary Hahn said: 'I am extremely disappointed not to be touring with the Berliner Philharmoniker. Unfortunately, healing follows its own timeline, and I have to respect that if I

Hilary Hahn withdraws from all concerts through November

15 NOVEMBER 2024



Hilary Hahn has withdrawn from her US tour with the Berlin Philharmonic and all other engagements through the end of November



Why do stars like Adele keep losing their voice?

More and more singers are cancelling big shows and turning to surgery to fix their damaged vocal cords. But is the problem actually down to the way they sing? By Bernhard Warner

HEALTH

Steven Tyler's career-ending throat injury: How dangerous is a fractured larynx?

Aerosmith announced 'heartbreaking' end of band's farewell tour due to frontman's vocal issues

CLASSICAL MUSIC NEWS

Lang Lang Has Returned To The Stage After One Year Out With Arm Injury

by The Violin Channel / July 13, 2018 / 1 MIN READ

Pianist Lang Lang has made a successful return to the concert stage - after almost one year's absence due to an on-going left arm injury

International superstar pianist **Lang Lang** has this week made a successful return to the concert stage - after almost one year's absence due to an on-going left arm injury.

The 36-year-old Chinese-born virtuoso made his triumphant return last Friday evening performing Mozart's Piano Concerto No. 24 in C Minor, with conductor **Andris Nelsons** and the **Boston Symphony** - at the **Tanglewood Music Festival**, in Massachusetts, United States.

The classical music industry has been awaiting Lang Lang's return since April 2017, when he announced he had suffered an inflammation injury in his left arm following "stupid practice of Ravel's left-hand concerto."

"I was not paying so much attention. I was already tiring ... and I pushed to practice," he said at

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News

Lip Problem Sidelines Wynton Marsalis

Wynton Marsalis has an inflammation of the lip that has forced him to take a break from playing trumpet, Jazz at Lincoln Center confirmed yesterday.

"We've taken him off any performances for the month of May," Lisa Schiff, the chairwoman of Jazz at Lincoln Center, said in an interview. "It happens to the people who play as intensely as Wynton does, and we just have to deal with it." Mr. Marsalis is the organization's artistic director.

"I know we're disappointing people," she added. "Wynton is disappointed."

As a result of the injury, Jazz at Lincoln Center has postponed a concert featuring the Wynton Marsalis Quartet and the Orion String Quartet scheduled for Thursday through next Saturday. The concert will instead take place on Sept. 20, in Rose Theater at Frederick P. Rose Hall.

Musician Injury in Pro Orchestras

76% of orchestral musicians have injury negatively influencing ability to perform

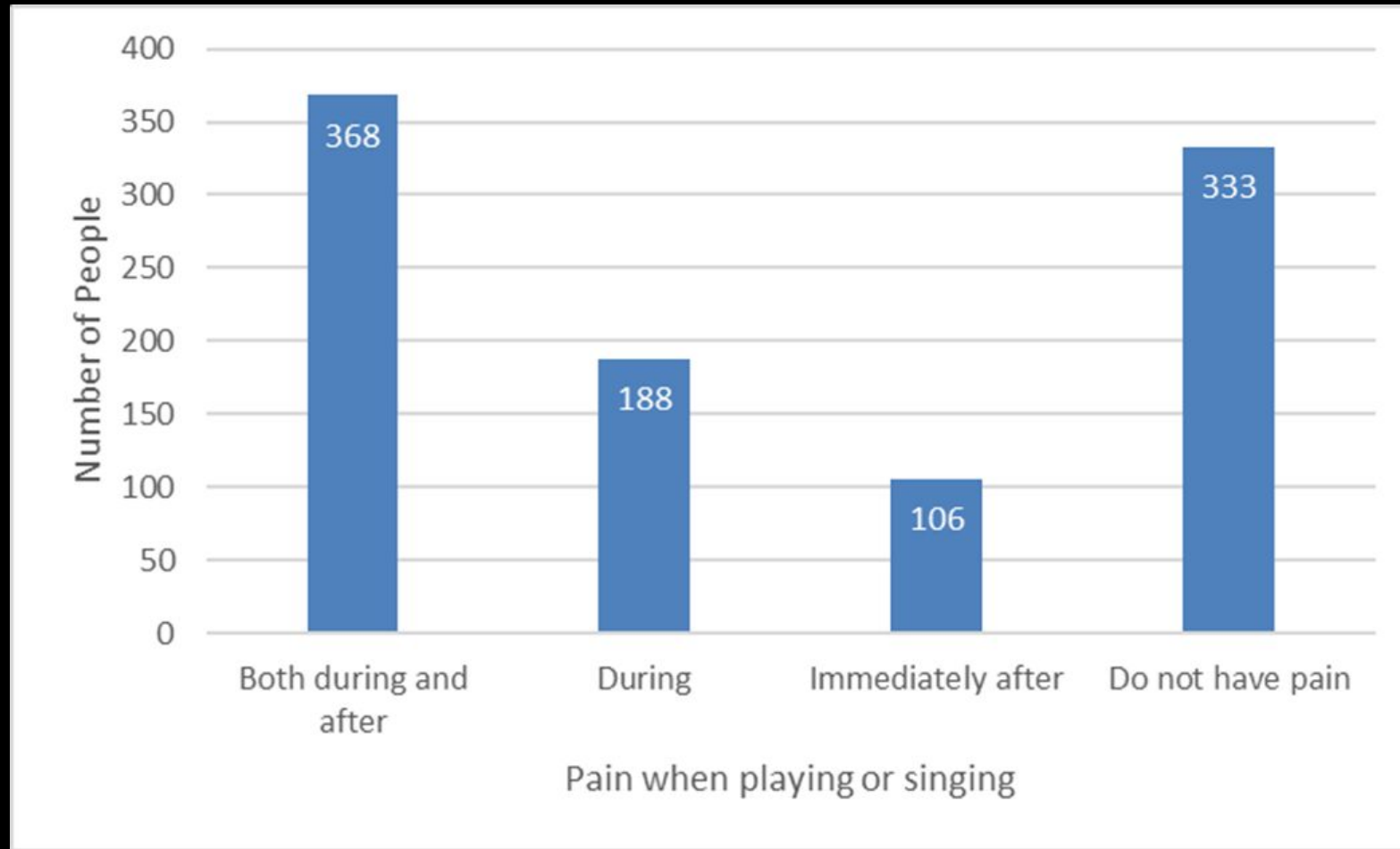
- 2122 musicians
- 36% had 4 or more severe problems

Fishbein M, Middlestadt S, Ottati V, et al. Medical problems among ICSOM musicians: overview of a national survey. *Med Probl Perf Art.* 1988; 3 (1): 1-8.

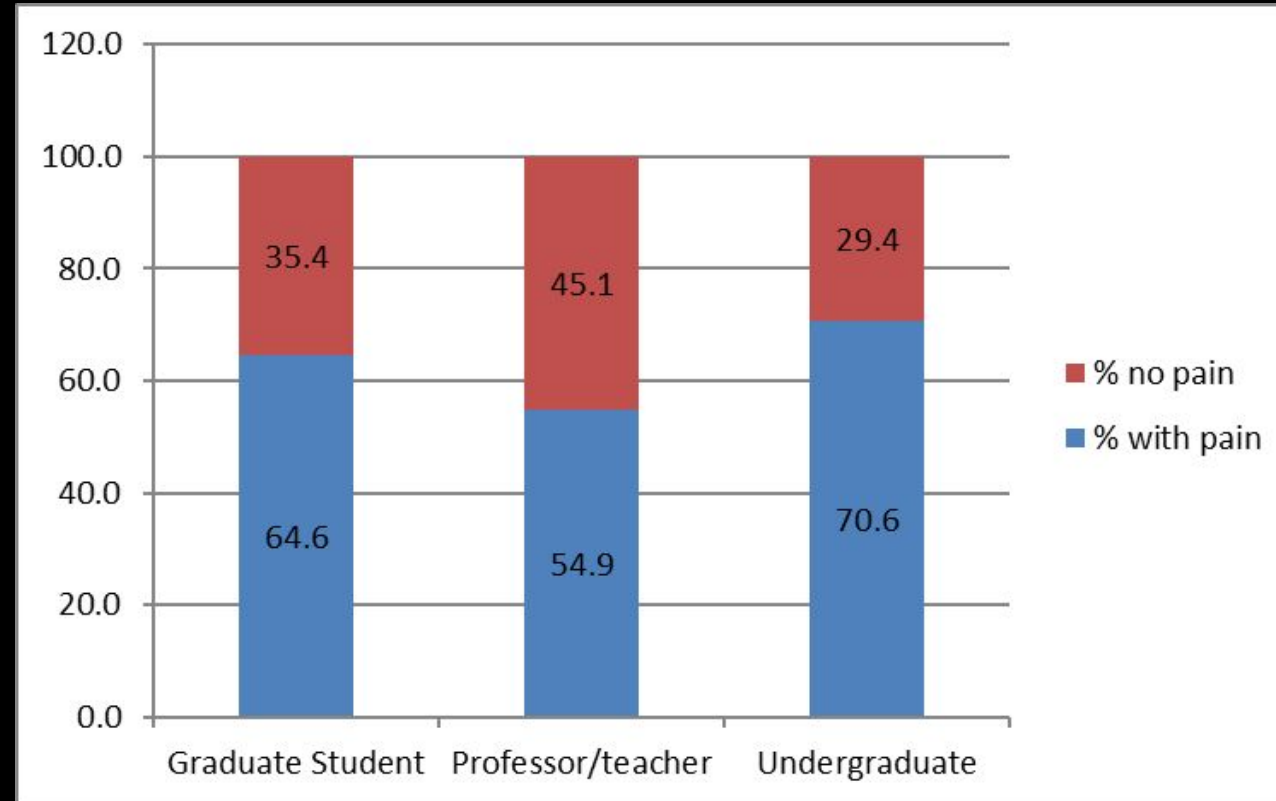
84% of orchestral musicians experience playing-related medical problems

Ackermann BJ, Driscoll T, Kenny D. Musculoskeletal pain and injury in professional orchestral musicians in Australia. *Med Probl Perform Art.* 2012; 29 (4): 181-7.

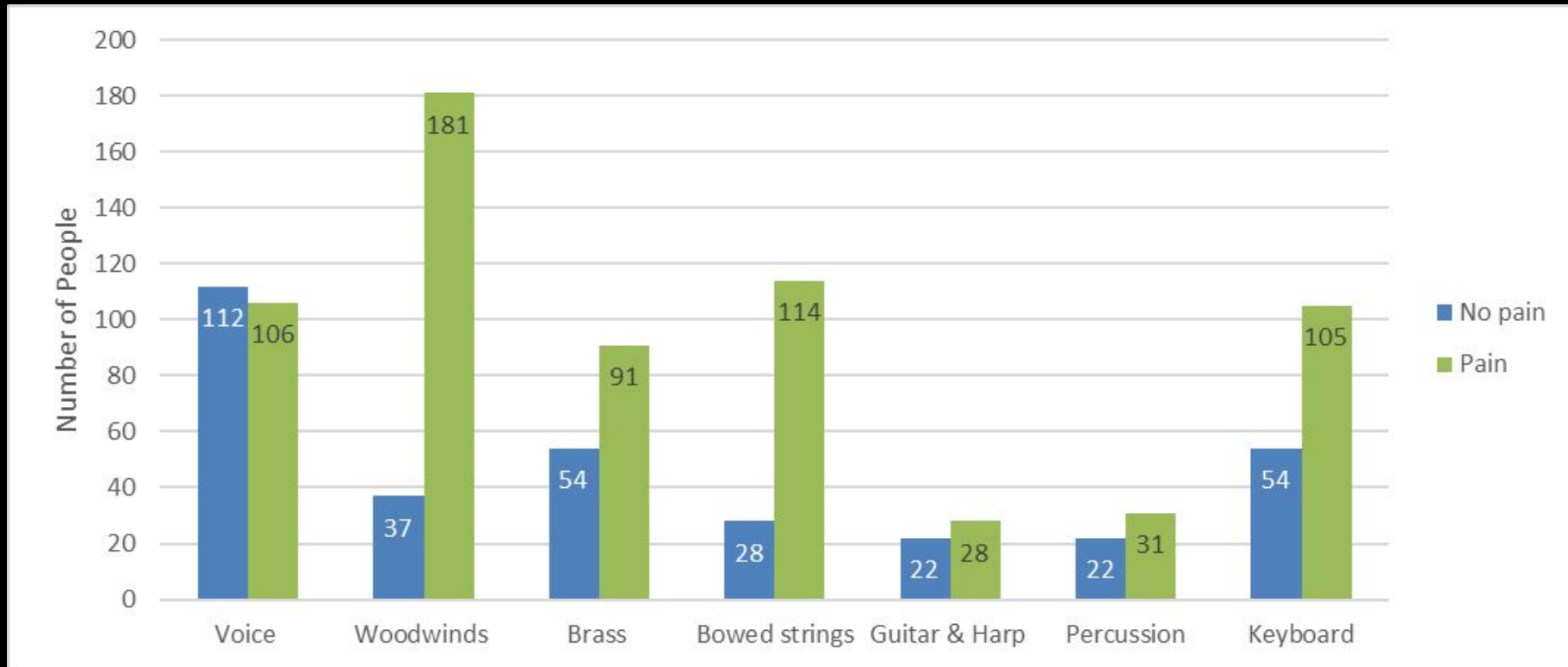
Prevalence at College Level



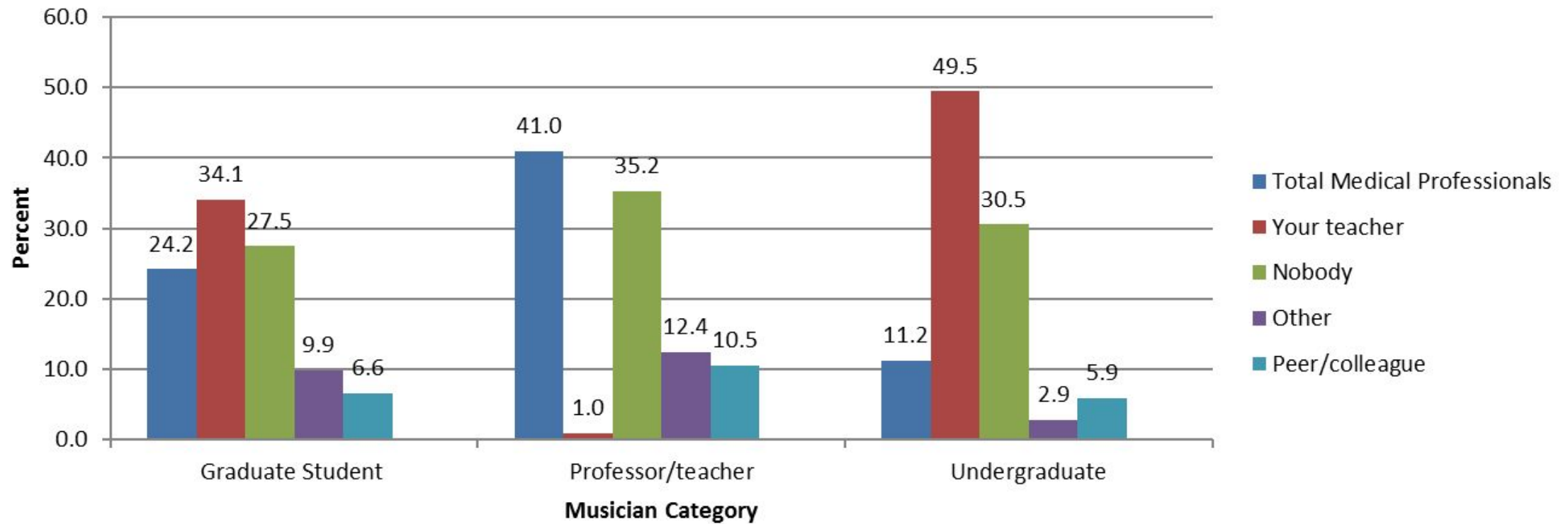
Pain by Rank



Pain by Family



Whom do they approach?

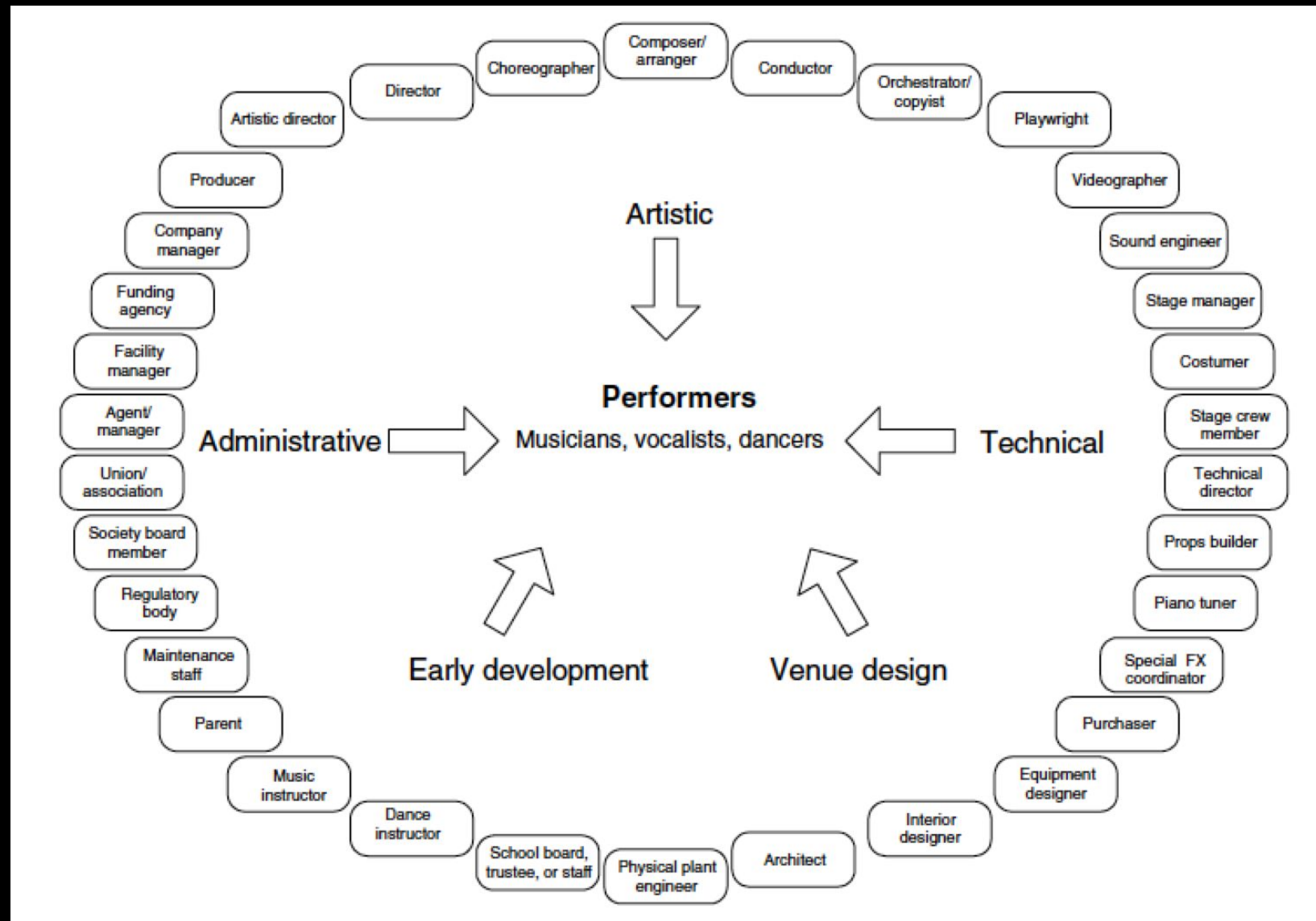


Types of Injuries

- Musculoskeletal
- Neurologic
- Otologic
- Pulmonary
- Laryngeal
- Psychiatric
- Dermatologic
- Ophthalmologic
- Vascular



Stressors



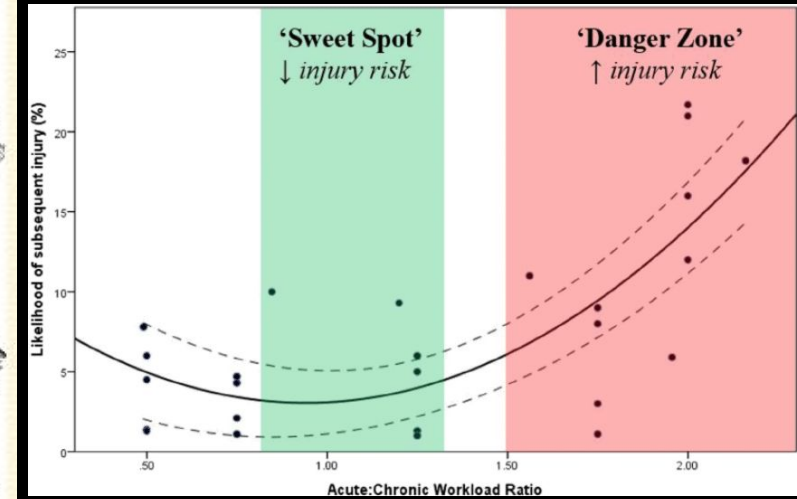
Contributing Factors to Injury

- Equipment
- Posture
- Technique
- Laxity
- General Health
- Conditioning



Contributing Factors to Injury

- Time playing
- Warm up/cool down
- Sudden increases in activity
- Repertoire
- Performing conditions/environment
- Activities outside of the arts



Extra Factors at College Level & Orchestras in Smaller Communities

- Excessive practice time....no regulation
- Grades and scholarships
- No extras/substitutes
- Limited personnel
- Teachers: too much modeling by playing in lessons



Barriers for Artists

- Concealment of injury
- Keep going through pain
- Do not seek treatment
- Don't have a primary provider
- Don't know whom to see
- Rely upon the internet



Barriers for Providers

- Limited knowledge of technique/requirements of instrument
- Do they know their lingo?
- Do they know what to ask you to do or what to look for on exam?
- Are treatment options any different from non-artist population?
- Where can they send you?
 - For medical opinion
 - For instrument accommodations or modifications

Ways to avoid injury

- Do a proper warm up/cool down
- Take frequent breaks/minimize overuse
- Avoid awkward postures
- Practice in front of a mirror and use video
- Address muscle imbalances
- Proper equipment and setup
- Decrease playing time if an injury is suspected
- Take proper care of yourself...especially as you get older
- Seek help (from the right people)
- **Strength training???**

Performing Arts Medicine Organizations

- Performing Arts Medicine Association (PAMA)
artsmed.org
- Athletes and the Arts
athletesandthearts.com

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