Day 1 - Thursday June 13

Black box
09.00-09.20  WELCOME SPEECH - Mai Lindström, Head of Dept. of Health Sciences and Christer Wiklund, Head of Dept. of Arts, Communication and Education

09.20-09.40  Scientific 001 Lotte Nygaard Andersen, Kirsten Kaya Roessler, Henning Eichberg
PAIN AMONG PROFESSIONAL ORCHESTRAL MUSICIANS: A CASE STUDY IN BODY CULTURE AND HEALTH PSYCHOLOGY

09.40-10.00  Scientific 002 Jesper Hvass Schmidt, Ellen Raben Pedersen, Helene M Paarup, Jakob Christensen-Dalsgaard, Ture Andersen, Torben Poulsen, Jesper Bælum
HEARING LOSS, TINNITUS AND HYPERACUSIS IN RELATION TO SOUND EXPOSURE OF PROFESSIONAL SYMPHONY ORCHESTRA MUSICIANS

10.00-10.20  Scientific 003 Ian MacDonald, John Rubin, Shashi Hirani, Edward Blake, Ruth Epstein
AN INVESTIGATION OF ABDOMINAL MUSCLE RECRUITMENT FOR SUSTAINED PHONATION IN 25 HEALTHY SINGERS

10.20-10.50  Coffee break

10.50-11.50  Keynote 001 Bronwen Ackermann
MUSICIANS’ HEALTH – PAST, PRESENT AND FUTURE

11.50-12.10  Scientific 004 Ulrik Röijezon, Birgit Juul-Kristensen
MOTOR CONTROL ALTERATIONS IN MUSICIANS WITH MUSCULOSKELETAL PAIN DISORDERS

12.10-12.30  Scientific 005 Birgit Juul-Kristensen, Ulrik Röijezon
HYPERMOBILITY AMONG MUSICIANS – ADVANTAGE OR DISADVANTAGE?

12.30-13.30  Lunch
13.30-14.00  Lunch Concert – Kristallkvartetten (Crystal Quartet)

14.00-14.40  Scientific 006 Cinzia Cruder
FITNESS TRAINING TO IMPROVE MUSICIANS’ HEALTH, WELLBEING AND PERFORMANCE

14.20-14.40  Scientific 007 Cecilia Wahlström Edling, Anncreistine Fjellman-Wiklund
PAIN, STRAIN AND JOY - MUSICIANS’ PERCEPTIONS OF THE WORK SITUATION IN SYMPHONY ORCHESTRAS

14.40-15.00  Scientific 008 Marit Danielsen
WHEN MY FEET HELP ME PLAY PIANISSIMO. A CASE STUDY OF THE TIMANI-TECHNIQUE AS AN EXAMPLE FOR EMBODIED MUSIC PERFORMANCE TEACHING

15.00-15.30  Coffee break

15.30-16.20  Keynote 002 Karen Søgaard
RISK FACTORS FOR MUSCULOSKELETAL DISORDERS, WHY ARE MUSICIANS AT RISK AND DO WE HAVE RESEARCH-BASED SUGGESTIONS FOR PREVENTION?

16.20-18.00  Reception and networking

Class room
09.20-10.20  Workshop 001 Katarina Porander
GOOD BODY CONTROL WHILE PLAYING MUSIC

10.20-10.50  Coffee break

11.50-12.10  Clinical 001 Kim Eriksen, Helene M. Paarup
MUSIC STUDENTS AND THE ALEXANDER TECHNIQUE

12.10-12.30  Clinical 002 John Macfarlane, Boni Rietveld
MALIGNACIES PRESENTING AT A PERFORMING ARTS MEDICINE CLINIC

12.30-13.30  Lunch
13.30-14.00  Lunch Concert – Kristallkvartetten (Crystal Quartet)

14.00-15.00  Workshop 002 Ing-Marie Olsson, Karin Engquist, Inga-Britt Niemand
WORKSHOP FOCUSING ON VARIOUS PLAYING SITUATIONS WITH SPECIFIC INSTRUMENTS

15.00-15.30  Coffee break
16.20-18.00  Reception and networking
## Black box

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| 09.00-10.00| **Keynote 003**  | Fredrik Ullén  
THE MUSIC PERFORMING BRAIN  |                                                                                               |
| 10.00-10.20| **Scientific 009**  | Lotte Nygaard Andersen, Camilla Marie Larsen, Helene Paarup, Birgit Juul-Kristensen, Eleanor Boyle, Karen Søgaard  
EFFICACY OF ‘SPECIFIC STRENGTH TRAINING’ OR ‘GENERAL FITNESS TRAINING’ AND INFLUENCE ON SELF-ASSESSED PHYSICAL FITNESS IN PROFESSIONAL SYMPHONY ORCHESTRA MUSICIANS - A RANDOMIZED CONTROLLED PILOT TRIAL  |                                                                                               |
| 10.20-10.50| **Coffee break** |                                                                      |                                                                                               |
| 10.50-11.10| **Scientific 010**  | Annika Schönning  
LIFELONG LEARNING - A STUDY ABOUT ORCHESTRA MUSICIANS IN “THE THIRD AGE”  |                                                                                               |
| 11.10-11.30| **Scientific 011**  | Camilla Marie Larsen, Lotte Nygaard Andersen, Helene Paarup, Eleanor Boyle, Birgit Juul-Kristensen, Karen Søgaard  
MUSCULOSKELETAL TROUBLES IN PROFESSIONAL ORCHESTRAL MUSICIANS: THE INFLUENCE ON GENERAL HEALTH AND PLAYING PERFORMANCE?  |                                                                                               |
| 11.30-12.30| **Workshop 004**  | Kjell Fagéus  
ARTISTIC MENTAL TRAINING FOR STAGE AND EDUCATION  |                                                                                               |
| 12.30-13.30| **Lunch**         |                                                                      |                                                                                               |
| 13.30-14.00| **Clinical 008**  | Miikka Peltomaa  
THE HEALTH CARE OF THE MUSICIANS - THE FINNISH PERSPECTIVE  | Finland                                                                                       |
| 14.00-14.30| **Clinical 009**  | Peder Jest  
ESTABLISHMENT OF A CLINIC FOR MUSICIANS AT A UNIVERSITY HOSPITAL  | Denmark                                                                                       |
| 14.30-15.00| **Clinical 010**  | Karin Engquist, Ing-Marie Olsson, Inga-Britt Niemand  
ARTIST- & MUSIKERHÄLSAN - DESCRIBING THE PROCESSES OF TEAMWORK TO HELP STUDENTS AND PROFESSIONAL MUSICIANS WITH INJURIES, BOTH IN TERMS OF REHABILITATION AND PREVENTION  | Sweden                                                                                       |
| 15.00-15.30| **Coffee break** |                                                                      |                                                                                               |
| 15.30-16.50| **Panel discussion** | Future directions for research, clinical specialization and occupational health services for musicians’ health & performance?  | Moderator Svend Erik Mathiassen                                                                 |
| 16.50-17.00| **Closure**      |                                                                      |                                                                                               |

## Class room

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| 10.50-11.50| **Workshop 003**  | Bronwen Ackermann  
EMBOUCHURE AND BREATHING WORKSHOP FOR PRACTITIONERS  |                                                                                               |
| 11.50-12.10| **Clinical 003**  | John Macfarlane, Boni Rietveld  
THE PREVENTION OF COMPLAINTS IN MUSICIANS  |                                                                                               |
| 12.10-12.30| **Clinical 004**  | John Macfarlane, Boni Rietveld  
HYPERMOBILITY AND THE MUSICIAN  |                                                                                               |
| 12.30-13.30| **Lunch**       |                                                                      |                                                                                               |
| 13.30-14.00| **Clinical 005**  | Kerstin Dahmén, Andreas Sjögren  
MUSICIANS AND HEARING PROBLEMS  |                                                                                               |
| 14.00-14.30| **Clinical 006**  | Grete, Ege Gronlund  
HOW TO PLAY MUSIC IN HARMONY WITH YOUR BODY - MUSIC PHYSIOLOGY, A PREVENTION SUBJECT TO AVOID STRAIN INJURIES IN MUSICIANS  |                                                                                               |
| 14.30-15.00| **Clinical 007**  | Mary McGovern  
THE ALEXANDER TECHNIQUE FOR MUSICIANS  |                                                                                               |
| 15.00-15.30| **Coffee break** |                                                                      |                                                                                               |