

# MANHATTAN SCHOOL OF MUSIC (MSM) WELLNESS PROJECT: AN EVOLVING ART

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## INTRODUCTION

The MSM PT Initiative was implemented to provide treatment for music students. Schools of music should focus on prevention in addition to supporting efforts directed at treating diseases once they have occurred.<sup>1</sup>

## PURPOSE

While the life of a musician may seem glamorous during a performance, behind the scenes it involves high demands on the body and a lot of stress. We aim to offer intervention programs that not only restore health but also address wellness<sup>2</sup>. Performance injuries are preventable and a holistic approach that encourages wellness and personal responsibility is necessary<sup>3,4</sup>. MSM aspires to help our students to become healthier performers and to make the learning process of preventing injuries part of the student's formation for a better future.

## METHODS

Music students with complaints of pain and concerns about their movement systems were referred to PT's services. Sessions were scheduled on the basis of 1h for initial assessment, 45m for follow up visits and 1h group sessions, both one-on-one and telehealth, designed to reach all MSM students, once/week. We offered assessments, episodic care, health screenings, group sports and classes, sports/personal training, wellness seminars, workshops, health counseling.

## OUTCOMES

Qualitatively, students were classified as having a sedentary lifestyle, deprived sleep, and poor body awareness. Their impaired aerobic and physical conditioning are risk factors for multiple diseases and an important factor for their complaints. A great part of the success of the project was also due to our approach: the patient needs to take charge in order to improve their condition. Resistance training is just one piece of the overall recipe for success. Our capacity to perform is dictated by a multitude of biopsychosocial factors and doing our best to address them all is key. In this respect, besides PT intervention, the students were introduced to meditation and mindfulness, strategies to reduce anxiety and the practice of alternative strengthening activities (Yoga, Pilates and Crossfit)<sup>5,6</sup>. In order to be effective, prevention must go beyond simply "delivering" instruction or "disseminating" information and must address issues that affect music students' values, beliefs, and motivations.<sup>1,5,7</sup>

Total of students attended in the program from Sep 2019 to Apr 2020: 40  
Number of Sessions by Month/ Group Sessions: 4.6 on average | Groups carried 2 to 5 students/session

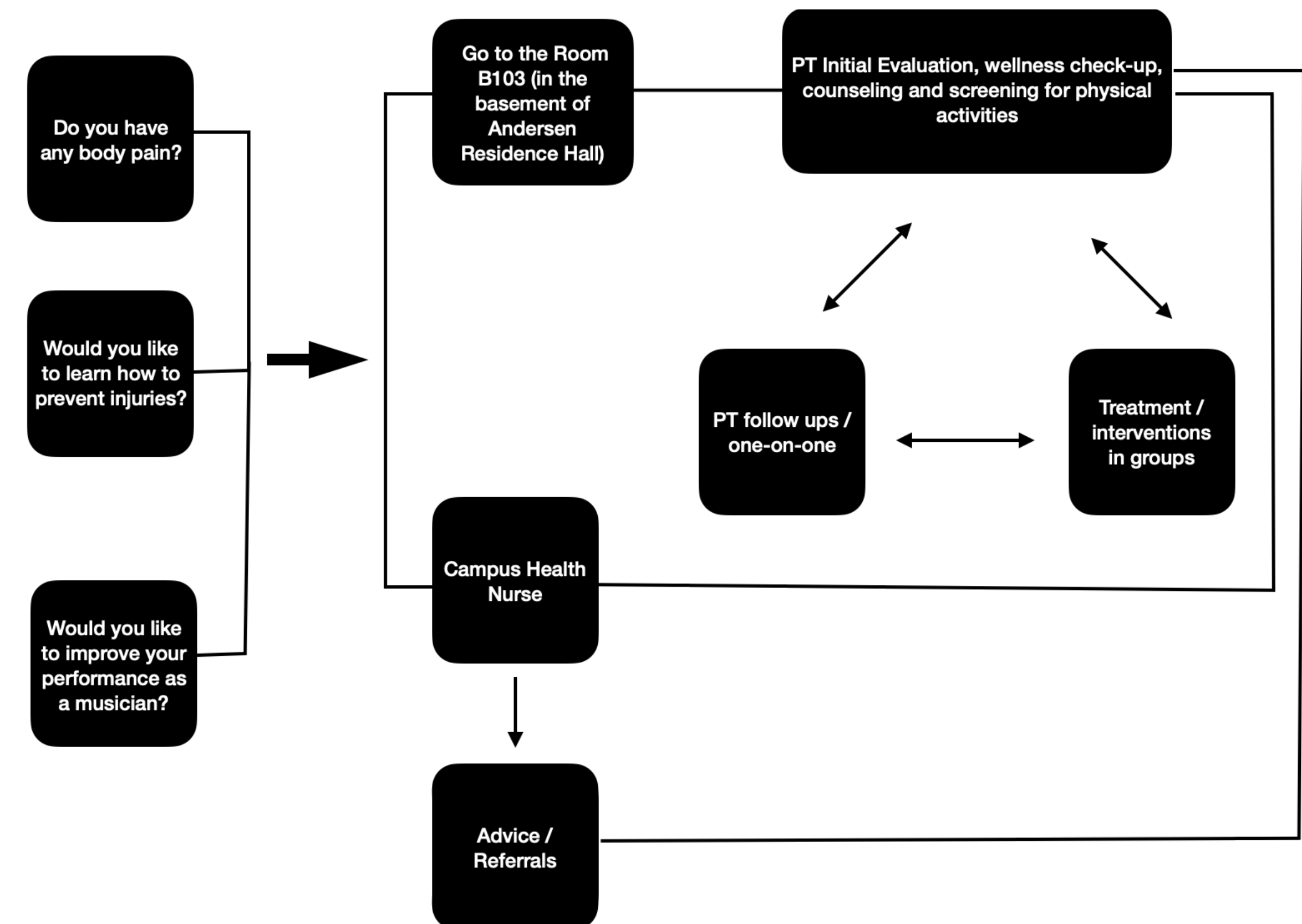
## CONCLUSIONS

Pain, fatigue and overuse are common problems for musicians. The big picture here is that **the cost of early care is always less than the cost of repair**<sup>7,8,9,10,11,12</sup>. Future considerations for this project will include a research about the accurate rate of incidence of MSK related injuries in students with a pre-established methodology. The implementation of a "Wellness Check Up" will add in data collection and help this population reduce their overall risk profile<sup>5</sup>. Based on our experience, knowledge and on the scientific literature about best practices, we offer person-centered care that gives people a positive experience with movement and promotes self-efficacy, reassurance, and reactivation. We cannot forget the absolute importance of including the provision of health promotion, disease prevention, health maintenance, counseling, and patient education as a basic aspect of the services that we offer.

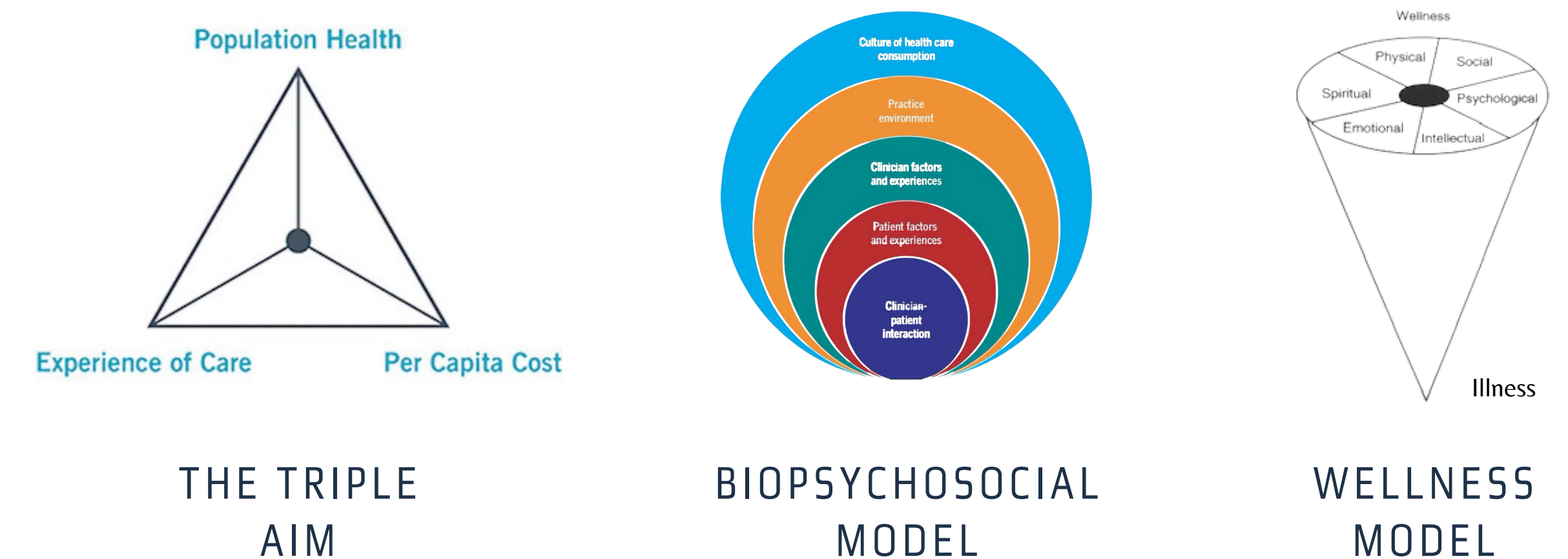
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## IMPLEMENTATION METHOD DEVELOPED



## MODELS



In Partnership with

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