

Musculoskeletal complaints in musicians

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Musculoskeletal complaints in musicians: Epidemiology, Phenomenology and Prevention

Vera Baadjou

1. The prevalence of musculoskeletal complaints in musicians is high; even relatively mild symptoms can have a major impact on playing capacity and quality of life. (*this thesis*)
2. A biopsychosocial prevention course is not superior to physical activity promotion in reducing disability due to musculoskeletal disorders in music students. (*this thesis*)
3. Health courses and related research should be embedded as an integral component of conservatory education. (*this thesis*)
4. There is a need for a core outcome set and universal guidelines to measure playing-related musculoskeletal disorders. (*this thesis*)
5. The low response rate in several of our studies reflects the priority music students allocate to their health. (*this thesis*)
6. Musicians won't admit pain until playing is affected.
7. The life of a researcher is all about controlling bias.
8. The holistic view wherewith physiatrists approach their patients should set an example for other medical professionals.
9. "pARTicipation": The broad experience of physiatrists in treatment of musculoskeletal disease and disability empowers them to be excellent performing arts medicine specialists.
10. A structural, evidence-based, health care approach for musicians is a hope for the future / "TOEKOMSTMUZIEK"
11. Our perception of truth influences what we think we can know (Laura Killam)