



Health education: A focus on a sustainable and healthy work life as a musician

Shouldn't health education also be a normal and integrated part of the core curricula for those pursuing a career in music, aligning with other courses? Multiple health issues are common when pursuing a music career, with up to 86-89% of musicians experiencing musculoskeletal pain annually. Furthermore, many musicians face mental pressure and, at some point, struggle with performance anxiety or the "feeling" of not being good enough. To ensure a sustainable and healthy working life, it is crucial for more conservatories to integrate health education as an integral part of musicians' training and management.

In the UK and the US, integrated programs already exist, and in Denmark, Stephanie Mann has initiated a health course at the Danish National Academy of Music. In this workshop, you will receive an introduction to mental and physical exercises that can be introduced to music students as preventive measures or rehabilitation, promoting a healthier work life for musicians.

During this workshop, you will try out exercises on your own body that can be done in the rehearsal room without getting all sweaty. After this workshop, you will be able to plan an initial exercise program tailored to your specific needs, addressing the problems you may be facing in your upper body. Additionally, you will gain inspiration for a short mental exercise that can be integrated into your everyday life.



Stephanie Mann has a PhD in health science focusing on musicians' health from the research unit for Physical Activity and Health in working life from the Department of Sports Science and Clinical Biomechanics, University of Southern Denmark and is a research member in the Center for Performing Arts Medicine in Odense.

She received her MSc. in physiotherapy in 2017 from University of Southern Denmark.

Stephanie has played the viola for several years as an amateur with different high amateur orchestras in

Denmark as KYS (Copenhagen Young Strings). She developed an interest in musicians' health after developing her own difficulties with playing her instrument. Her research has been focusing on finding preventive initiatives as ergonomic and training for preventing of musculoskeletal problems related to playing. She has been teaching her own course at the conservatory in Esbjerg called musicians' health since 2021.