

# STEPHANIE MANN

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 musculoskeletal problems related to playing. She has been teaching her own course at the conservatory in Esbjerg called musicians' health since 2021.

