Interventions in Musicians Medicine - a Systematic Review

Summary:
Musicians are at increased risk to develop medical conditions related to their musical activity. Professional musicians are in many aspects comparable to competitive athletes. Predominant complaints are pain syndromes and disorders of the musculoskeletal system, phoniatric disorders or psychiatric disorders such as performance anxiety.

Optimal and individualized treatment of musicians’ medical conditions is provided in specialized inpatient and outpatient clinics and facilities. Having profound experiences in the treatment of musicians’ medical conditions and even being musically active as well is of particular impact for physicians who provide health care to musicians.

The evidence for various treatment options in musicians’ medical conditions is limited. In a systematic review the published case reports and clinical studies are evaluated and summarized with regard to - musculoskeletal disorders and - performance anxiety - in professional active adult musicians and - college students

The review will also turn its attention to the prevalence of these disorders and potential risk factors for developing musculoskeletal disorders or performance anxiety.

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