

The Healthy Musician - mission impossible?

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The Musicians' Clinic, Helsinki Music Centre

Healthcare of the musician
Involvement
Need of professional help
Need of resources
is possible



Thank you!

The Health Care of the Orchestra

The hearing

The sleep

My task today

"Music doctor?"



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Health Care of the Orchestra

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My talk today

• Introduction

• Overview

• The hearing

• The deep

"Music doctor?"



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Musician's Medicine?



My talk today

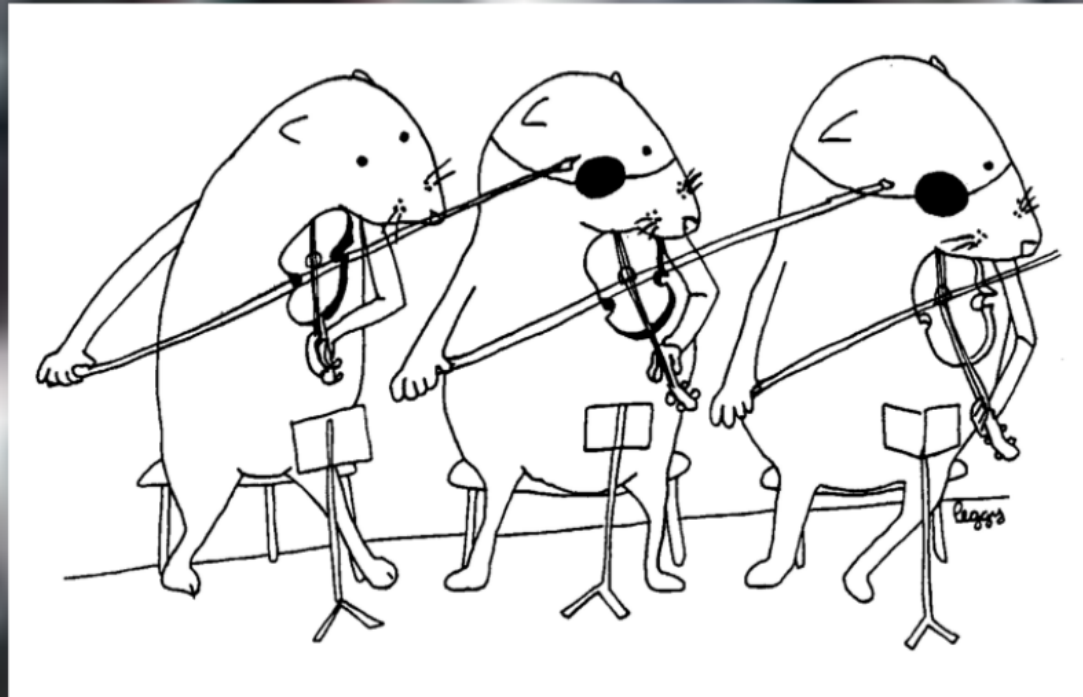
- Musicians' medicine
- Musicians' clinic
- Health care of the orchestra

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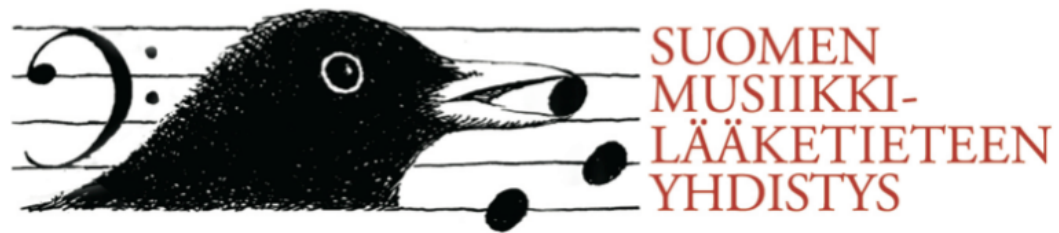
My talk today

- Musicians' medicine
- Musicians' clinic
- Health care of the orchestra

Musician's Medicine?



The Finnish Musicians' Medicine Association



"Music doctor"?

Specialist in clinical medicine

+

Special Competence in Musicians' Medicine

The Musicians' Clinic


The Musician
&
her/his doctor

Music doctors

Experienced specialists in

- Psychiatry
- Orthopedic surgery
- Hand surgery
- Neurology
- Psychiatry
- Internal medicine
- Occupational medicine
- Oto-rhino-laryngology

Physiotherapist



The Musician
&
her/his doctor

Music doctors

Music doctors

Experienced specialists in

- Physiatry
- Orthopedic surgery
- Hand surgery
- Neurology
- Psychiatry
- Internal medicine
- Occupational medicine
- Oto-rhino-laryngology

The image features a dark blue background with several overlapping, semi-transparent teal circles of varying sizes. The word "Physiotherapist" is centered in a white, serif font, enclosed within one of the larger teal circles.

Physiotherapist

The Musicians' Clinic

A referral clinic for

The Finnish Radio Symphony Orchestra

The Helsinki Philharmonic Orchestra

The Finnish National Opera

The Sibelius Academy

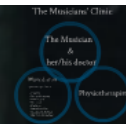
and others

The Musicians' Clinic

The mission:

- To help the musician
- To prevent disability
- To help the doctor of the orchestra
-
- To learn together!

The Health Care of the Orchestra



The Musician's
Clinic
A network of experts
The French Academy of Music
The French Neurology Society
The French Society of Musicology
and others

The hearing

The sleep



The hearing



The sleep



Healthcare of the musician

Investment

Need of professionalism

Need of stamina

Healthcare of the musician

Investment

Need of professionalism

Need of stamina

is possible

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Healthcare of the musician
Investigate
Need of professionalism
Need of attention
is possible

Thank you!

The Health Care of the Orchestra

The hearing

The sleep

My talk today

1. Introduction
2. The musician's health
3. The musician's work

"Music dicta?"





Thank you!