What is Performing Arts Medicine?

Performing artists are highly skilled individuals dedicated to the pursuit of excellence in their fields. Often, they spend years learning their instruments, developing their voices, and training their bodies. They make many sacrifices for love of their art.

At times, however, unexpected injury or illness can make it difficult to achieve artistic goals.

Performing Arts Medicine is a specialty that strives to understand and treat the medical problems of performing artists.
Who are our patients?

We treat a variety of performing artists along the entire spectrum of ages and abilities. Our patients include:

- children learning an instrument or skill
- high school and college students in the arts
- amateur artists performing in the community
- professionals with highly developed skill-sets
- seniors intent on continuing to perform

Our patients come from every field of performing arts:

- instrumental musicians
- vocalists
- ensemble conductors
- actors
- dancers
- gymnasts
- acrobats
- figure skaters
- visual artists

What are common conditions seen in performing artists?

- Acute injuries
- Overuse syndromes
- Muscle and joint pain
- Voice problems
- Neurological disorders such as carpal tunnel syndrome or focal dystonia
- Performance anxiety
- Depression

Our multi-disciplinary philosophy:

We recognize the value of a team approach in caring for our performing artists. A performing arts medicine visit will focus on defining the medical problem, determining a diagnosis and developing a treatment plan. We work with physical therapists, hand therapists, athletic trainers, and speech and language therapists to provide appropriate rehabilitation whenever possible. We partner with other specialists for appropriate referrals.

Education/Training

U of MN Fellowship in Sports Medicine
U of MN Residency in Family Medicine
U of MN Medical School
U of MN Master of Music, Choral Conducting
UW - Platteville, BA Piano Performance
Tulane University, BA Political-Economy

Professional Associations

Performing Arts Medicine Association
Athletes and the Arts
National Association of Teachers of Singing
American Med Society for Sports Medicine
American College of Sports Medicine
Phi Beta Kappa National Honor Society

Prior Performing Experience

Director of Various Church & Community Choruses
UW - River Falls Chorus Director, Voice Teacher, and Class Lecturer
Minnesota Opera Chorus
Minnesota Chorale