

MPPA Welcomes a New Editor

Welcome to the March 2016 edition of *Medical Problems of Performing Artists*, and my first editorial as new Editor-in-Chief. It is an honour to be elected to this role.

I would like to first and foremost thank my predecessors in this role, Dr. Ralph Manchester and Dr. Alice Brandfonbrener, for their outstanding contributions as editors, leaving very big shoes to fill. The late Dr. Alice Brandfonbrener had the will, energy, and foresight to establish the field of Performing Arts Medicine as its own entity and raised global awareness of the health care needs of performing artists. Dr. Manchester has been a crucial team member on this journey over the past few decades and has provided inspiration, mentorship, and guidance to many health professionals developing their skills in this field.

I would also like to thank Dr. William Dawson as he prepares to step down from his regular Abstracts from the Literature column. His tireless dedication to the field of Performing Arts Medicine in clinical practice and education has been extraordinary.

Over the last 30 years, since the inception of this journal in 1986, the specialised health care needs of performing arts have become increasingly recognised, as evidenced by the increasing quantity and quality of publications on this topic, and the global emergence of performing artist healthcare organisations. In addition, large organisation such as the American College of Sports Medicine (ACSM) have created initiatives within their organisation to focus on this specialised topic ([\[sandthearts.com\]\(http://sandthearts.com\)\). The presence of these organisations provides greater access and support for performing artists, and articles, such as the one in this issue by Sousa et al. \(pg 8\), raise awareness of health concerns as they relate to performing artists in particular countries.](http://www.athlete-</p></div><div data-bbox=)

The highly complex and extreme performance demands placed on performing artists, in combination with the long hours required to refine their craft, create a high risk of developing health issues. However, the work environment may significantly compound these intrinsic risk factors. For example, the paper by Kenny et al. (pg 1) reveals that similarly trained classical musicians will report different health concerns depending on whether they perform in an orchestra pit, on a stage, or a combination of both. Not only does the environment have an impact, but also the culture, with the challenges faced by rock musicians made clear in the second paper led by Kenny in this issue (pg 37).

With the risk to health clearly being multifactorial, the approach to management of most issues requires a team approach. Multidisciplinary collaboration between health professionals can provide more effective rehabilitation and should be done in conjunction with interdisciplinary discourse—involving the performing artists, their educators, and artistic administrators in the process. While performing arts medicine is still a relatively young field, focus must also be placed on health promotion to the performing artists, from both the standpoint of optimising performance outcomes and enhancing injury prevention and management, an

approach proven to be effective in sports medicine.

The Performing Arts Medicine Association (PAMA) has planned a stimulating 2-day training workshop focussing on assessing and managing health care issues in performing artists to be run prior to the Medical Problems of Performing Artists annual symposium in New York City on July 5–6, 2016. One stream of this exciting initiative will focus on information relevant for health professionals, while the other stream is specifically designed for performing artists and educators. ACSM has collaborated with PAMA, offering performing arts medicine credentialing to sports medicine physicians upon completion of a post-course examination. Highly experienced health and performing arts professionals, presenting current best clinical and teaching practices, are involved in delivering this course. As high-quality evidence-based research emerges, these approaches will continue to be refined to guide the delivery of the best injury prevention and health management strategies for performing artists.

In my new role as Editor for MPPA, I look forward to continuing the delivery of high-quality and stimulating research in this remarkable journal.

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