

Towards a Japanese PAMA: The Japan Musicians' Medicine Conference

On November 3, 2016, the 6th Japan Musicians' Medicine Conference was held at the Komaba campus of the University of Tokyo.

In 2004, Dr. Naotaka Sakai organized a symposium related to performing arts medicine in Kawasaki, Japan, a first in Asia. In 2011, he organized the annual conference of musicians' medicine in Tokyo, which consisted of four lectures mainly by board-certified MDs in orthopedic surgery, hand surgery, neurology, otolaryngology, and physical medicine and rehabilitation. Some lectures were also presented by scientists in basic kinesiology and musicians who have an interest in music physiology.

The topics of the lectures were as follows:

2011

- History and current topics in musicians' medicine: Naotaka Sakai, MD
- Hand problems of musicians: Koichi Nemoto, MD
Musculoskeletal problems of string players: Takafumi Ohe, MD
- Kinesiology of music performance: Kazutoshi Kudoh, PhD

2012

- Musicians' health care compared to ballet dancers: Mayumi Mizumura, PhD
- Biomechanical study of violinists' overuse injury: Hiroshi Kinoshita, PhD
- Overuse trouble of wind instrumentalists: Hiroshi Arino, MD
- Brain science and focal dystonia in musicians: Yasoichi Nakajima, MD

2013

- Stage fright and anxiety in musicians: Michiko Yoshie, PhD
- Shoulder and elbow problems in musicians: Masatochi Amako, MD
- Demand for musicians' medicine: On Mitani, pianist
- Hearing loss in musicians: Kozo Kumakawa, MD

2014

- Thoracic outlet syndrome in musicians: Masahiko Shirota, MD
- Focal dystonia in musicians: Osamu Hasegawa, MD
- Embouchure biomechanics of horn players: Takeshi Hirano, PhD
- Voice medicine for singers: Takeo Kobayashi, MD

2015

- Total balance in physical conditioning for music performance: Sachiko Fukutomi, cellist

- Spinal problems in contrabassists: Takashi Suhara, MD
- Voice problems and hearing loss in musicians: Kojin Araki, MD
- A Russian composer with aphasia: Makoto Iwata, MD

2016

- Physical and mental condition of music students: Mariko Tanaka, MD
- Musicians' medicine—from tenosynovitis to focal dystonia: Naotaka Sakai, MD
- Motion analysis of musicians in playing drums: Shinya Fujii, PhD
- Stage fright in musicians—current concept and medication: Takashi Yorishima, MD

Every year, there were discussions between the lecturers and the audience after the lectures, and there was such heated discussion that the session times were extended. The audiences included physicians, physical and occupational therapists, nurses, biomechanics researchers, musicians, music teachers, and piano tuners from a company that manufactures musical instruments.

Dr. Sakai remembers receiving a letter from Dr. Brandfonbrener in 1989, which encouraged him to attend the PAMA Symposium in Aspen, which had just started in 1983. He initially visited Aspen in 1991 and met some of the founding members, including Dr. Brandfonbrener, Dr. Lederman, and Dr. Dawson. Later, he visited their performing arts clinic while he was working as a research fellow at the Mayo Clinic in Minnesota. At that time, he promised to start an annual conference for performing arts medicine in Japan. That promise is now being realized annually.

Dr. Sakai chairs the Musician's Hand Committee of the International Federation of Societies for Surgery of the Hand (IFSSH), and he is also planning a meeting for hand surgeons in Tokyo in 2018. Recently, many Japanese medical students and residents have taken great interest in musicians' medicine, and they have requested him to hold a conference with more specific and more detailed discussions that would be useful for the medical treatment of musicians. He has a plan to design a new style of meeting for musicians' medicine, featuring not only lectures for a general audience of medical practitioners and musicians, but also discussions concerning treatment for MDs, PTs, OTs, and other medical staff working in hospitals or clinics. This unique style of meeting could develop into PAMA Japan, he believes.



FIGURE 1. Attendees at the 6th Japan Musicians' Medicine Conference at the University of Tokyo in 2016.

Currently, Dr. Sakai is planning the 7th Japan Musician's Medicine Conference, to be held at the University of Tokyo, on November 3, 2017. In addition, he is also planning the first Forum for Musicians' Hand and Brain, to run just after the annual meeting of the Japanese Society for Surgery of the Hand in Tokyo in April 2018. The latter meeting will be set up only for hand surgeons to discuss the medical treatment of musicians.

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SaludarteHabana 2016: International Congress on Diseases and Rehabilitation of Professionals in the Arts

18–22 July 2016, Havana, Cuba

The International Congress on Diseases and Rehabilitation of Professionals in the Arts was marked with a 1-year celebration recently by PAMA member Dr. Luis Heredia and his colleagues in Havana, Cuba.

The 2016 International Congress brought 158 participants to Havana from 16 countries, including 10 Latin American countries. The program consisted of 2 days of hands-on workshops and 3 days of formal presentations with simultaneous translation into Spanish and English. Over 20 enthusiastic PAMA members and colleagues traveled to present papers and demonstrate clinical approaches to performing arts medicine.

Through this participation, PAMA members hoped to demonstrate PAMA's commitment to our Latin American colleagues who are interested in the health of performing artists, to foster greater research and clinical collaborations, and to enhance Latin American participation in PAMA. In the past year, there has been progress toward these collaborations. A joint German-Cuban protocol is being proposed, and plans are being made for additional exchanges between PAMA and Cuban performing arts health professionals.

PAMA members and colleagues who generously supported the Congress by traveling to teach in this groundbreaking event included: Gil Munoz, Bronwen Ackermann, Marc Brodsky, Nancy Kadel, Lauren Elson, Michael Shipley, Elizabeth Manejias, Bridgett Chin, Yusuf Tatli, Héctor Lozada, Aija Paegle, Dallas Kingsbury, Bill Dawson, Lucinda Halstead, Mickey Stewart, Orietta Cacinoni, Christoff Zalpour, Nikolaus Ballenberger, Dirk Möller, Camilla Kapitza, Becca Summers, Kirsti Gilmore, Teresa Cvengros, and David Hinkamp.

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