This issue of MPPA raises awareness once more of the highly specific needs of performing artists, and the specialised kind of support or assessment that will be required to optimally manage their health care needs.

As reported in this issue, Kawano et al.\textsuperscript{1} concluded that highly expressive task-specific movements are often a normal part of the technical requirements for a dance routine, and analysing whether dancers are safe to perform these manoeuvres requires a highly trained eye and experience. Not only that, but their beliefs on how such movements affect their risk of injury may be influenced by perspectives within the dance culture (Hendry et al.\textsuperscript{2}). To be able to assess dancers and their injury risk requires health professionals to have substantial experience, as general health assessment measures are unlikely to be adequate to meet their highly complex performance demands (Clarke et al.\textsuperscript{3}).

Similar experience is required in understanding the complex demands of the wide spectrum of musical performance, acting, and other artistic pursuits, including understanding strategies to help performing artists manage their workloads. Problems are highlighted with the impact of fatigue on circus (Decker et al.\textsuperscript{4}) and dance activities (Jarvis et al.\textsuperscript{5}), with work and training loads playing a role in affecting movement patterns and health status. Further research may clarify other factors contributing to fatigue in performing artists, as many issues such as travel, diet, and mood will contribute to feelings of fatigue.

Many performing artists have to be able to maintain their well-being while facing substantial changes during both work and training, whereby being removed from one's environment, often under physical and psychological stress with low resources, places critical challenges on performing artists' health. While this may occur regularly with touring, those performing artists who are on the road regularly often anecdotally report a series of strategies that help them best maintain their capacity to perform at their best in different cities every night. Until experience in gained, performing artists may be vulnerable to health issues related to changes in environment, workload, peer support, and so forth.

In a recent clinical consultation with an emerging musician, he described how the process of moving countries, changing teacher, and suddenly having no social support played a major role in his sustaining an injury. Prior to this time, he reported he had been very successful in his studies, playing professionally with casual contracts. However, in the course of pursuing success in this new and competitive environment, he practiced obsessively with little time spent on other non-instrument-related activities. In combination with this, tight budget constraints led to poor eating habits and social withdrawal. This phenomenon of stress and problems has been highlighted in other occupational literature (for example, Buscemi et al.\textsuperscript{6}). As issues appeared, mildly at first, he felt unsure in his new environment and could not understand his specific incoordination issues appearing during playing. "Dr. Google" became the guide to a long and frustrating series of attempts to access treatment options that he could afford. Stress, fatigue, frustration, and worry compounded his issues. Finally, he found his way to a performing arts medical practitioner, who diagnosed embouchure dystonia, and a long road ahead of trying interventions to possibly enable him to return to playing, as well as considering alternative career options.

It remains a challenge to continue to grow and encourage a supportive health culture within Performing Arts communities. However, the steady growth of specialised health care organisations internationally and the progressing emergence of better health education and healthcare provision for performing artists continues to provide hope that such situations are diminishing. Options are now more available than ever to better prevent, assess, and manage health, and for all of us to provide links, advice, support, and early management wherever possible!

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