



## Medical Program for Performing Artists

Offering multidisciplinary consultation, diagnostic evaluation and therapeutic intervention to dancers, musicians, actors, artists and singers.

Each performer has unique needs and goals; with this in mind, we will design a customized therapeutic treatment plan for each individual patient. Individualized treatment plans may include:

- Physician consultation
- Occupational therapy
- Voice therapy
- Physical therapy
- Chiropractic care

To schedule an appointment, please call:

**(314) 747-ARTS (2787)**

*\*You must have a physician's prescription to receive therapy services.*

# Washington University Medical Program for *performing* ARTISTS



## Program History

The Medical Program for Performing Artists was established in 1988 by Dr. Jerome Gilden, an orthopaedic specialist in the Department of Orthopaedic Surgery at Washington University School of Medicine and Barnes-Jewish Hospital.

Our program provides quality medical treatment to dancers, musicians, actors, artists and singers in an effective and timely manner. We educate performers about posture and body mechanics, enabling performers to take an active role in their therapies and adjust their behaviors to prevent re-injury. Our program goal is to help performing artists return to performance at full function and reduce their risk for future injury.

## Common Conditions Treated:

- Bursitis
- Elbow, Wrist and Hand Pain
- Hip Pain
- Knee, Ankle and Foot Pain
- Low Back Pain
- Neck Pain
- Overuse Injuries
- Shoulder Pain
- Tendonitis

 **Washington**  
University in St. Louis  
**Physicians**



# Medicine for the Performing Arts Community



## Washington University Performing Artists Program Clinicians

(From left): Devyani Hunt, MD, Lynnette Khoo-Summers, DPT, Heidi Prather, DO, Aaron Chamberlain, MD

### About the Program

#### Medical Care

Before receiving therapy services, a performer may require a diagnosis and treatment plan. In this case, a physician will first evaluate the condition and coordinate a treatment plan which may include care from any of the disciplines listed below.

#### Physical Therapy

Physical Therapists work with the performer to restore function of the joints and muscles, improve balance and endurance, and restore neuromuscular balance to facilitate performance.

#### Occupational Therapy

Occupational Therapists help to restore the hand and upper extremity functions needed to perform specific maneuvers while playing an instrument. This often involves stretching and strengthening exercises as well as splinting and ergonomic recommendations.

#### Speech-Language Pathology

Performers can improve their vocal quality, resonance and endurance by seeking help from a Speech-Language Pathologist. Therapists identify vocal abuse or misuse on and off stage, then develop treatments for reducing voice fatigue, hoarseness and loss of voice. They also reinforce posture and breathing techniques for speaking and performing.

#### Chiropractic Care

Many musculoskeletal injuries respond well to chiropractic intervention including manual therapy and acupuncture. Chiropractic referral can be made according to individual need or performer's request.

**Devyani Hunt, MD**, is the Director of the Performing Artists Program and a Physical Medicine and Rehabilitation Specialist (Physiatrist) at Washington University Orthopedics. Physiatrists are experts in the non-operative management of musculoskeletal injuries and disorders. Dr. Hunt grew up dancing in the St. Louis area and studied dance at the University of Texas in Austin. She has worked with performing artists throughout her medical career in both St. Louis and Chicago. She is a member of the International Association for Dance Medicine and Science (IADMS) and is professionally and personally involved in the performing arts community in St. Louis.

**Lynnette Khoo-Summers, DPT**, is a Physical Therapist at the Washington University Program in Physical Therapy. She danced professionally for two years in Chicago before embarking on her career in physical therapy. Her expertise is in the prevention and rehabilitation of all musculoskeletal conditions. She works closely with injured artists and offers performance day coverage.

**Heidi Prather, DO**, is the Chief of Physical Medicine and Rehabilitation at Washington University in the department of Orthopaedic Surgery. Her trumpet performance scholarships at Drury University enabled her to complete a BA degree that led to medical school. She has worked with performing artists throughout her career in both St. Louis and Chicago, and is professionally and personally involved in the performing arts community. She is a member of the International Association for Dance Medicine and Science (IADMS).

**Aaron Chamberlain, MD**, is a Shoulder and Elbow Surgeon at Washington University Orthopedics. Dr. Chamberlain is a trained violinist with a degree in violin performance. He has performed with the Symphony Parnassus, and therefore has a special interest in treating performing artists with Shoulder and Elbow disorders.

**All of the Performing Artists Program Clinicians are actively involved in research to improve treatment outcomes in dancers. They are all members of the Performing Arts Medicine Association (PAMA).**