

Program History

The Medical Program for Performing Artists was established in 1988 by Dr. Jerome Gilden, an orthopedic specialist in the Department of Orthopedic 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.

Medical Program for Performing Artists

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

Additional Services:

- Providing medical coverage for professional performing artists on tour throughout St. Louis
- Providing medical coverage at local studios, high schools and universities
- Educating performing artists on injury prevention through community lectures



ORTHOPEDICS

Schedule an appointment:

 (314) 747-2787 (ARTS)

 ortho.wustl.edu/PerformingArts



NATIONAL LEADERS IN MEDICINE

Medical Program for Performing Artists

BARNES-JEWISH HOSPITAL

WASHINGTON UNIVERSITY PHYSICIANS



Team Approach

Many of the clinicians in the Medical Program for Performing Artists program are former musicians and dancers, which provides a unique background and a great passion for providing medical care to the performing arts community.

With diverse training in orthopedics, physical medicine and rehabilitation (physiatry), and physical therapy, our team is highly-skilled at treating injuries and conditions seen in performing artists. We have worked with a wide variety of patients, including dancers, musicians, circus artists, figure skaters, and gymnasts.

Our clinicians are actively involved in research to improve treatment outcomes in dancers, and are members of the Performing Arts Medicine Association (PAMA) and the International Association of Dance Medicine and Science (IADMS).



For detailed physician biographies, current research, patient stories and patient education information, visit our website at: ortho.wustl.edu/PerformingArts



Each performer has unique needs and goals. With this in mind, we will design a customized therapeutic treatment plan for each patient. Individualized treatment plans may include any of the following services:

PHYSICIAN CONSULTATION

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 services listed on this page.

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.

VOICE THERAPY *

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 with manual therapy. Chiropractic referral can be made according to individual need or performer's request.

ACUPUNCTURE

Acupuncture can be effective for many health problems that may limit musicians, singers and dancers. It is a subtle way to rebalance the body, and regular treatments can lead to alleviated pain and maintained health.

MEDICAL MASSAGE

Medical massage therapy may assist the healing process in musculoskeletal conditions, and in acute and chronic pain related to connective tissue disorders.

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
- Ergonomic and postural problems
- Stress fractures

*Please note that you must have a physician's prescription to receive therapy services.