



Mission

Integrating the science of sport
and the performing arts
for mutual benefit

<http://athletesandthearts.com>

Athletes and the Arts

Current Coalition Partners:

American College of Sports Medicine (ACSM)

Center for Music Arts Entrepreneurship, Loyola University (New Orleans)

Performing Arts Medical Association (PAMA)

American Medical Society for Sports Medicine (AMSSM)

American Osteopathic Academy of Sports Medicine (AOASM)

Drum Corp International (DCI)

Music Teachers National Association (MTNA)

National Association for Music Education (NAfME)

National Association of Teachers of Singing (NATS)

National Athletic Trainers' Association (NATA)

National Hearing Conservation Association

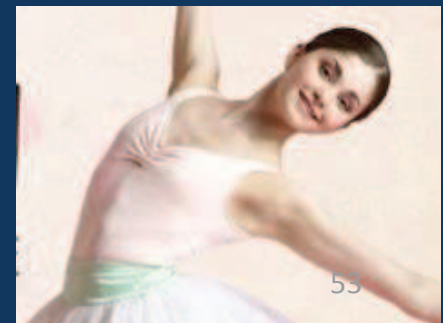
New Orleans Performing Artists Clinic

The Voice Foundation

Artists in Residence

Jonathan Batiste

Kathryn Morgan



What's the Issue?

- 64% of World Class Drum Corps had members who developed a stress fracture in 2013.
- 50% of musicians have some form of Noise – Induced Hearing Loss. (NIHL)
- 75% of orchestra instrumentalists will develop at least one MSK disorders from playing during their lifetimes.
- 65% of surveyed professional and amateur pianists currently suffered from or previously had a repetitive strain injury

Empowering Musicians: Teaching, Transforming, Living

Expand Your Influence: Enhance Health And Performance In Music Students

"You play in a bar room, people are smoking, there are long hours, practicing, you carry equipment to your gig. The idea of all of this (health needs) is foreign to the music community, from the conservatory level to the level of street performers and everything in between."

—Jon Batiste, jazz musician, artist-in-residence, *Athletes and the Arts*

Performing artists are athletes. Just like "sport" athletes they:

- Practice or perform almost every day
- Play through pain
- Compete in challenging environments
- Experience little "off season"
- Face extreme competition
- Face real risk of career-threatening injury

MTNA is an active member of the AATA initiative, and its members have a unique opportunity to influence the development and longevity of musicians and their art for generations to come. Contrary to most sport athletes, musicians (both amateur and professional) and teachers have careers that extend many decades.

One of the early successes of Athletes and the Arts, particularly the

"I believe music is healing and if you want to heal other people, you've got to heal yourself first. The healthier we are as musicians and the arts community in general, dancers and actors, the better the world will be."

Jon Batiste, Jazz Musician, Artist in Residence – AATA