OMM IN THE PERFORMING ARTS

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PERFORMING ARTS

DANCERS

INSTRUMENTALISTS

VOCALISTS

ACTORS
Most common sites of injury:

- Foot/ankle
- Hip
- Lumbar spine (males especially)
- Knees
INSTRUMENTALISTS

Most common sites of injury:

• Very instrument-specific
• Points of contact
• Points of angulation
VOCALISTS

Most common sites of tension:

• Tongue
• Jaw
• Neck
ACTORS

Most common types of injury:

• Voice-related
• Dance-related
• Misc.
TECHNIQUES FOR TODAY
DANCERS

- Foot/ankle articulatory technique
- Standing SI balancing
INSTRUMENTALISTS

- Wrist articulatory technique
- Counterstrain
VOCALISTS/ACTORS

- Hyoid assessment/treatment
- Jaw/tongue assessment/treatment