



**TEXAS CENTER FOR  
PERFORMING ARTS HEALTH**

## OMM IN THE PERFORMING ARTS

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FELLOWSHIP



# PERFORMING ARTS

DANCERS

INSTRUMENTALISTS

VOCALISTS

ACTORS

# DANCERS

Most common sites of injury:

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



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# INSTRUMENTALISTS

Most common sites of injury:

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



# VOCALISTS

Most common sites of tension:

- Tongue
- Jaw
- Neck



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# ACTORS

Most common types of injury:

- Voice-related
- Dance-related
- Misc.



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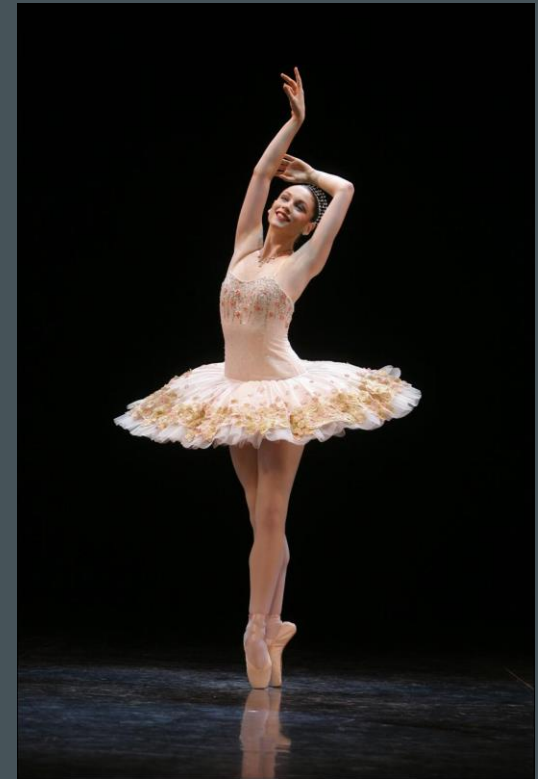
# TECHNIQUES FOR TODAY



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# DANCERS

- Foot/ankle articulatory technique
- Standing SI balancing



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# INSTRUMENTALISTS

- Wrist articulatory technique
- Counterstrain



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# VOCALISTS/ACTORS

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



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