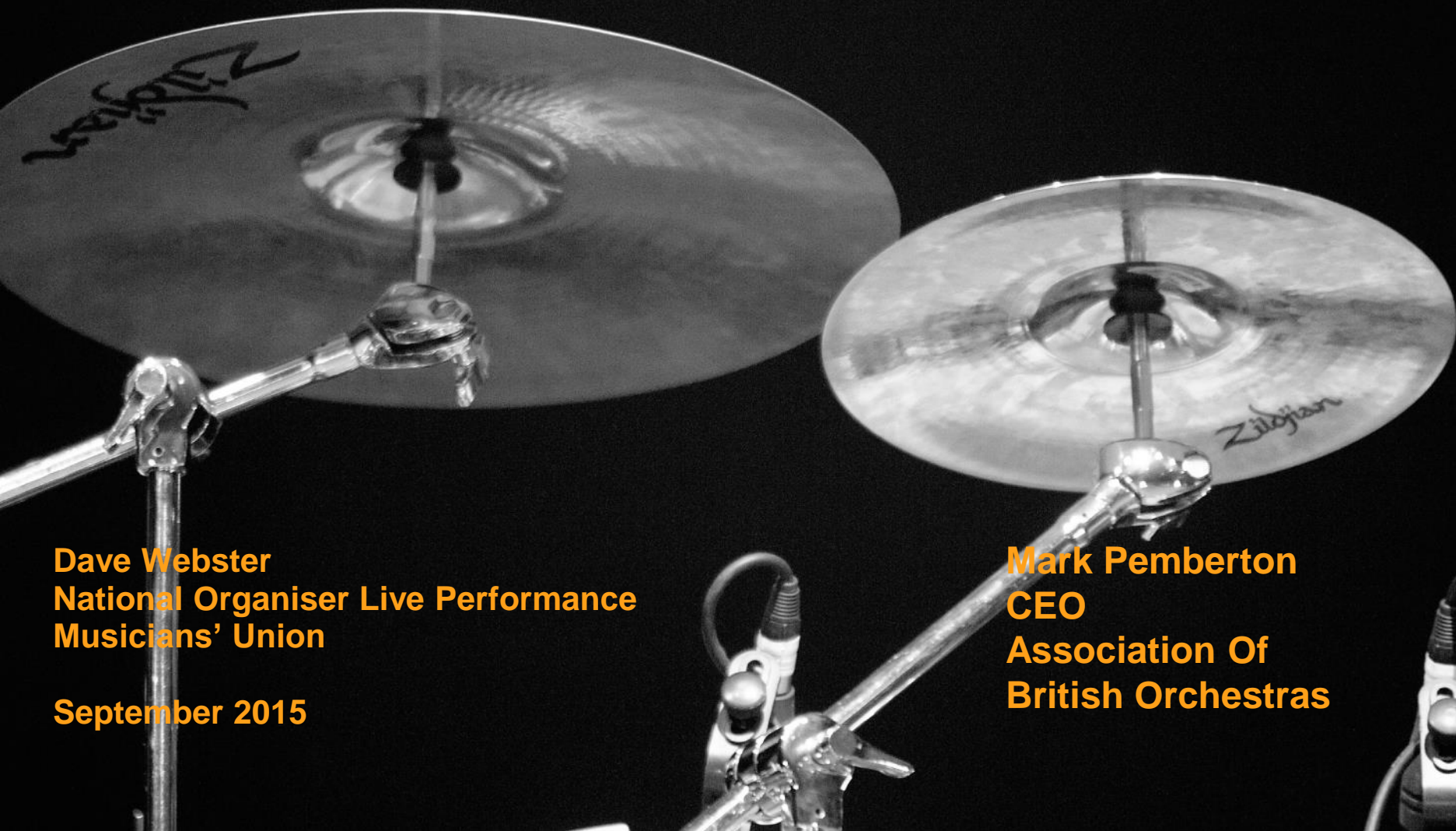


Guidance document Focal Dystonia



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The 5 Distinct Guidance Areas



1. Opening statements
2. Musicians
3. Orchestra managements
4. Conductors and Visiting Artists
5. Contacts and referrals

1. Opening Statements



- What is Focal Dystonia?
- How do you know if you suffer/Diagnosis?
- What can you do if you suspect you might be affected?

2. Musicians – Guidance

- Warm up routines
- Practice regimes
- Disclosure and job security –
Stress
- Who to turn to
- Positive message – rehab
programmes, help with finances

3. Orchestra Managements – Guidance



- Building in time for warm ups into the scheduling
- Rehearsal regimes and scheduling –
Stress
- Reassurance and confidentiality
- Support and referral – financial and pastoral

4. Conductors and Visiting Artists



- Awareness of the recommendations in the joint guidance.
- Rehearsal regime – **Stress**
- Warm up routines
- Sensitivity to workload

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5. Contacts and Referrals



- Reinforce the positive message re diagnosis and rehabilitation
- Contacts lists
- Support bodies such as Royal Society of Musicians and help Musicians UK, BAPAM

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Who is Involved?

- Dr Mark Edwards – Neurologist
- Katherine Butler – Hand Therapist
- Dr David Fielding – GP with specialisms in musculoskeletal conditions (expert in strings)
- Dr Rebecca Whitarar - BAPAM Associate Medical Director
- Dr John White - Hand Surgeon

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NEXT STEPS

- British Association of Performing Arts Medicine (BAPAM) to consider Briefing paper
- Present comprehensive document to SSCD

December 2015

Thank You