

1200 – 1330

Lunch Break

Plenary Session

Cremazie/Garneau

1330 – 1500

**Challenging 300 years of Piano Teaching Practices with 21st Century Technology**  
**- Piano playing-related health problems**

Moderator: Gilles Comeau, University of Ottawa

Speakers: Nadine Bressler, B. Mus, Art. Dip, M.Sc, Toronto  
Elaine Keillor, ARCT, PhD, Carleton University (Music)  
Alicia Desjardins, University of Ottawa  
Pierre Payeur, University of Ottawa, School of Engineering  
Gilles Comeau, University of Ottawa (Music)

Performing arts medicine (PAM) evolved in the 1980's in response to musicians seeking help for playing-related health problems (PRHP's). The PRHPs that most commonly affect musicians include: musculoskeletal disorders, cumulative trauma disorders, soft tissue disorders, overuse/misuse injuries, neurological disorders, and psychological issues. Current rehabilitation and prevention programs for musician injuries will be presented along with the effectiveness of treatment, prevention and education programs.

As pianists form a large percentage of the musician population with PRHPs, researchers have recently focussed on studying the nature of musical training from beginner students to professional artists, as well as the pedagogical practices of piano teachers. Technological resources provide opportunities to apply scientific research methods by combining art and science; this approach is proving to be extremely effective in the diagnosis, treatment, and prevention of PRHPs. In this symposium a panel of experts will present their ground-breaking research activities and projects melding music, medicine and technology. Delegates will be invited to express their views on how technology can further enhance future projects.