

Workshop Title:**Practical Insights into the Bergen Philharmonic Orchestra's Injury Prevention Program**

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Overview:

Musculoskeletal problems affect up to 85% of orchestra musicians in Norway, with 15% experiencing severe symptoms. These physical issues are often linked to mental health challenges and sleep disturbances. Despite growing awareness, few orchestras have implemented effective injury prevention programs due to limited resources and logistical barriers.

The Bergen Philharmonic Orchestra has successfully established a structured injury prevention program that addresses these challenges and serves as a practical model for others.

Purpose:

To provide participants with hands-on experience and practical tools from the Bergen Philharmonic's injury prevention program, including adaptable exercises and strategies for collaboration with orchestra leadership.

Workshop Content:

- Introduction to the program's development and implementation
- Key components: warm-up routines, instrument-specific and chair-based exercises
- Strategies for overcoming logistical and organizational barriers
- Demonstration of Gyrokinesis® principles (including chair-based movements inspired by the Alexander Technique and other somatic approaches)

Format:

- 5 min: Active warm-up
- 20 min: Theoretical framework and implementation strategies
- 35 min: Practical session (standing and chair-based exercises)
- 5 min: Summary and key takeaways

Clinical/Practical Significance:

This workshop offers proven methods for reducing musculoskeletal strain in musicians. Attendees will leave with practical techniques and insights to help build or enhance injury prevention programs in orchestral settings—supporting health, performance quality, and career sustainability.