

Clinic for Musicians' Health, Odense University Hospital: Promoting Sustainable Careers Through Specialized Occupational Medicine

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The Clinic for Musicians' Health was established in 2013 within the Department of Occupational and Environmental Medicine at Odense University Hospital. Its core mission is to support sustainable working lives for professional musicians by providing specialized, multidisciplinary care tailored to the unique demands of this occupation.

The clinic was founded in close collaboration with the Danish Musicians' Union, music academies, symphony orchestras, and relevant healthcare stakeholders. Its integration into a hospital-based occupational medicine department enables a comprehensive approach—combining expertise in work-related exposures, prevention strategies, clinical treatment, and access to relevant specialties. As part of the Danish public healthcare system, services are provided free of charge.

Over the past 12 years, referral pathways have broadened significantly. Initially, referrals came predominantly from symphony orchestras. Today, we also receive patients from conservatories, music schools, freelance professionals, and music educators.

To date, approximately 480 musicians have been assessed. The majority present with musculoskeletal disorders, followed by hearing-related issues. Notably, only a small proportion have presented with mental health concerns—an observation that may reflect underreporting or under-referral in this area.

At the conference, we will provide an overview of our patient population and present selected cases to illustrate typical diagnostic and treatment pathways. These will highlight the importance of early recognition, interdisciplinary management, prevention strategies, and the role of occupational medicine in facilitating return-to-work planning for musicians.