



The Musicians' Health & Performance 5th Nordic Conference 2025

**Odense, Denmark
September 17–19, 2025**

“Stronger together!”

*Bridging the gap between research,
treatment, and music education”*



DAY 1 – SEPTEMBER 17

15.00 – 16.00	Registration	SDMK - Danish National Academy of Music, Odense, Denmark – The Academy's foyer
16.00 – 17.00	Opening session Welcome speech, Claus Skjold Larsen	Concert Hall, Ground Floor, Room U38
	Chair: Karen Søgaaard Keynote, Kris Chesky	Concert Hall, Ground Floor, Room U38
17.00 – 19.00	Get-together reception	The Academy's foyer

DAY 2 – SEPTEMBER 18

08.00 – 09.00	Registration	SDMK - Danish National Academy of Music, Odense, Denmark – The Academy's foyer
09.00 – 09.45	Chair: Lars Brandt Keynote, Jane Ginsborg	Concert Hall, Ground Floor, Room U38
09.45 – 10.05	Coffee break	The canteen
10.05 – 11.45	Parallel Session 1 Documentation A Explanation A Workshop 1	Concert Hall, Ground Floor, Room U38 4th floor, Room 4.6 Room 3.1
11.45 – 13.00	Lunch break and posters Speed presentation 1 Poster walk	The canteen Poster room
13.00 – 13.45	Chair: Laura Punnett Keynote, Jesper Hvass Schmidt	Concert Hall, Ground Floor, Room U38
13.50 – 14.50	Parallel Session 2 Intervention A Intervention B Workshop 3	Concert Hall, Ground Floor 4th floor, Room 4.6 Room 3.1
14.50 – 15.10	Coffee break	The canteen

15.10 – 16.10	Parallel Session 3 Documentation B Intervention C Workshop 4	Concert Hall, Ground Floor, Room U38 4th floor, Room 4.6 Room 3.1
16.15 – 17.00	Chair: Lars Brandt Keynote, Katrien Foubert	Concert Hall, Ground Floor, Room U38
19.00 – 22.00	Conference dinner at Ærtefabrikken (if you have signed up for it)	<u>ÆRTEFABRIKKEN</u>

DAY 3 – SEPTEMBER 19

09.00 – 09.45	Chair: Laura Punnett Keynote, George Musgrave	Concert Hall, Ground Floor, Room U38
09.45 – 10.05	Coffee break	The canteen
10.05 – 11.45	Parallel session 4 Explanation B Intervention D Workshop 5	Concert Hall, Ground Floor, Room U38 4th floor, Room 4.6 Room 3.1
11.45 – 13.00	Lunch break and posters Speed presentation 2 Poster walk	The canteen Poster room
13.00 – 14.00	Chair: Claus Skjold Larsen Keynote, Daniel S. Scholz	Concert Hall, Ground Floor, Room U38
14.00 – 14.15	Closing ceremony	Concert Hall, Ground Floor, Room U38

KEYNOTES

September 17 16.15 – 17.30	Kris Chesky	<i>Between Research, Treatment, and Music Education</i> <u>kris-chesky.pdf</u>
September 18 09.00 – 09.45	Jane Ginsborg	<i>Educating musicians for healthy music making across the lifespan</i> <u>jane-ginsborg.pdf</u>
September 18 13.00 – 13.45	Jesper Hvass Schmidt	<i>Hearing Loss and Hearing Related problems among musicians</i> <u>jesper-hvass-schmidt.pdf</u>
September 18 16.15 – 17.00	Katrien Foubert	<i>When the Music Hurts</i> <u>katrien-foubert.pdf</u>
September 19 09.00 – 09.45	George Musgrave	<i>Dreaming, Believing and Grieving: Our Music Students and Their Mental Health</i>
September 19 13.00 – 14.00	Daniel S. Scholz	<i>Should musical success be the only source of self-worth?</i> <u>daniel-s-scholz.pdf</u>

DAY 2 – SEPTEMBER 18
Parallel Session 1

Documentation A
Explanation A
Workshop 1

10.05 – 11.45	Documentation A	Concert Hall, Ground Floor, Room U38
10.05 – 10.25	Chair: Kirsten Kaya Roessler Presenter: Miikka Peltomaa	<i>Musician Outpatient Clinic at the Helsinki Music Centre – 13 Years of Multidisciplinary Experience</i> miika-peltomaa.pdf
10.25 – 10.45	Presenter: Dag Rissèn	<i>To prevent and alleviate playing related musculoskeletal or stress-related problems-activities among professional Swedish big band musicians</i> dag-rissèn.pdf
10.45 – 11.05	Presenter: Seppo Soinila	<i>Prevalence of work-related musculoskeletal and neurological problems among musicians – a systematic review</i> seppo-soinila.pdf
11.05 – 11.25	Presenter: Els Clays	<i>Playing-Related Musculoskeletal Disorders Across the Musical Career: A Survey-Based Study on Prevalence and the Role of Preventive Strategies</i> els-clays.pdf
11.25 – 11.45	Presenter: Laura Punnett	<i>Psychosocial exposures among performing musicians, by type of work arrangement</i> laura-punnett.pdf
10.05 – 11.45	Explanation A	4th floor, Room 4.6
10.05 – 10.25	Chair: Karen Søgaaard Presenter: Lars Brandt	<i>10 years with a Musician Clinic at the Center for Musicians Health in Odense Denmark</i> lars-brandt.pdf
10.25 – 10.45	Presenter: Bjørn Hilt	<i>Demand-control at work and psychic distress in Norwegian philharmonic musicians</i> bjørn-hilt.pdf

10.45 – 11.05	Presenter: Bjørn Hilt	<i>Demand-control at work and musculo-skeletal pain in Norwegian philharmonic musicians</i> bjørn-hilt 2.pdf
11.05 – 11.25	Presenter: Irem Eliassen	<i>Prevalence of musculoskeletal pain and associated factors among professional orchestra musicians in Norway</i> irem-eliassen 2.pdf

10.05 – 11.05
10.05 – 11.05

Workshop 1
Chair: Jane Ginsborg
Presenter: Naomi Norton

3rd floor, Room 3.1

Researching (with) our students: Ethical considerations for musicians' health and wellbeing researchers
[naomi-norton.pdf](#)

DAY 2 – SEPTEMBER 18
Parallel Session 2

Intervention A
Intervention B
Workshop 2

13.50 – 14.50 13.50 – 14.10	Intervention A Chair: Jane Ginsborg Presenter: Veronika J. Lubert	Concert Hall, Ground Floor, Room U38 <i>Toward a Culture of Care in Music Higher Education: Setting the Scene for Collective Wellbeing</i> veronika-j-lubert.pdf
14.10 – 14.30	Presenter: Mona Oikarinen	<i>Towards Institutional Accountability: An Institutional Ethnography of Australian Post-Secondary Music Students' Work and Health</i> mona-oikarinen.pdf
14.30 – 14.50	Presenter: Naomi Norton	<i>Reflecting on student and tutor experiences during a bespoke musicians' health and wellbeing module at a UK university</i> naomi-norton.pdf
13.50 – 14.50 13.50 – 14.10	Intervention B Chair: Daniel S. Scholz Presenter: Hege Beckmann	4th floor, Room 4.6 <i>Physical Training for Music Students</i> hege-beckmann.pdf
14.10 – 14.30	Presenter: Elvira van Groningen Tina Margareta Nilssen	<i>Posture, Performance and Ease of Playing - Applying Timani for Effective and Sustainable Violin Playing</i> elvira-van-groningen.pdf
14.30 – 14.50	Presenter: Suzuki Akiho	<i>How should we teach musicians about pain? Developing pain science education for the management of performance-related pain</i> akiho-suzuki.pdf
10.05 – 11.05	Workshop 2 Chair: Katrien Foubert Presenter: Erja Joukamo-Ampuja	3rd floor, Room 3.1 <i>Senso Coaching as Support for Musicians' Health</i> erja-joukamo-ampuja.pdf

DAY 2 – SEPTEMBER 18
Parallel Session 3

Documentation B
Intervention C
Workshop 3

15.10 – 16.10 15.10 – 15.30	Documentation B Chair: Bjørn Hilt Presenter: Ulrik Röijezon	Concert Hall, Ground Floor, Room U38 <i>Superior wrist sensorimotor control of the bow hand among professional upper string musicians</i> ulrik-röijezon.pdf
15.30 – 15.50	Presenter: Anna Cygańska	Effects of Playing Musical Instruments on the Pelvic Floor and Musculoskeletal System in Women Performing in Professional Orchestras and Wind Bands anna-cygańska.pdf
15.50 – 16.10	Presenter: George Musgrave	Musicians' Mental Health in the "Second Happiest Country in the World": Findings from the Danish 'When Music Speaks'
15.10 – 16.10 15.10 – 15.30	Intervention C Chair: Els Clays Presenter: Julianna Kiss	4th floor, Room 4.6 <i>The role of health education and the Kovács method in professional music education</i> julianna-kiss.pdf
15.30 – 15.50	Presenter: Pitagoras Goncalves	<i>Bridging Motor Control and Musical Expression: A Pedagogical Model Grounded in Deliberate Practice</i> pitagoras-goncalves.pdf
15.50 – 16.10	Presenter: Thor Madsen	<i>Move-A-Sound for musicians in rehabilitation</i> Abstract not provided thor-madsen.pdf
15.10 – 16.10	Workshop 3 Chair: Grete Ege Presenter: Irem Eliassen	3rd floor, Room 3.1 <i>Understanding the musician's hand...</i> irem-eliassen.pdf

POSTER SESSION 1 AND LUNCH – SEPTEMBER 18

11.45 – 13.00

11.45 – 12.00

Poster walk and lunch

Chair: Karen Søgaaard
Speed presentation 3
minutes to each poster

In the area by the canteen

Eeva Hyytiäinen

*MUSICIAN'S WELLBEING – Initiative by the
Finnish Society for Performing Arts Medicine*
[eeva-hyytiainen.pdf](#)

Hannah Losch

Brain Activation in Short-Term Musical Learning
[hannah-losch.pdf](#)

Kitty Bazalgette
Presented by
Elvira van Groningen

*Meeting musicians where they are - Bridging the
gap between performance science and practice
through social media*
[elvira-groningen kitty-bazalgette.pdf](#)

DAY 3 – SEPTEMBER 19
Parallel Session 4

Explanation B
Intervention D
Workshop 4

10.05 – 11.45	Explanation B	Concert Hall, Ground Floor, Room U38
10.05 – 10.25	Chair: Chris Chesky Presenter: Sigrun Eng	<i>Cues from within: Exploring interoception in musicians' health and performance</i> sigrun-eng.pdf
10.25 – 10.45	Presenter: Jenny Ro	<i>Heart rate variability in a series of music performance auditions</i> jenny-ro.pdf
10.45 – 11.05	Presenter: Stine Alpheis	<i>Adverse Childhood Experiences and Increased Functional Connectivity...</i> stine-alpheis.pdf
11.05 – 11.25	Presenter: Fabian Sternkopf	<i>Musicians' Pain: Altered Pain Processing in Musicians</i> fabian-sternkopf.pdf
11.25 – 11.45	Presenter: Anna Zamorano	<i>Neural Signature of Pain Processing in Musicians</i> anna-m-zamorano.pdf
10.05 – 11.45	Intervention D	4th floor, Room 4.6
10.05 – 10.25	Chair: Ulrik Røijezon Presenter: Leila Kulju	<i>It has been extremely thorough - Musicians' experiences of music physiotherapy</i> leila-kulju.pdf
10.25 – 10.45	Presenter: Frederico Kochem	<i>Acute Effects of Transcranial Direct Current Stimulation (tDCS) on Musical Performance</i> frederico-barreto-kochem.pdf
10.45 – 11.05	Presenter: Grete Ege	<i>The sound of music students' experiences and perspectives on health education A participatory approach</i> grete-ege.pdf
11.05 – 11.25	Presenter: Irem Eliassen	<i>Practical Insights into the Bergen Philharmonic Orchestra's Injury Prevention Program 1</i> irem-eliassen1.pdf

11.25 – 11.45	Presenter: Irem Eliassen	<i>Practical Insights into the Bergen Philharmonic Orchestra's Injury Prevention Program 2</i> irem-eliassen1.pdf
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10.05 – 11.05 10.05 – 11.05	Workshop 4 Chair: Karen Søggaard Presenter: Birgitte Due Mary McGovern	3rd floor, Room 3.1 <i>Alexander technique for Musicians</i> birgitte-due- -mary-mcgovern.pdf
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POSTER SESSION 2 AND LUNCH – SEPTEMBER 19

11.45 – 13.00	Poster walk and lunch Chair: Laura Punnett Speed presentation, 3 minutes to each poster	In the area by the canteen
		Poster room
	Irem Eliassen	<i>Understanding Musicians' Headache: Impact of Work Conditions, Locus of Control, and Upper Body Pain</i> irem-eliassen.pdf
	Amrah Gasimli	<i>Evoked potentials hint at enhanced negative emotional valence to pain in musicians?</i> amrah-gasimli.pdf
	Tina Davis	<i>Small keys, big changes – adaptation of piano students to ergonomically scaled piano keyboards</i> tina-davis.pdf
	Susanne Wijsman	<i>The Power of One: instrumental and vocal music teachers' perceptions of their role in health promotion</i> suzanne-wijsman.pdf

