



PERFORMING ARTS

SPECIAL INTEREST GROUP



ORTHOPAEDIC SECTION

AMERICAN PHYSICAL THERAPY ASSOCIATION



American Physical Therapy Association
The Science of Healing. The Art of Caring.

Manal TJ, Hunter-Giordanno AO, Fontenot M.

Management of a Music Student with Thoracic, Shoulder, Arm and Hand Pain.

2008;20_93):150-153.

ARTICLE SUMMARY

Cervical radiculopathy can result secondary to asymmetrical postures adopted while playing the violin. This case study of a 20-year-old female college-level violinist suggests a treatment plan for remediating primary complaints of cervical pain with left-sided radiculopathy. Outcome measures used to determine success of treatment included the Neck Disability Index (NDI) and the Disabilities of the Arm, Shoulder, and Hand (DASH) as well as musculoskeletal observations and measures. Treatment included pain management, joint mobilization, soft tissue mobilization, strengthening, neural glides, patient education, and postural correction. The subject demonstrated improvements in every objective measure utilized.