

The Lifespan of the Musician

Musicians' Health and Performance - III Conference

June 14-16, 2018, Helsinki Conservatory of Music

Helsinki, Finland

Day 1

Thursday June 14

10.00 – 12.00	Registration
12.00 – 12.10	Wellcome to Helsinki, MD, PhD Miikka Peltomaa , Chairman of the Organizing Committee
12.10 – 12.15	Music
12.15 – 13.00	Keynote lecture, MD, PhD Irma Järvelä , Helsinki, Finland THE GENES OF MUSICALITY
13.00 – 13.45	Keynote Lecture, MD, PhD Jari Sinkkonen , Helsinki, Finland CHILDREN AND MUSIC: A RELATION TO BE CHERISHED
13.45 – 14.40	Lunch
14.40 – 14.45	Music
14.45 – 16.15	Thematic sessions A. New approach to the early music pedagogy (MMus Pirkko Simojoki) B. The joy and challenge of the music school (MMus Sanna Saarinen) C. When hobby gets professional (PhD Päivi Arjas)
16.15 – 16.30	Coffee break
16.30 – 17.30	Free papers
19.00 -	Welcome reception

Day 2

Friday June 15

08.00 – 09.00	Registration
09.00 – 09.40	Keynote lecture, Prof. Eckart Altenmüller , Hannover, Germany HEALTHY LIFELONG PRACTICE
09.40 – 10.20	MD, PhD Miikka Peltomaa , Helsinki, Finland SPECIALISED HEALTH CARE FOR MUSICIANS
10.20 – 10.50	Coffee break
10.50 – 11.00	Music
11.00 – 11.35	MA, Ph.D. Tuomas Auvinen, Helsinki Finland HOW TO MAKE A TEAM FROM SOLOISTS?
11.35 – 12.10	Prof. Tapio Lokki , Helsinki, Finland THE ANATOMY OF ACOUSTICS
12.10 – 12.45	PhD Kim Kähäri , Sahlgrenska Akademin, Göteborg, Sweden THE PROTECTION OF MUSICIAN'S EARS
12.45 – 13.55	Lunch and poster session I
13.55 – 14.00	Music
14.00 – 15.30	Parallel thematic sessions – each session runs 40 min twice, 10 minutes inbetween for the change of the session A. Preventing injuries by planning practicing? (LMus Erja-Joukamo- Ampuja) B. String masterworkshop (Prof. Réka Szilvay & Physiotherapist Satu Palo) C. Mercy for churchmusician (Physiotherapist Katarina Porander & Dmus Ville Urponen)
15.30 – 16.00	Coffee break
16.00 – 17.00	Free papers
16.00 – 18.00	Parallel program for Orchestra managers, Musicians' Unions representatives and Music School principals

19.00 – 22.00

Conference reception at the Radisson Blu Seaside

Day 3

Saturday June 16

08.00 – 09.00	Registration
09.00 – 09.45	Keynote lecture, Prof. Aaron Williamon , London, UK HOW TO GROW OLD AS A MUSICIAN?
09.45 – 10.30	Physiotherapist, Tiina Lahtinen-Suopanki , Hospital Orton, Helsinki, Finland THE MYOFASCIAL DYSFUNCTION IN THE MUSICIAN PERFORMANCE
10.30 – 10.55	Coffee break
10.55 – 11.00	Music
11.00 – 11.45	MMus Hanna Fontana , Finnish National Opera and Ballet, Helsinki, Finland AGEING MUSICIAN – SPECIAL CARE FOR SPECIAL PEOPLE
11.45 – 12.45	Various music physicians An array of medical cases of musicians
12.45 – 14.15	Lunch and poster session II
14.15 – 15.45	Parallel thematic sessions – Each session runs 25 min 3 times, 5 minutes inbetween for the change of the session A. Feldenkreis method (Dance artist Raisa Vennamo) B. Pilates (MMus Johanna Ilmoniemi) C. Alexander technique (MMus Maria Vahervuo) D. Voice Well manipulation technique (MMus Kirsi Vaalio)
15.45 – 16.00	Coffee break
16.00 – 16.45	Best posters in a flash
16.45 – 17.00	Concluding remarks