

## The Center for the Performing Artist

An opera singer becomes hoarse midway through a performance.

A ballet dancer experiences extreme pain from stress fractures in her foot.

A violinist suffers head and neck tremors



Performing artists are particularly vulnerable to ailments and injuries due to the unique physical demands of their profession. Often, symptoms that appear to be relatively mild can be disabling and even end a career. The Center for the Performing Artist offers students and professionals comprehensive and integrated care tailored to their specific performance needs and level of performance, while also addressing overall physical and mental health and well-being.

Care begins with an in-depth evaluation, including a detailed medical history and performance requirements, and continues with a full range of treatment options, including rehabilitation for the particular disorder or condition and referrals to relevant specialists as required. Patients may be asked to bring their instrument or tools related to their art so that our physicians can observe posture, technique, and presentation and dissect the pattern of any abnormal movements or other irregularities.

## For More Information

For more information about The Center for the Performing Artist or to schedule an appointment, please call 646.962.ARTS.

NewYork-Presbyterian/Weill Cornell Medicine is one of the leading academic medical centers in the world, with renowned specialists in every field of medicine. Weill Cornell Medicine comprises the teaching hospital, NewYork-Presbyterian, and Weill Cornell Medical College, the medical school of Cornell University. NewYork-Presbyterian/Weill Cornell Medicine provides state-of-the-art inpatient, ambulatory, and preventive care and is dedicated to excellence in medical education, research, and community service.

NewYork-Presbyterian, one of the country's largest and most comprehensive academic medical centers, is ranked #6 in the nation and #1 among ranked hospitals in the New York area, according to U.S. News and World Report's 2015 Best Hospitals. This marks the 15th consecutive year that NewYork-Presbyterian has been listed on U.S. News' prestigious "Honor Roll." NewYork-Presbyterian ranked in the following specialties:

Cancer	Neurology and Neurosurgery
Diabetes and Endocrinology	Ophthalmology
Ear, Nose and Throat	Orthopedics
Gastroenterology	Pulmonology
Geriatrics	Psychiatry
Gynecology	Rheumatology
Heart and Heart Surgery	Urology
Kidney Disorders	

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<http://weill.cornell.edu/centerperformingartist>



## The Center for the Performing Artist

### Comprehensive and Integrated Health Care for Performing Artists

"Our nationally recognized physicians, affiliated with a world class medical center—provide health care tailored to the special needs of professional and aspiring artists in the fields of voice, dance, music and theatre, as well as anyone whose occupation calls on the use of these skills."

#### Michael G. Stewart, MD, MPH

Professor and Chairman, Otolaryngology  
Medical Director, The Center for the Performing Artist  
NewYork-Presbyterian Hospital/Weill Cornell Medical Center





## Comprehensive Health Care Services

The Center for the Performing Artist at NewYork-Presbyterian/Weill Cornell Medicine offers specialized expertise in performing arts medicine in combination with the clinical resources and services of a world renowned academic medical center. When an individual calls the Center, a dedicated care coordinator will identify the appropriate specialist; help schedule all medical appointments, tests, and procedures; and arrange for any referrals. This is a free-of-charge service designed to ensure that you are connected with the physician that best meets your medical needs at NewYork-Presbyterian/Weill Cornell Medicine. Collaboration among physicians and health professionals assures ongoing communication and a seamless continuum of care.

## Occupational Disorders of the Performing Artist

### Ear, Nose and Throat Disorders

A variety of ear, nose and throat conditions can plague a performer. These include sinus disease, hearing loss, throat infections, dizziness, changes in taste and/or smell, swallowing problems, sleep disorders, nasal breathing problems, and trauma to the head and neck.

### Voice Disorders

Voice disorders can range from polyps in the larynx to a paralyzed vocal cord. Common symptoms of laryngeal disorders include hoarseness or breathiness, voice breaks, limitations in pitch range, volume or projection, deterioration of the voice with prolonged use, and chronic throat clearing or coughing.

### Mental Health Issues

Comprehensive treatment programs, including individual and group therapy, as well as medication management, are available.

### Musculoskeletal Injuries

Performing artists, particularly dancers and musicians, are at high risk for a number of musculoskeletal conditions due to the repetitive stresses and strains on their bones, joints and soft tissues.

### Neurological Conditions/Movement Disorders

Neurological conditions and movement disorders can involve the voice, the head, the limbs, or any part of the body. These disorders include task-specific tremors, dystonia—a movement disorder characterized by sustained muscle contractions—as well as Parkinson's disease. Neurological conditions can develop at any time during an artist's career.

### Pulmonary Conditions

Asthma, chronic cough, and shortness of breath are the primary symptoms that are of concern to many types of performing artists, including singers, dancers and actors, as well as sculptors and painters who can be exposed to different kinds of chemicals, sprays and toxins.

### Pediatric Health Issues

Our pediatric resources offer the most advanced diagnostic and treatment options to protect and promote the health of a professional young performer. Staying healthy while auditioning and performing can prevent overuse syndromes, voice problems, and orthopedic injuries.



The Center for the Performing Artist can coordinate care and provide access to the full range of specialties available at NewYork-Presbyterian/Weill Cornell Medicine and The Hospital for Special Surgery.

Allergy and Immunology | Cardiac Surgery | Cardiology | Dermatology | Gastroenterology | General Surgery  
Gynecology | Medicine | Neurology | Neurosurgery | Obstetrics | Ophthalmology | Oral and Maxillofacial Surgery  
Orthopedics | Otolaryngology | Pediatrics | Physical Medicine and Rehabilitation | Plastic Surgery  
Professional Voice | Psychiatry | Pulmonary Medicine | Radiology | Rheumatology | Speech Pathology | Urology