

Musicians & Rehabilitation

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Revalidatie
Friesland



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You play a musical instrument as a hobby or profession, but find yourself suffering certain limitations in one way or another. These limitations may be a direct result of playing an instrument, or could be due to a chronic illness, accident or congenital disease. It may also be the case that you or your child have a physical disability but would like to learn to play a musical instrument, and are not sure how to go about it.

Revalidatie Friesland provides expert advice and possibly treatment in this respect to both children and adults.

Injuries among musicians are very common; examples of these 'music injuries' include pain, stiffness, movement restrictions, problems with teeth, ears or skin, lack of breathing support and stage fright. This range of symptoms is not surprising when the demands made of musicians are considered, even at amateur level, so music injuries are actually comparable with sports injuries.

Treatment for musicians

A multidisciplinary team is present at Revalidatie Friesland in Beetsterzwaag, consisting of a rehabilitation doctor, an occupational therapist, a physiotherapist, a music therapist, a speech therapist, a psychologist and a social worker, all specialised in treating and assisting musicians with limitations in playing their instruments. According to the situation, these specialists will be involved in diagnosis and treatment at the request of the rehabilitation doctor.

If necessary, other internal therapists from Revalidatie Friesland help out, or specialists from elsewhere are contracted, although the rehabilitation doctor is ultimately responsible for examination and treatment. If required, rehabilitation treatment at home can be arranged for you online (E-rehabilitation).

Amateur musicians with musculoskeletal problems can be examined at any branch of Revalidatie Friesland, after which an assessment is made about the need for additional examination and treatment by members of the specialist team. Please see the back cover of this brochure for a list of branches.

Purpose

The purpose of diagnosis and treatment by the team is to detect and treat specific symptoms at an early stage, in amateur and professional musicians, singers and conductors. Serious limitations to making music can be prevented by early detection and proper guidance. If an injury does arise, expert treatment can reduce your symptoms, or make them disappear altogether. As a beneficial side effect, you may find your level of musicianship improves at the same time.

Advantages

The advantage of a multidisciplinary team is that your specific symptoms are examined from different angles by experts in different fields. Consultations are not hurried, so there is ample time for examination and a discussion of experiences. Based on the results, an individual treatment plan is drawn up, aimed at alleviating your specific symptoms. Besides a thorough knowledge of the musculoskeletal system, the team also has extensive expertise regarding your position and technique when playing your instrument. An extensive network of contacts with experts inside and outside the health sector is maintained.

Registration and referral

You can be referred by your GP, company doctor or medical specialist to the rehabilitation doctor in Beetsterzwaag. In the case of amateur musicians with musculoskeletal problems, you are referred to the rehabilitation doctor in one of the Frisian hospitals.

Costs

The cost of the musicians and rehabilitation team is reimbursed from basic health insurance. We advise musicians insured abroad to seek information from their insurers about coverage conditions.

Procedure

After referral, you are invited to a consultation with the team. In the consultation, you bring your musical instrument with you so that the therapists can assess your posture and movements when playing. There is a piano and drums present for those requiring them.

Depending on the nature of your problem, the situations in which you experience discomfort are discussed. Together with some other team members, you are examined by the rehabilitation doctor. The entire examination takes place over a morning or an afternoon.

The rehabilitation physician's examination takes one hour, and is often followed by an occupational therapy examination (30 mins) and a music therapist examination (30 mins). Sometimes this may concern the physiotherapist or the speech therapist, but this is clearly indicated when you are invited to the first consultation.

After the entire examination is completed, the team's findings are discussed with you. You and your referrer later receive a letter with the team's findings. Where necessary, the therapists will draw up a treatment plan with you that is tailored to your specific symptoms and possibly your music teacher. Sometimes, further examination is needed.

When all examinations have been completed, and you and your referrer have received the reports, targeted treatment can begin. This is set out in a schedule, drawn up in consultation with you, that you receive via email. We concentrate on finding a treatment solution that you can implement in your home environment, possibly supervised from Revalidatie Friesland (also possible with E-rehabilitation).

If you require overnight accommodation in Beetsterzwaag or close by, please see our website.

Other activities of Revalidatie Friesland for musicians

In addition to patient care and scientific research, the team members also enjoy providing lectures and workshops on the prevention and/or background of music injuries, with an emphasis on 'prevention is better than cure'. These are suitable for music courses and marching bands, for example.

For more information

Revalidatie Friesland
Hoofdstraat 3
9244 CL Beetsterzwaag
+31 (0)88 5801580
www.revalidatie-friesland.nl

Contacts and branches

Main contact

+31 (0)88 5801580
info@revalidatie-friesland.nl
PO Box 2, 9244 ZN Beetsterzwaag

Consultation locations

Consultations in Drachten
Compagnonsplein 1, 9202 NN Drachten
+31 (0)512 588888

Consultations in Emmeloord

Urkerweg 4, 8303 BX Emmeloord
+31 (0)515 488994
Note: addresses for consultation and treatment are different.

Consultations in Harlingen

Achlumerdijk 2, 8862 AJ Harlingen
+31 (0)517 499999

Consultations in Steenwijk

Sluisweg 2, 8332 JC Steenwijk
+31 (0)522 233333

More information

Would you like more information about Revalidatie Friesland? Please check our website at www.revalidatie-friesland.nl or call +31 (0)88 5801580 during office hours

Branches

Beetsterzwaag branch

Hoofdstraat 3, 9244 CL Beetsterzwaag
+31 (0)88 5801580

Leeuwarden

Henry Dunantweg 2, 8934 AD Leeuwarden
+31 (0)58 2866260

Sneek branch

Bolswarderbaan 1, 8601 ZK Sneek
+31 (0)515 488180

Heerenveen branch

Thialfweg 44, 8441 PW Heerenveen
+31 (0)513 685731

Dokkum branch

Birdaarderstraatweg 70, 9101 DC Dokkum
+31 (0)88 5801584

Emmeloord branch

'De Houttuinen' medical centre
De Houttuinen 5, 8301 XP Emmeloord
+31 (0)515 488180
Note: addresses for consultation and treatment are different.

Meppel branch

Isala Diaconessenhuis
Hoogeveenseweg
+31 (0)522 233456



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