


The Center for the Performing Artist at NewYork-Presbyterian/Weill Cornell

Comprehensive and Integrated
Health Care for Performing Artists



A woman with long dark hair, wearing a bright yellow, flowing dress, is captured in a dynamic dance pose. She is leaning back with her head tilted upwards and her right arm extended to the side. The background is a solid, vibrant green. A thick red horizontal bar runs across the middle of the image, partially obscuring the woman's torso and the text below.

“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
Chairman, Otorhinolaryngology
Medical Director, The Center for the Performing Artist
NewYork-Presbyterian Hospital/Weill Cornell Medical Center*

The Center for the Performing Artist

A violinist suffers head and neck tremors.

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

An opera singer becomes hoarse midway through a performance.

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.

Our multidisciplinary team brings together specialists with particular expertise and experience evaluating and treating the performing artist with access to the extensive clinical resources of NewYork-Presbyterian Hospital. 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.





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.

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. Our colleagues at the adjacent Hospital for Special Surgery—affiliated with Weill Cornell and NewYork-Presbyterian—are experts in this area.

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.

Psychiatric Conditions

Comprehensive treatment programs, including individual and group therapy, as well as medication management, are available to treat anxiety disorders such as phobias and panic attacks; mood disorders, including depression; eating disorders; and alcohol dependency and substance abuse.

Voice Disorders

Voice disorders can range from polyps in the larynx to a paralyzed vocal chord. 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.

Comprehensive Health Care Services

The Center for the Performing Artist at NewYork-Presbyterian/Weill Cornell 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. Collaboration among physicians and health professionals assures ongoing communication and a seamless continuum of care.

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

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

For More Information

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

NewYork Presbyterian Hospital

NewYork-Presbyterian Hospital is one of the most comprehensive university hospitals in the nation, with leading specialists in every field of medicine. The Hospital is comprised of two renowned medical centers, NewYork-Presbyterian Hospital/Weill Cornell Medical Center and NewYork-Presbyterian Hospital/Columbia University Medical Center and is affiliated with two Ivy League medical schools, Weill Cornell Medical College and Columbia University College of Physicians and Surgeons.

NewYork-Presbyterian Hospital ranks first in the New York City metropolitan area and sixth in the nation, according to U.S. News Media Group's 2008 edition of *America's Best Hospitals*. It is the eighth consecutive year that NewYork-Presbyterian is the only New York metropolitan-area hospital on the magazine's "Honor Roll," which lists the top 19 hospitals nationally based on reputation, mortality rates and other patient-care-related factors. This year also represents the fifth consecutive year the Hospital ranks among the top 10 in the nation.

Collaborations among the Hospital and its affiliated medical schools are inspiring novel ideas, research innovations, and medical and surgical initiatives that are transforming medicine. The extraordinary clinical, educational and scientific expertise available through these three institutions is benefiting patients the world over.



Weill Cornell Medical College

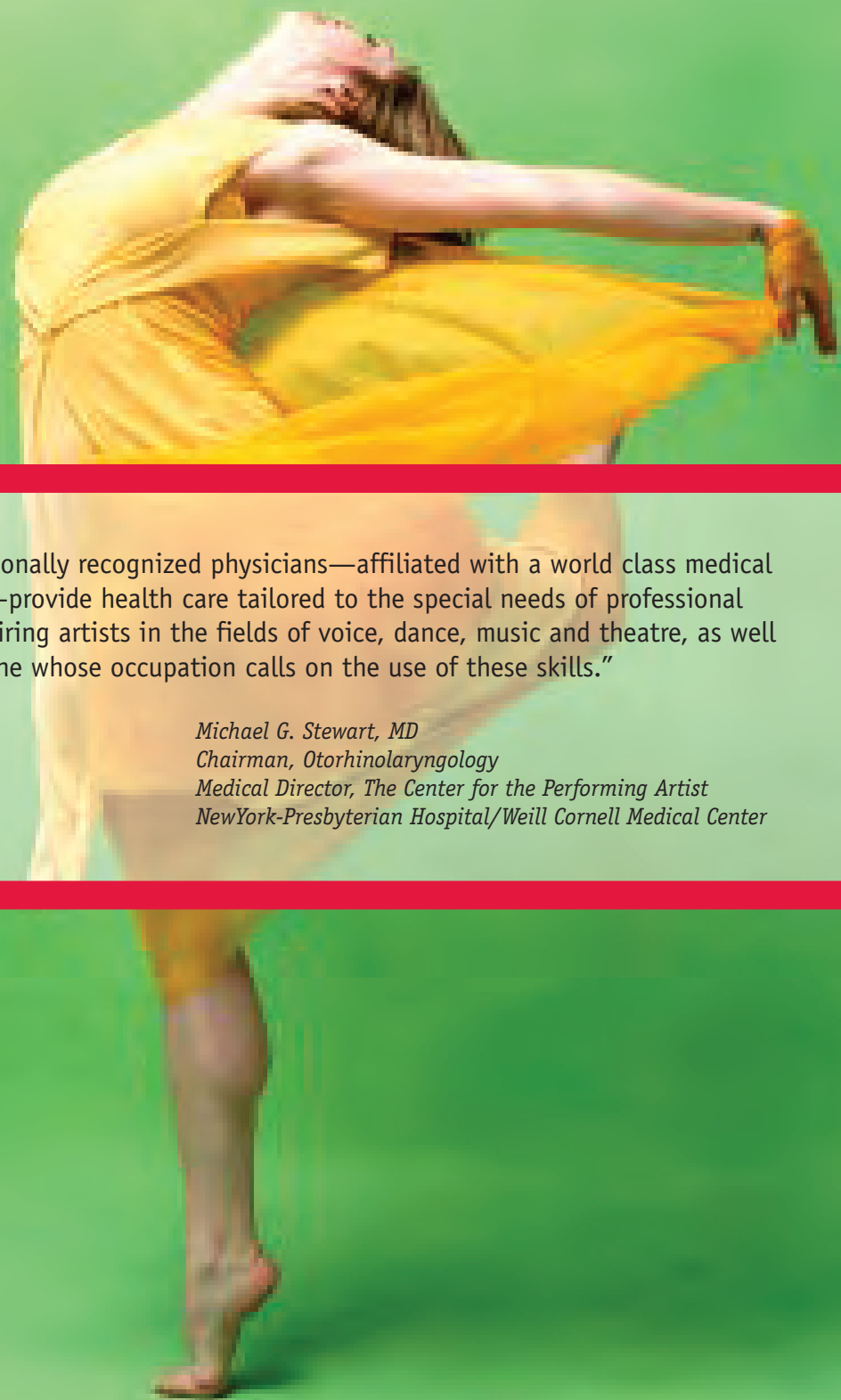
Weill Cornell Medical College, Cornell University's medical school located in New York City, is among the top-ranked clinical and medical research centers in the country. It is committed to excellence in research, teaching, patient care and the advancement of the art and science of medicine, locally, nationally and globally. Physicians and scientists of Weill Cornell Medical College are engaged in cutting-edge research in areas such as stem cells, genetics and gene therapy, geriatrics, neuroscience, structural biology, cardiovascular medicine, transplantation medicine, infectious disease, obesity, cancer, psychiatry and public health.

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