

ABSTRACT

Title

The prevalence of musculoskeletal disorders among wind instrument players

Objectives

The aim of this thesis is to determine the prevalence of playing-related musculoskeletal disorders (PRMD) in players on wind instruments in the Czech Republic, to determine their consequences and to identify related factors.

Methods

This thesis has the character of a cross-sectional study with a questionnaire survey. The study included 308 players on wind musical instruments.

Outcomes

The prevalence of PRMD was 55 % for the whole music group and 62 % for professional players. The higher prevalence of PRMD was statistically significantly associated with the student status ($p=0.001$), female sex ($p=0.026$), playing time on the dominant instrument weekly ($p=0.001$), and earlier incidence of PRMD ($p=0.000$). 31 % of players confirmed wrist/hand problems, 31 % confirmed problems in the neck area and 28 % confirmed problems in the upper back area. Because of PRMD, participants most frequently visited a health specialist such as a physical therapist and when dealing with their difficulties alone, most often they did some kind of physical activity.

Conclusion

The prevalence of PRMD in professional players was at a lower level than in foreign literature. Students, women, players playing more hours per week and players with an earlier incidence of difficulty had a higher risk of PRMD. PRMD were most commonly located in the wrist/hand, neck and upper back areas.

Keywords

Prevalence, PRMD, Musculoskeletal Disorders, Wind Instruments, Musicians' Medicine