

Registration

Registration to participate in the workshop is open until November 02, 2026. The number of participants is limited. Therefore, please include a brief letter of motivation with your registration. For further information and registration, please visit:

www.hs-osnabrueck.de/pahlifetimeai/

Contact Person

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Contact

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Prof. Dr. Christoff Zalpour
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HOCHSCHULE OSNABRÜCK
UNIVERSITY OF APPLIED SCIENCES



Physiotherapy for Performing Arts: Workshop Vocalist

Workshop-serie with Prof. Dr. Bronwen Ackermann

WiSo
FAKULTÄT WIRTSCHAFTS- UND
SOZIALWISSENSCHAFTEN

PHYSIOTHERAPY FOR MUSICIANS

The “Physiotherapy for Musicians” workshop series in the field of Performing Arts is a four-day continuing education course offered by Professor Bronwen Ackermann from the University of Sydney in collaboration with Osnabrück University of Applied Sciences. It is part of the DFG-funded PA.HLIFETIME.ai project, which focuses on risk factors affecting performing artists and the development of tailored physiotherapy approaches for this population.

The workshop series is designed to meet the professional needs of physiotherapists who wish to expand their career opportunities by working with musicians. The courses address common health conditions affecting musicians, introduce evidence-based assessment strategies (including biomechanical analysis) and demonstrate established treatment techniques for performance-related health problems.

The course focuses on common health conditions affecting vocalists and provides evidence-based approaches to clinical assessment, including the use of biomechanical analysis. In addition, best-practice treatment methods are presented and applied in practical sessions to effectively address performance- and instrument-specific health problems.

Kind regards,
Prof. Dr. Bronwen Ackermann & Prof. Dr. Christoff Zalpour



PROGRAM

Thursday, 07. January 2027

13:00 - 14:00	Registration and Introduction
14:00 - 15:30	What it takes to sing
16:00 - 17:30	What it takes to project the voice
18:00 - 19:30	Performance health and wellbeing over the lifespan- effects on speech & sing
19:30 - 21:00	Concert

Friday, 08. January 2027

08:30 - 10:00	Vocalist specific subjective evaluation
10:30 - 12:00	Applied anatomy of the head, neck and orofacial structures
13:00 - 14:30	Assessment of the head, neck and orofacial structures
15:00 - 16:30	Applied anatomy of the upper and lower respiratory systems
16:30 - 17:00	Assessment of the upper and lower respiratory systems
After that	Group Dinner

Saturday, 09. January 2027

08:30 - 10:00	Posture assessment and treatment approaches
10:30 - 12:00	Soft tissue releases and mobilization of oropharyngeal and neck structures
13:00 - 14:30	Developing warm up & cool down routines, exercises & stretches for respiration
15:00 - 16:30	Developing warm up & cool down routines, exercises & stretches for respiration
16:30 - 17:00	Neurological conditions and their management

Sunday, 10. January 2027

08:30 - 10:30	Case based clinical reasoning
10:45 - 12:00	Discussion and Consolidation



WORKSHOP-LEAD

Bronwen Ackermann, PhD, MPH, BappSc (PT)

EVENT VENUE

Hochschule Osnabrück
Fakultät Wirtschafts- und Sozialwissenschaften
Caprivistraße 30
49076 Osnabrück

WHO CAN PARTICIPATE?

Participation is open to **qualified physiotherapists** with an interest in the performing arts.

The **maximum group size** for each workshop is **20 participants**.