

REGISTRATION

Registration to participate in the workshop is possible until 19.12.2025. The number of participants is limited. Please therefore provide a short motivation letter when registering. For more information and registration see:

www.hs-osnabrueck.de/pahlifetimeai/

CONTACT PERSON

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Prof. Dr. Christoff Zalpour

Professor of Physical Therapy, Director of the Institute for Applied Physical Therapy in Osnabrück (INAPO), Head of the DFG Project PA.HILIFETIME.ai

University of applied sciences Osnabrück

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HOCHSCHULE OSNABRÜCK
UNIVERSITY OF APPLIED SCIENCES



PERFORMING ARTS PHYSIOTHERAPY: PIANO/KEY- BOARD INSTRUMENTALISTS WORKSHOP

Workshop Series with Prof. Dr. Bronwen Ackermann

WiSo

FACULTY OF BUSINESS MANAGEMENT AND
SOCIAL SCIENCES

MUSICIANS PHYSIOTHERAPY

The Performing Arts' Physiotherapy for Musicians Workshop-Series is a four-day, continuing professional development course offered by Professor Bronwen Ackermann from the University of Sydney and the Hochschule Osnabrück. It is part of the DFG-funded project PA.HLIFETIME.ai, which focuses on risk factors for performing artists and the developing tailored physiotherapy for them.

The series is designed to meet the professional needs of physiotherapists wishing to enhance their career opportunities working with musicians. The courses review common musician conditions, present evidence-informed assessment strategies (including biomechanics), and demonstrate best-practice treatment techniques for performance-related health concerns.

The Performing Arts Physiotherapy for Piano/Keyboard Instrumentalists Workshop focuses on the specific demands and health issues of piano and keyboard musicians. Every workshop targets a different instrumental group and can be booked individually. The workshops will be held in English.

With best regards

Prof. Dr. Bronwen Ackermann & Prof. Dr. Christoff Zalpour



PROGRAM

Thursday, 12th February 2026

14:00 - 15:00	Registration
15:15 - 16:00	Welcome and introduction
16:00 - 17:30	What it takes to play the piano/keyboard
18:00 - 19:30	Biomechanics in piano/keyboard players
19:30 - 21:00	Dinner and concert

Friday, 13th February 2026

08:30 - 10:00	Piano/keyboard specific: Subjective evaluation, validated survey tools risk factors, psych
10:30 - 12:00	Assessing Sitting Posture and ergonomics
13:00 - 14:30	Clinical biomechanical evaluation
15:00 - 16:30	Measuring Physical condition: strength / flexibility / motor control
16:30 - 17:00	Neurological conditions

Saturday, 14th February 2026

08:30 - 10:00	Instrument specific exercises and schedule planning
10:30 - 12:00	Sitting posture correction and ergonomic adjustments
13:00 - 14:30	Movement based rehabilitation approaches
15:00 - 16:30	Developing Warm up cool down routines / Fine control exercises
16:30 - 17:00	Manual techniques spine and upper limbs

Sunday, 15th February 2026

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



WORKSHOP LEAD

Bronwen Ackermann, PhD, MPH, BappSc (PT)

EVENT LOCATION

University of applied sciences Osnabrück
Fakultät Wirtschafts- und Sozialwissenschaften
Caprivistr. 30a
49076 Osnabrück

WHO CAN ATTEND?

Qualified physiotherapists with an interest in Performing Arts Physiotherapy are eligible to attend.

The maximum group size for each workshop is 20, places are given based on the motivation letters submitted.