

## 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/](http://www.hs-osnabrueck.de/pahlifetimeai/)

## CONTACT PERSON

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## CONTACT

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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.H|LIFETIME.ai

University of applied sciences Osnabrück

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## PERFORMING ARTS PHYSIOTHERAPY: UPPER STRINGS 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 Upper String Instrumentalists Workshop focuses on the specific demands and health issues of upper string 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, 15th January 2026	
13:00 - 14:00	Registration
14:00 - 14:45	Welcome and introduction
15:00 - 17:30	What it takes to play the violin/viola
18:00 - 19:30	Biomechanics in upper string players
19:30 - 21:00	Dinner and concert

Friday, 16th January 2026	
08:30 - 10:00	Upper strings specific: Subjective evaluation, validated survey tools risk factors, psych
10:30 - 12:00	Assessing 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 plus fine control exercises
16:30 - 17:00	Manual techniques

Saturday, 17th January 2026	
08:30 - 10:00	Instrument specific excersises and schedule planning
10:30 - 12:00	Posture correction and ergonomic adjustments
13:00 - 14:30	Movement based rehabilitation approaches
15:00 - 16:30	Developing Warm up cool down routines

Sunday, 18th January 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.