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	Nota di contenuto	Overview of Performing Arts Medicine -- This Wide and Universal Stage: How Empathy and Presence Inform the Contribution of Theatrical Practice to the Physician's Art -- Best of Both Worlds: An Odyssey of Medicine and Music -- Current Health Issues of Performing Artists: Implications for Health Promotion -- Exploring the Intersections of Arts and Medicine through the Painters' Lens -- Development of an Exercise Program for the Prevention of Playing Related Musculoskeletal Problems among Violinists -- Nikolai Bernstein's Theory of Movement Construction as a Foundation of Flow in Piano Technique -- Breathing Techniques in Collegiate Vocalists: The Effects of the Mind-Body Integrated Exercise Program on Singers' Posture, Tension, Efficacy and Respiratory Function -- Health Benefits of Culturally Oriented Dance -- Analyzing the Use of the Fifth Position in Dance Training -- A Case Report: Using Multimodalities to Examine a Professional Pianist with Focal Dystonia -- Discrepancies in Pianists Experiences in Playing Acoustic and Digital Pianos -- Musculoskeletal and Associated Conditions in the Instrumental Musician -- Experiences in Music Performance Anxiety: Exploration of Pedagogical Instruction among Professional Musicians -- Distilling Dart: Minding Bodily Approaches to

Performance Through a Framework for Integration and the Alexander Technique -- Individualizing Training for Dancers -- Creating a Motor Learning Model for Dance Training -- Voice and Dance Technique Integration: Triple Threat or Double Trouble? -- The Role of Nutrition in Injury Prevention among Ballet Dancers -- When Prevention Makes Good Music -- Exploring Traditional Chinese Medicine in Musician Health -- Youth Dance Fundamental Movement Skills and Assessment -- Promoting Resilience and Fostering Mental Health Wellness Among University Dance Students -- Development of A Multidisciplinary Approach to Wellness and Injury Management at an Intensive Youth Orchestra Summer Festival -- Clinical Care of Performing Arts Students in the University Setting: A Successful Model with Wide Potential.

Sommario/riassunto	Performing Arts Medicine (PAM) is a growing area of specialization within the performing arts field, which addresses the multi-faceted health and wellness of performing artists. This sub-discipline within performing arts is interdisciplinary in nature, involving the expertise of performing arts educators and researchers, physicians and other health professionals. This first of its kind text appeals to a very wide audience that includes performing arts clinical practitioners and health science researchers as well as performing arts pedagogues and performing arts students. The first part of the text gives the reader an overview of the field and discusses over-arching themes and issues in PAM. Part two presents an array of music and dance research involving primarily case studies that address significant issues of concern for performing artists and have implications for pedagogical practice. Part three provides research-based perspectives derived from professionals sharing their in-practice experiences. Finally, part four describes useful PAM models of implementation supporting the needs of performing artists in different settings. Written by experts in the field, Perspectives in Performing Arts Medicine Practice is a valuable resource for performing arts physicians, educators and researchers.