



University of Music FRANZ LISZT Weimar
Department of Music Education and Church Music

> University of Music ... > Music Physiology and...

STUDYING MUSIC PHYSIOLOGY AND HEALTH FOR MUSICIANS

Director

Prof. Dr. med. Egbert. J. Seidel
office hours: Mon 2.00 - 5.00 pm and by appointment
Sophien- und Hufeland-Klinikum Weimar
Zentrum für Physikalische und Rehabilitative Medizin
Henry-van-de-Velde-Straße 2
Tel. +49 3643 | 573 600 (registration)
Tel. +49 3643 | 573 800 (class organisation)

Teaching

- anatomy/ biomechanics
- muscle physiology
- ergonomics and instrument design
- medical assessment and therapy

Research

- anthropometrics
- sensomotrics
- ergonomics
- measurement of stress/ strain factors
- (preventive) medicine for musicians
- managing fear

Advice, prevention

- surgery hours for musicians

- physical and psychosomatic diagnosis
- official assessments
- rehabilitation

Continuing education and training programmes

- functional motorics
- methods of relaxation
- medicinal, therapeutic training
- regeneration
- warm-ups
- diet