



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

> University of Music ... > Studying music physi...

## 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
- sensomotorics
- 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