

ABSTRACT

Title: Problems of musculoskeletal system in singers

Background: Singing is a very demanding artistic activity, both physically and mentally. Coordination of different muscle groups, breathing function or posture is required for the formation of the singing voice. The musculoskeletal system can have a significant impact on the production of the singing voice and its parameters. Musculoskeletal problems then interfere with a singer's rehearsal, performance or even career itself.

Objectives: The aim of this study is to determine the prevalence of musculoskeletal problems in singers in the Czech Republic. The other objectives of the study are to determine the most common locations of the problems and to find out whether they are related to singing activity.

Methods: The data were collected using non-standardized questionnaire designed for the purpose of this thesis. The questionnaire was distributed in electronic form to students of singing (or a related field) and professional singers across in Czech Republic.

Results: A total of 59 professional singers and students of singing participated in the survey. The prevalence of musculoskeletal problems of the respondents was 72.9 %. The most common locations of problems were the neck (67.4 %) and upper back (60.5 %). Potential factors within our study population may then include: student status, presence of physical activity along with singing, or involvement in more than one singing style. The musculoskeletal problems limited 58% of the respondents in singing.

Conclusion: The prevalence of musculoskeletal problems in singers was high. The most common locations of problems were the neck and upper back. A higher prevalence of problems was then noted in respondents who perform physical activity along with singing, are students or do more than one singing style.

Keywords: Musculoskeletal problems, singers, prevalence