


# The Center for the Performing Artist at NewYork-Presbyterian/Weill Cornell

Comprehensive and Integrated  
Health Care for Performing Artists



A woman with long brown hair, wearing a bright yellow, flowing, sleeveless dress, is captured in a dynamic dance pose. She is leaning back, with her head tilted upwards and her right arm extended to the right, holding the fabric of her dress. Her left leg is lifted and bent at the knee. The background is a solid, vibrant green. A thick red horizontal bar runs across the middle of the image, partially overlapping the woman's dress and the text below.

“Our nationally recognized physicians—affiliated with a world class medical center—provide health care tailored to the special needs of professional and aspiring artists in the fields of voice, dance, music and theatre, as well as anyone whose occupation calls on the use of these skills.”

*Michael G. Stewart, MD, MPH  
Professor and Chairman, Otorhinolaryngology  
Medical Director, The Center for the Performing Artist  
NewYork-Presbyterian Hospital/Weill Cornell Medical Center*



## The Center for the Performing Artist

A violinist suffers head and neck tremors.

A ballet dancer experiences extreme pain from stress fractures in her foot.

An opera singer becomes hoarse midway through a performance.

Performing artists are particularly vulnerable to ailments and injuries due to the unique physical demands of their profession. Often, symptoms that appear to be relatively mild can be disabling and even end a career. The Center for the Performing Artist offers students and professionals comprehensive and integrated care tailored to their specific performance needs and level of performance, while also addressing overall physical and mental health and well-being.

Our multidisciplinary team brings together specialists with particular expertise and experience evaluating and treating the performing artist with access to the extensive clinical resources of NewYork-Presbyterian Hospital and Weill Cornell Medical College. Care begins with an in-depth evaluation, including a detailed medical history and performance requirements, and continues with a full range of treatment options, including rehabilitation for the particular disorder or condition and referrals to relevant specialists as required. Patients may be asked to bring their instrument or tools related to their art so that our physicians can observe posture, technique, and presentation and dissect the pattern of any abnormal movements or other irregularities.





## Occupational Disorders of the Performing Artist

### Ear, Nose and Throat Disorders

A variety of ear, nose and throat conditions can plague a performer. These include sinus disease, hearing loss, throat infections, dizziness, changes in taste and/or smell, swallowing problems, sleep disorders, nasal breathing problems, and trauma to the head and neck.

### Mental Health Issues

Comprehensive treatment programs, including individual and group therapy, as well as medication management, are available to treat anxiety disorders such as phobias and panic attacks; mood disorders, including depression; eating disorders; and alcohol dependency and substance abuse.

### Musculoskeletal Injuries

Performing artists, particularly dancers and musicians, are at high risk for a number of musculoskeletal conditions due to the repetitive stresses and strains on their bones, joints and soft tissues. Our colleagues at the adjacent Hospital for Special Surgery—affiliated with Weill Cornell and NewYork-Presbyterian—are experts in this area.

### Neurological Conditions/Movement Disorders

Neurological conditions and movement disorders can involve the voice, the head, the limbs, or any part of the body. These disorders include task-specific tremors, dystonia—a movement disorder characterized by sustained muscle contractions—as well as Parkinson’s disease. Neurological conditions can develop at any time during an artist’s career.

### Pulmonary Conditions

Asthma, chronic cough, and shortness of breath are the primary symptoms that are of concern to many types of performing artists, including singers, dancers and actors, as well as sculptors and painters who can be exposed to different kinds of chemicals, sprays and toxins.

### Voice Disorders

Voice disorders can range from polyps in the larynx to a paralyzed vocal cord. Common symptoms of laryngeal disorders include hoarseness or breathiness, voice breaks, limitations in pitch range, volume or projection, deterioration of the voice with prolonged use, and chronic throat clearing or coughing.

## Comprehensive Health Care Services

The Center for the Performing Artist at NewYork-Presbyterian/Weill Cornell offers specialized expertise in performing arts medicine in combination with the clinical resources and services of a world-renowned academic medical center. When an individual calls the Center, a dedicated care coordinator will identify the appropriate specialist; help schedule all medical appointments, tests, and procedures; and arrange for any referrals. This is a free-of-charge service designed to ensure that you are connected with the physician that best meets your medical needs at NewYork-Presbyterian Hospital/Weill Cornell Medical Center. Collaboration among physicians and health professionals assures ongoing communication and a seamless continuum of care.

The Center for the Performing Artist can coordinate care and provide access to the full range of specialties available at NewYork-Presbyterian Hospital/Weill Cornell Medical Center.

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|------------------------|---|
| Allergy and Immunology | Oral and Maxillofacial Surgery          |
| Cardiac Surgery        | Orthopedics                             |
| Cardiology             | Otorhinolaryngology                     |
| Dermatology            | Physical Medicine and Rehabilitation    |
| Gastroenterology       | Plastic Surgery                         |
| General Surgery        | Psychiatry                              |
| Gynecology             | Pulmonary Medicine                      |
| Medicine               | Radiology                               |
| Neurology              | Rheumatology                            |
| Neurosurgery           | Speech Pathology/<br>Professional Voice |
| Obstetrics             | Urology                                 |
| Ophthalmology          |   |

## For More Information

For more information on The Center for the Performing Artist or to schedule an appointment, please call **646.962.ARTS**.



## NewYork-Presbyterian Hospital/Weill Cornell Medical Center

Located in New York City, NewYork-Presbyterian Hospital/Weill Cornell Medical Center is one of the leading academic medical centers in the world with renowned specialists in every field of medicine. The Medical Center comprises the teaching hospital, NewYork-Presbyterian, and Weill Cornell Medical College, the medical school of Cornell University. NewYork-Presbyterian/Weill Cornell provides state-of-of-the-art inpatient, ambulatory, and preventive care and is dedicated to excellence in medical education, research, and community service.

NewYork-Presbyterian Hospital, one of the country's largest and most comprehensive academic medical centers, is ranked #6 in the nation and #1 among ranked hospitals in the New York area, according to U.S. News Media Group's 2010-11 Best Hospitals. This marks the 10th consecutive year that NewYork-Presbyterian has been listed on U.S. News' prestigious "Honor Roll."

NewYork-Presbyterian ranked in the following specialties: Cancer; Diabetes and Endocrinology; Ear, Nose and Throat; Gastroenterology; Geriatrics; Gynecology; Heart and Heart Surgery; Kidney Disorders; Neurology and Neurosurgery; Ophthalmology; Orthopedics; Pulmonology; Psychiatry; Rheumatology; and Urology.



Weill Cornell Medical College is divided into 24 basic science and patient care departments that focus on the sciences underlying clinical medicine and encompass the study, treatment, and prevention of human diseases. In addition to its affiliation with NewYork-Presbyterian Hospital, Weill Cornell Medical College and the Weill Cornell Graduate School of Medical Sciences maintain major affiliations with Memorial Sloan-Kettering Cancer Center, The Rockefeller University, and Hospital for Special Surgery, as well as with the metropolitan-area institutions that constitute the NewYork-Presbyterian Healthcare System. Weill Cornell Medical College is consistently ranked as one of the top medical colleges in the U.S.

The Weill Cornell Medical College and Weill Cornell Graduate School of Medical Sciences are committed to the delivery of the highest quality health care that serves the needs of the local, regional, national, and world communities.

### **The Center for the Performing Artist**

NewYork-Presbyterian Hospital/Weill Cornell Medical Center  
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646.962.ARTS

[www.nyp.org/performingartists](http://www.nyp.org/performingartists)

[www.weillcornell.org/practice/CenterPerformingArtist](http://www.weillcornell.org/practice/CenterPerformingArtist)