



For immediate release
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**THE LONDON ORTHOPAEDIC CLINIC ANNOUNCES NEW WAVE OF SPECIALIST
EDUCATION SEMINARS**

**LEADING HAND AND PERFORMING ARTS SPECIALIST, KATHERINE BUTLER,
TAKES CENTRE STAGE AT PROFESSIONAL SEMINAR TO HELP LAUNCH NEW
2010 PROGRAMME**

**OPPORTUNITY FOR HEALTH AND MUSIC WRITERS AND EDITORS TO
INTERVIEW KATHERINE BUTLER AND TO DISCUSS PATIENT CASE STUDIES**

**LEADING ORTHOPAEDIC PRACTICE ADDS ANOTHER
“STRING TO ITS BOW”**

Slips, trips and broken hips, ski injuries, muscle strains and aches and pains – are the common complaints that physiotherapists, GPs and the general public tend to associate with the role of an orthopaedic and musculoskeletal clinic.

However, The London Orthopaedic Clinic* (LOC), based in the heart of London’s prestigious medical community, is now showcasing a diverse range of specialist disciplines and areas of expertise. In free monthly educational seminars for GPs and therapists, LOC helps ‘plug the gap’ often found in NHS training budgets.

Sports medicine and the latest innovations in surgery and rehabilitation techniques have featured prominently in the recent presentations¹. Speakers from specialist areas of orthopaedic health present a unique insight into common complaints and the gold standard approach to treatment.

**** The London Orthopaedic Clinic is a multi-speciality team of private orthopaedic consultants & hand surgeons, based at 30 Devonshire Street, W1***

Katherine Butler (Clinical Specialist in Hand Therapy) from London Hand Therapy, works closely with surgeons at The London Orthopaedic Clinic.

In December 2009 she presented a seminar as part of the LOC's educational programme about *"The Musician's Hand"*. She has written numerous articles and professional papers on performing art medicine and hand therapy and the various techniques and approaches to helping prevent injuries and rehabilitate injured musicians.

An accomplished musician herself, Katherine treats some of the world's most well-known and celebrated artists, from both classical and pop backgrounds, as well as musicians from orchestras and ensembles such as the London Symphony Orchestra, Royal Philharmonic and Royal Opera House Orchestra, Covent Garden.

But, in addition to elite performers, Katherine and her colleagues at London Hand Therapy also treat referrals from music colleges and institutions and self-referral from amateur or professional musicians. Music students are often eligible for sponsorship of their treatment through grants from specialist benevolent funds.² These injuries are often sustained from 'poor playing position' or, through sporting, occupational or DIY accidents.

Katherine says; *"Over the past 20 years, musicians' medicine has become increasingly popular. Thankfully, the vast majority of problems that musicians have with their hands and arms do not require surgical intervention. They can often be treated with specialist rehabilitation and exercise but it's a specialist approach that requires time and dedication from both parties, the musician and the treating therapist."*

"If only we could 'wrap up' our professional musicians in cotton wool! But even tackling the most simple, everyday chores – such as driving, using a computer or hanging a picture – could pose a threat. And, when your hands are quite literally your tools – sometimes earning you hundreds of thousands of pounds every year – the stakes are high and every precaution must be taken to keep them in prime condition."

"Musicians often have to perform at the 'limit of their abilities' (emotionally and physically) using rapid, complex, co-ordinated movements.

“They are required to play in “less than ideal” environments and often without a medical team to support them in the way the world of sport look after its elite performers. Musicians can also be required to play long tours with poor facilities – often surrounded by unhealthy levels of noise, alcohol and drugs. They frequently injure themselves or acquire injuries that can lead to an inability to play their instrument.”

Mr Brian Cohen, Partner and Founder of The London Orthopaedic Clinic says; *“Surgery on musicians must be entered into cautiously – normally when all other treatment options have been tried and surgical intervention is seen as the only way to assist a rapid return to playing and performing. However, surgery can be extremely successful and does not have to mean the end to a musician’s career. It is therefore vital that we are able to work closely with specialist therapists – such as Katherine – to ensure that post-operative, instrument focused rehabilitation is carried out. “*

Common complaints and injuries, particularly amongst pianists, guitarists and string musicians, include tendinopathies, fractures, nerve compressions such as carpal tunnel syndrome and hypermobility. Another cause of non-specific pain and discomfort is unhealthy practice habits or technique when playing the instrument.

Katherine adds; *“Swift, accurate diagnosis, followed up with carefully planned goals and an instrument focussed therapy programme, is the key role of a hand therapist, specialising in music medicine. It’s vital to take a two pronged approach of both physical and mental rehabilitation. Part of our role is to keep the musician focused on a full recovery and to work through or assist in avoiding negative thoughts that could lead to treatment failure or even abandonment of a career.*

She concludes; “The physical demands on a professional musician are as great as that of a professional sportsman – although musicians are often less disciplined at taking breaks to rest and stretch! But, as in every area of musculoskeletal medicine, prevention is better than cure. If musicians can learn to look after their limbs, refrain from over practice and generally avoid risky situations, then they should be able to keep in shape, ready for peak performance. This then enables the instrumentalist to play as pain free as possible and the audience a great deal of pleasure and joy”.

ENDS

For more information or to set up an interview with Katherine or a patient case study, please call Jo Hudson or Hannah Gee at The London Orthopaedic Clinic press office on 020 8786 3860 / 0770 948 7959 jo.hudson@trinitypr.co.uk

Notes to editors:

¹To find out more about the programme of seminars in 2010 please log onto: www.londonorthopaedic.com. To book your place on these specialised lectures please contact Sarah Gilbert on 020 7186 1000 / admin.sarah@londonorthopaedic.com

Venue

Institute of Physics
76 Portland Place W1B 1NT

All evenings are the first Tuesday evening of every month (except Summer break in August - no lecture)

Please book early as there is limited availability.

² The British Association of Performing Arts Medicine (BAPAM) is a registered charity, primarily funded by the Musician's Benevolent Fund, the MU and Equity. It aims to maintain and enhance the health of those engaged in performing arts, ensuring that free and rapid access is available to primary care doctors, consultants, therapists and other practitioners specialising in performing medicine. www.bapam.org.uk