

# Expanding our Scope: How ABME Can Support Classroom Music Educators

Noelle Cherie Rader

noellerader@gmail.com | (775) 225-3299

Primary vs. Secondary Prevention (Foxman & Burgel, 2006)

-Primary prevention “initiated at the beginning of instruction” (p. 310)

-Secondary prevention “measures include early diagnosis and aggressive treatment of playing-related musculoskeletal disorders...Inadequate treatment and incomplete rehabilitation of such disorders may contribute to persistent or recurrent symptoms. A knowledgeable teacher should explore playing technique at the onset of symptoms so that risk factors for playing-related musculoskeletal disorders can be identified and corrected. For both primary and secondary prevention, musicians have used the Alexander technique, [B]ody [M]apping, and the Feldenkrais method for relaxation and body awareness during playing.” (p. 311)

(Foxman, I., & Burgel, B. J. (2006). Musician health and safety: Preventing playing-related musculoskeletal disorders. *AAOHN Journal*, 54(7), 309–316. <https://doi.org/10.117/216507990605400703>)

Dissertations on Body Mapping in Public School Classrooms

-N. C. Rader (2023) *Body Mapping-Informed Pedagogy in the Beginning String Classroom: A Quantitative Investigation*

-A. L. Ross (2022) *Utilizing Body Mapping Principles in the Beginning String Classroom*

## Structure Considerations

Size of District

-City, County, Township, “Unified”

Administrative Chains of Command

-Superintendent & School Board

-Fine Arts/Music Director

-Music Department Leads

In-School Music Instruction

-Elementary Models

-Grades of Specialized Instruction

-Vertical “Feeders”

Professional Development

-Funds allocated for PD

-Time during/outside Contract Hours

## How to Talk to Teachers about Body Mapping

Explains the “why” for students

Anatomical truths are exciting!

“Your students are in pain...or will be”

Primary prevention is key

Sensory/Attention training interest may be low at first

Time invested now is not a “waste,” will actually save you time later

It’s also good for YOU