

NEUROPATIE COMPRESSIVE NEI MUSICISTI: EPIDEMIOLOGIA, TRATTAMENTO

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EPIDEMIOLOGY

Incidence on all musicians

Winspur and Parry 1997 - 4%

**Incidence on musculo-skeletal disorders
- from musician specialist center**

Winspur and Parry 1997 - 10%

Lederman 1994 - 35,5 %

Amadio 1990, 2003 - 22,5%, 30%

EPIDEMIOLOGY

Carpal Tunnel Syndrome (CTS)

Mayo Clinic
Cleveland
London

57%

21%

25%

Toracic Outlet Syndrome (TOS)

Mayo Clinic
Cleveland
London

26%

26%

75%

Ulnar Tunnel Syndrome (UTS)

Mayo Clinic
Cleveland
London

20 %

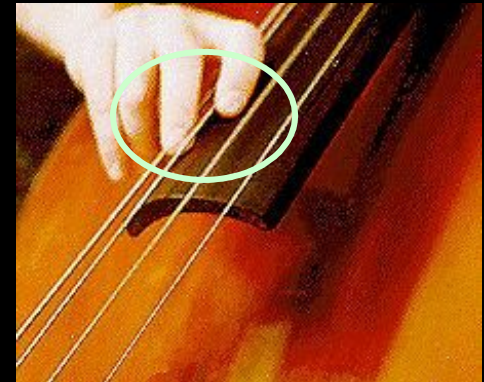
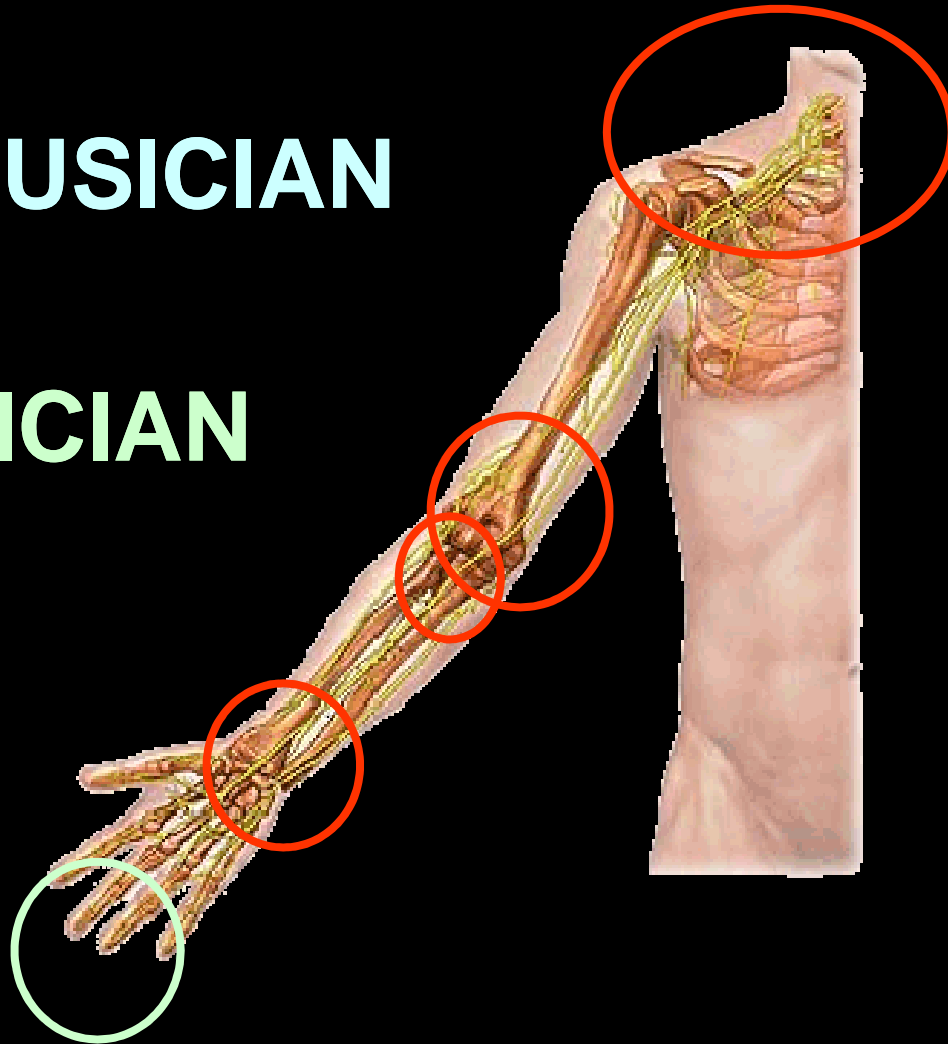
15%

15%

COMPRESSION

NON MUSICIAN

MUSICIAN



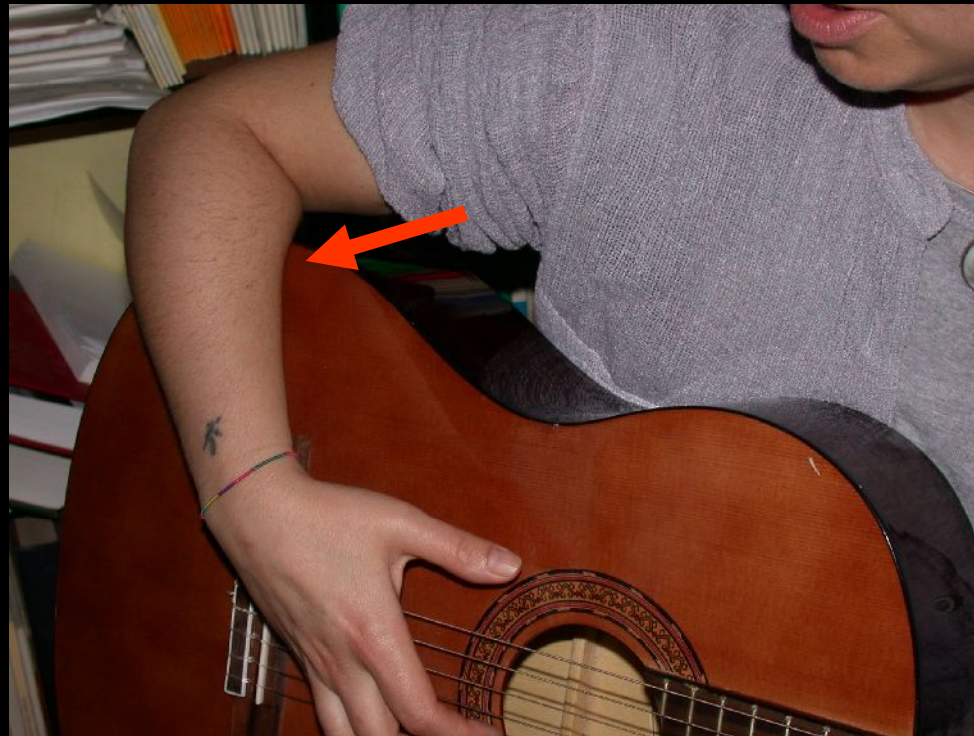
PLAY IT'S NOT CONSIDERED A RISK FACTOR !

SOME INSTRUMENTS,
SOME UNCORRECT POSTURES
OR EXTRINSIC COMPRESSION (INSTRUMENT)
ARE **PREDISPOSING FACTORS**



DIAGNOSIS

ALSO EXTRINSIC COMPRESSION SYNDROME



OFTEN INSTRUMENT SPECIFIC PATTERNS

Amadio 2004

PIANIST

right and- CTS



VIOLINIST

left hand-cubital tunnel



TREATMENT

MUSICIAN

POSTURE
SPLINTING
(steroid inj)
CHANGE in ROUTINE



LESS SPACE FOR
SURGERY

NON MUSICIAN

SPLINTING
(steroid inj)

SURGERY



COMPLICATING FACTORS ARE MUSICIANS

MUSICIAN is an “affective athlete”

Artaud

Psychological factors:

a bad result would be unacceptable

it's the only job they know

sensitive/artist personality



SURGICAL TECHNIQUE CTS

classic open: less experience; other disease; reop. **GOLD STANDARD (Amadio)**

limited open: experienced; no other problems; need for fast RTW

2 portal: even more experience; no other problems; need for faster RTW

1 portal: the most experience; no other problems; need fastest RTW

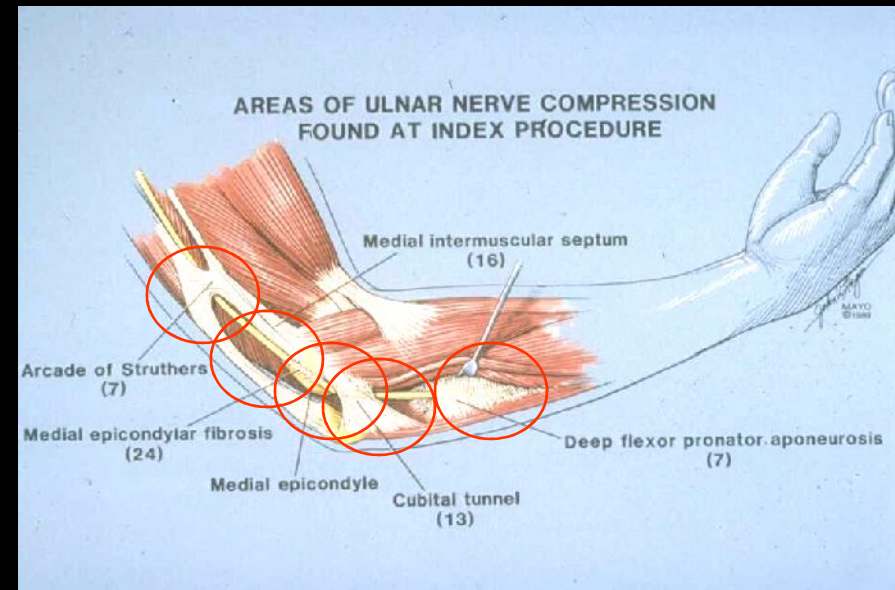


SURGICAL TECHNIQUE UTS

**Think to all sites of
compression**

Decompression

**AVOID internal
neurolysis**



REHABILITATION PROGRAM



FUNCTIONAL TREATMENT

EARLY
MOBILIZATION

AVOID
COMPENSATION

A TOO FAST RECOVERY



IMPROPER COMPENSATIVE MOUVEMENT AND UNCORRECT POSTURE (TO AVOID LOCAL PAIN)



PAIN



OVERUSE/MISUSE SYNDROME

INSTRUMENT-FOCUSED REHABILITATION

**A PROGRESSIVE PROGRAM OF PRE AND POST
STRETCHING IS INITIATED
ESSENTIALLY IS THE BASIS OF THE WARM-UP**

**STARTING SLOW, EASY PIECES AND GRADUALLY
PROGRESSING TO FASTER, MORE DIFFICULT ONES**

**AGILITY AND DEXTERITY ARE THE FIRST ABILITY TO BE
RECOVERED, FOLLOWED BY STRENGTH OF MUSCLES TO
REGAIN POWER AND STAMINA**

**SHORT PERIOD OF PRACTICE (3 TO 5 MINUTES WARMING
EXERCISE FOLLOWED BY A SHORT TIME OF FASTER
PLAYING) FOLLOWED BY A LONG REST**

RETURN TO PLAY SCHEDULE

Practice session per day		Minutes of playng
15 days	2 sessions	3 - 5
	2 sessions	3 - 5
	2 sessions	5 - 10
	2 sessions	15
	2 sessions	20
	3 sessions	15
	3 sessions	20
	4 sessions	20
	4 sessions	30
	3 sessions	45
	3 sessions	60
	2 sessions	90
	2 sessions	120





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DIRETTORE

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