

## MUSCLOSKELETAL DISORDERS AND DISEASES IN PIANISTS Lessons from the past and messages to young people

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Publisher: Medicinska naklada  
Editor: Anđa Raič, prof.  
Year and month of issue:  
February 2021  
ISBN 978-953-176-967-9

Medicinska naklada, the leading specialized publishing house in Croatia in the field of medicine, recently, in February 2021, published a new book entitled *MUSCULOSKELETAL DISORDERS AND DISEASES IN PIANISTS – Lessons from the past and messages to young people*. The book is the result of many years of joint work of Iva Bartolić, Master of Music and Ladislav Krapac, specialist of physical and rehabilitation medicine, subspeciality in rheumatology, Prim. Ph D.

The book presents a detailed account starting with the history of medicine in music and an account of the anatomy of the hand and the playing apparatus.

The special value of this book is given by the author's own experience and a detailed description of the problems she encountered as well as the possibilities of solving them. Also, an overview of the causes of the most common diseases and their clinical picture is presented (overexertion syndromes, ischemia, tendinitis and tenosynovitis, De Quervain's disease, upper thoracic orifice syndrome, cubital and carpal tunnel syndrome, chronic degenerative problems, painful syndromes of the spine). The book also includes chapters on recovery from injuries and prevention of future injuries. Everything is accompanied in detail by appropriate illustrations, making a clear and un-

derstandable presentation of the above issues, with reference to domestic and foreign results of relevant research.

Musicians are a particularly vulnerable group for musculoskeletal disorders as parts of this system are prone to wear and injury due to constant use. As a first step in solving the problem, its (preferably timely or as early as possible) recognition is necessary. Therefore, this book, which was written in collaboration with the medical profession, is aimed at musicians of all ages and levels of education. The importance of prevention is especially emphasized, and a reminder is also given of the risk factors that we can influence.

From the reviews of academician Vida Demarin, professor Darko Breitenfeld Ph D. and doctor of medicine Mislav Pap, who is also an academic musician, on the cover of the book are highlighted their common opinions on the great need and importance of such a handbook for musicians, performers and their professors.

Generations, not only pianists, but musicians in general, can certainly be recognized in the topics covered in this book. But as the author herself states in the introduction, this handbook is not only intended for young musicians and their parents, but also for music professors, as well as computer scientists. It can also be very useful to doctors of various specialties: school medicine, occupational medicine, physical medicine, family medicine, rheumatologists, neurologists, surgeons, orthopedists, traumatologists.



Accompanied by rich bibliographic data, this manual will help interested pianists and other musicians to solve health problems that hinder them in their work on a daily basis. In conclusion, it can be said that the history of this topic has not been forgotten, and we hope that the future is more clearly illuminated, for the benefit and satisfaction of its readers.

The book can be ordered from Medicinska naklada at <https://www.medicinskanaklada.hr/mišićno-koštani-poremećaji-i-bolesti-kod-pijanista> at a price of 168.00 kn with a delivery time of 3 to 5 days.

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