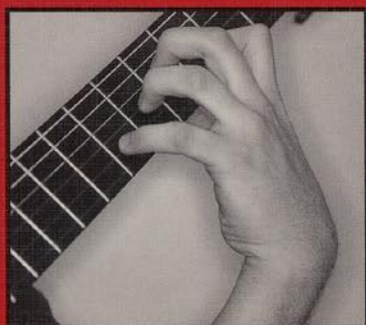


THE MUSICIAN'S HAND

A CLINICAL GUIDE



Ian Winspur • Christopher B Wynn Parry

MARTIN DUNITZ

CONTENTS

<i>List of contributors</i>		vii
<i>Acknowledgements</i>		ix
<i>Foreword</i>	Raoul Tubiana	xi
<i>Preface</i>		xiii
1	The musician's perspective	
	The orchestra	Hellmut Stern 1
	Pop and rock musicians	Ian Winspur 3
2	The musician's hand and arm pain	Christopher B Wynn Parry 5
3	The interface	
	Introduction	Christopher B Wynn Parry 13
	Woodwind	Christopher B Wynn Parry 14
	Violin	Christopher B Wynn Parry 16
	Technique and ease in violin-playing	Simon Fischer 16
	Guitar	Christopher B Wynn Parry with John Williams 22
	Cello	Christopher B Wynn Parry with Bernard Gregor-Smith 24
	Rock guitar	Christopher B Wynn Parry with Jane Kember 26
	Piano	Carola Grindea 26
4	Misuse and overuse	Christopher B Wynn Parry 33
5	Surgical evaluation: avoidance of pitfalls	Peter C Amadio 37
6	Surgical indications, planning and technique	Ian Winspur 41
7	Specific conditions	
	Cervical spondylosis	Christopher B Wynn Parry 53
	Thoracic outlet syndrome (TOS)	Christopher B Wynn Parry 53
	Rheumatoid arthritis	Christopher B Wynn Parry 55
	Osteoarthritis	Ian Winspur 55
	Rotator cuff	Christopher B Wynn Parry 61
	Thoracic spine	Christopher B Wynn Parry 62
	Tennis elbow	Ian Winspur 62
	Tendonitis	Ian Winspur 64
	Swellings	Ian Winspur 68
	Hypermobility syndrome	Christopher B Wynn Parry 72

8	Dupuytren's contracture	Ian Winspur	77
9	Nerve compression syndromes	Ian Winspur	85
10	Surgical management of trauma in musicians: going the extra mile	Ian Winspur	101
	Toe-to-hand transfer	Stewart Watson	107
	Scapholunate dissociation	John Stanley	110
	Secondary flexor tendon grafting	Ian Winspur	115
	Secondary reconstruction by surgical releases and skin grafting	Stewart Watson	119
11	The physical therapist's contribution		
	Hand	Alison T Davis and Gabriele Rogers	123
	Neck and shoulders	Jane Kember	136
12	Unique surgical conditions	Yves Allieu, Kamel Hamitouche, Jean-Luc Roux and Yolande Baeten	143
13	Adjustment of the musical interface	Robert E Markison	149
14	Dystonia		
	Focal dystonia	Christopher B Wynn Parry	161
	Incidence: classification of severity and results of therapy	Raoul Tubiana	164
15	The musical temperament	Christopher B Wynn Parry	169
16	Performance psychology and the musician's hand	Andy Evans	175
17	Medicines and stage fright	Ian James	185
18	Instrument playing and severe hand deformity	Geoffrey Hooper, Jean Pillet and Helen Scott	187
Appendices			
	I Bier block	Geoffrey Leader	193
	II Thermoplastic splinting materials	Alison T Davis and Gabriele Rogers	195
Index			197