

**Cinzia Cruder** has earned a Master of Arts in Music Performance in Flute and a Master of Advanced Studies in Research Methods in the Arts at the University School of Music in Lugano (Switzerland). She is currently a PhD fellow in the Rehabilitation Research Laboratory (2rLab) of the University of Applied Sciences and Arts of Southern Switzerland and a Research fellow at the Department for Research and Development at the University School of Music in Lugano. In addition, she is currently conducting a PhD at the School of Health Sciences, Queen Margaret University of Edinburgh, undertaking a longitudinal investigation of the factors associated with increased risk of disorders among music students.

Her research interests in the artistic research field lie in analysing typical playing-related injuries in musicians and promoting new preventive strategies among schools of music. In fact, she has developed and designed the new "Health Module", an innovative preventive course that has been recently integrated in the educational curriculum at the University School of Music in Lugano. The course represents an effort to translate the latest findings from performing arts medicine into effective and functional resources to protect students from disorders and to prepare them for the future professional demands.

#### Relevant publications

Cruder, C., Koufaki, P., Barbero, M., Gleeson, N. (2019). A longitudinal investigation of the factors associated with increased RISk of playing-related musculoskeletal disorders in MUsic students (RISMUS): a study protocol. *BMC Musculoskeletal Disorders*, 20(1):64.

Cruder, C., Falla, D., Mangili, F., Azzimonti, L., Araújo, L. S., Williamon A., Barbero, M. (2018). Profiling the Location and Extent of Musicians' Pain Using Digital Pain Drawings. *Pain Practice Journal*, 18(1) 53-66.

#### Other links

Short video on profiling pain in

musicians): [www.youtube.com/watch?v=iOnaSyUGB0s](https://www.youtube.com/watch?v=iOnaSyUGB0s)