Conducting Rx: A Prescription for Conducting without Pain

Presented to the Idaho Music Educators Association
Northwest Nazarene University, Nampa, Idaho
Saturday, February 1, 2020, 8:00am until 9:00am
Dr. Scott Deppe, Lamar University (retired), presenter
Conducting Rx: A Prescription for Conducting Without Pain

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1. Neck and Shoulders

http://rehabmynpatient.com
As directed by Wilson Chiropractic, 7060 Phelan Blvd Suite 101, Beaumont, Texas, 77706.

--Neck Retraction – Bring the head straight back, keeping your eyes forward then return to a neutral position.
--Head Drop – Tip your head back as far as it can comfortably go pointing your chin toward the ceiling. Return to a neutral position.
--Side Bend – Reach over the top of your head with your left hand and gently pull your left ear to your left shoulder. Repeat for the right side.
--Rotation – Turn your head to the left so that your nose is over your shoulder. Return to a neutral position. Repeat on the right side.
--Flexion – Clasp your hands behind your head and guide the head down – bringing your chin toward your chest.
--Shoulder Blade Pull – Bend raised arms at 90-degree angles. Relax your shoulders and squeeze the muscles between the shoulder blades

2. Introduction

Survey of area MS and HS directors-- (Pain, Improvement, Clinic Ideas)
18 respondents

PAIN OR TENSION WHILE CONDUCTING
Shoulder and neck pain—10 responses
Right arm pain—5 responses
Lower back pain—2 responses
Rotator cuff pain/tendinitis—1 response
Breathlessness—1 response
Hands cramping—1 response
Right index finger pain—1 response
No pain—2 responses

AREAS IN WHICH I WOULD LIKE TO IMPROVE MY CONDUCTING
Nonverbal communication—3 responses
Cleaner patterns—2 responses
More relaxed—2 responses
More Lyrical—2 responses
Clearer cues—2 responses
6 other topics—1 response each
3. Hairdresser Syndrome

Top Tips for Preventing Neck, Shoulder and Arm Pain

-Sundial Clinics for Better Backs Shoulders Knees and Necks Chiropractics
(Brighton, England)

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1. Get to work early. If you arrive in a rush, puffed out from running up the street, your muscles will be tense before you even start work. If you’re calm and relaxed, your muscles will be too. Also, you will have time to do Tip 2.

2. Do a few simple stretches before you start work.

3. Take a mini break every few minutes. Every few minutes, let your hands drop to your sides and shake loose to relax the muscles.

4. In between clients do a couple of the stretching exercises again and massage your neck, shoulder and forearm muscles.

5. Perch on a high stool when you can. This eases the pressure on your lower back and feet.

6. Avoid raising your arms up so high by lowering the client’s chair or standing on a platform.

7. Keep your wrists straight. If your wrists are held at odd angles you are straining your forearm muscles.

8. Breathe deeply. This improves the oxygen supply to your muscles and helps keep them relaxed. If you’re tense and breathing shallowlly your muscles are more likely to go into spasm.

9. Don’t smoke. People who smoke get more aches and pains in their muscles and joints. If you drink, take it easy. Some of the chemicals in alcoholic drinks increase inflammation.

10. At the end of the workday do the simple stretches again.
4. Set Up

Breathe in and settle.
Find the horizontal, vertical, and sagittal planes.
Water droplets: initiate energy at the fingertips.
Yoyos: initiate energy at the wrist.

5. Triangles and Sailboats

The elbow is noisy.
The wrist and shoulder remain quiet.
Beat 3 can extend behind the vertical plane for triangles.
Beat 4 can extend behind the vertical plane for sailboats.

6. Curvilineation

The wrist is noisy.
The shoulder is reactive.
The elbow is quiet.

7. Soft Rebounds

Soft rebounds are the foundation for basic conducting patterns.
8. The Laban Technique

Concepts extracted from:
The Conductor’s Gesture: A Practical Application of Rudolf von Laban’s Movement Language
James Jordan. 2011. GIA Publications

**DAB:** direct/light/quick

- Putting the final touches on the frosting of a cake
- Tiptoeing
- Releasing a dart
- Using a paintbrush to make dots
- Dipping a cloth in a pail of water
- Dotting an “i”
- Pushing a button on a remote control
- Typing
- Using touch up paint
- Using a drop of white glue
- Placing a cherry on a sundae

**FLICK:** indirect/light/quick

- Removing an insect off the table
- Turning a light switch on or off
- Leafing through the pages of a book
- Lightly keeping a balloon in the air
- Brushing debris off your desk
- Shooing a fly
- Shooting marbles
- Touching a hot stove
- Opening a flip-top toothpaste tube
- Taking a basketball foul shot
- Striking a match

**GLIDE:** direct/light/sustained

- Wiping up a spill with a paper towel
- Pushing off from the side of a pool and moving forward
- Ice skating
- Erasing a blackboard
- Smoothing sheets when making a bed
- Opening a sliding glass door
- Turning a page in a book
- Icing a cake
- Playing a glissando on a piano
- Dusting
- Sliding on an icy sidewalk
- Shaving
9. Tracing the Pattern and Adding Dimensions

1. Postage Stamp: tip of the baton
2. Post It Note: knuckles
3. Index Card: hand and wrist
4. Envelope: wrist
5. Brown Mailing Envelope: wrist and forearm
6. Poster Board: wrist and shoulder

Practice both horizontally and vertically!!
All patterns should trace the same lines repeatedly!!

10. The Final Stretch

Grasp the hands behind the back.
Pull the shoulders downward.
Extend the hands away from the lower back while pulling downward.

If I can be of any assistance to you, please email me at:
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