

RESOLUTION No. 5/06/2025 of 11 June 2025
of the Ethics Committee for Scientific Research of Physiotherapists
at the Polish Physiotherapy Association

Regarding the research project entitled:

“Assessment of the prevalence of playing-related musculoskeletal disorders among instrumental musicians”

submitted by (name of the principal investigator):

dr n.k.f. Laura Piejko

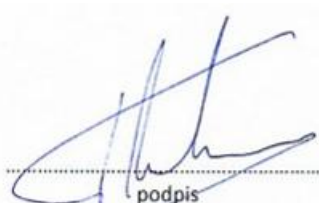
**THE ETHICS COMMITTEE FOR SCIENTIFIC RESEARCH OF PHYSIOTHERAPISTS
AT THE POLISH PHYSIOTHERAPY ASSOCIATION**

Issues a **positive / negative / request for completion of documentation** opinion*
on the research project entitled:

“Assessment of the occurrence of playing-related musculoskeletal disorders among instrumental musicians”

Justification of the opinion (in the case of a negative opinion):

Signature



podpis
dr hab. Tomasz Halski

dr hab. Tomasz Halski
Chair of the Ethics Committee for
Scientific Research of Physiotherapists
at the Polish Physiotherapy Association



Appendix No. 1

to the Rules of Procedure of the Ethics Committee
for Physiotherapists' Research at the Polish
Physiotherapy Association

APPLICATION

to the Ethics Committee for Scientific Research by Physiotherapists at the Polish
Physiotherapy Association

for an opinion on a proposed cognitive experiment

Study title: Assessment of the prevalence of playing-related musculoskeletal disorders
among instrumental musicians

Academic degree/professional title, first and last name of the principal investigator:
Laura Piejko, PhD (Kinesiology), physical therapist, PWZFz No. 8185

Phone number: 32 207 51 10

Email address: l.piejko@awf.katowice.pl

Location of the study (list all centers if applicable): online survey

Full composition of the research team (first and last name, academic
degree/professional title, specialization):

- Bogna Szoltys-Brzezowska, PhD, physical therapist,
- Julia Duda, MSc., physical therapist, doctoral student at the Academy of Physical Education in Katowice;
- Zuzanna Hajda, physical therapy student at the Academy of Physical Education in Katowice;
- Grzegorz Niemczyk, physical therapy student at the Academy of Physical Education in Katowice;
- Aleksandra Jagielska, physical therapy student at the Academy of Physical Education in Katowice.

Source of funding: own financial resources

Should additional insurance be required for study participants, the project manager undertakes to provide it.

Attached to the application:

1. Information about the study (Appendix 2).
2. Study consent form (Appendix 4).

STUDY INFORMATION

Study title: Assessment of the prevalence of instrument-playing-related
musculoskeletal disorders among instrumental musicians

Study information

Study duration: June 2025 – June 2026

Study location: online survey

Number of participants: approx. 450

Inclusion and exclusion criteria:

Inclusion criteria: consent to participate in the study, age 18 or older, active professional musician – instrumentalist (both professional and amateur musicians).

Exclusion criteria: refusal to participate in the study, age under 18, artist – singer, pregnancy, active cancer, acute viral, bacterial, or other infections, current exacerbation of chronic diseases or other conditions that may affect instrumental performance (e.g., osteoarthritis, RA, AS, fibromyalgia, etc.), past surgeries and severe musculoskeletal injuries (e.g., traffic accidents) within the last 5 years.

Methodology:

Participants will be recruited via email and through Facebook groups and other social media platforms dedicated to musicians. If a participant agrees to take part in the study but is unable to complete the online survey, they will be able to complete a paper-based survey.

Participants will be asked to complete a voluntary survey consisting of three parts: 1/ demographic data (age, gender, education, place of residence), 2/ questions regarding playing an instrument (type of instrument, duration, Intensity of playing, etc.) 3/ assessment of musculoskeletal complaints using the QuickDASH questionnaire (Disabilities of the Arm, Shoulder and Hand Questionnaire, Appendix 1) and the MPIQM

(Musculoskeletal Pain Intensity and Interference Questionnaire for Musicians, Appendix 2).

Justification for the project:

Owing to the specific nature of their profession, musicians are at an increased risk of developing musculoskeletal disorders, which may arise from the intensive demands associated with playing musical instruments. It is estimated that achieving a level sufficient for concert performance requires over 10,000 hours of practice, which constitutes a substantial burden on the musculoskeletal system [Kaleńczuk 2012]. These occupational demands, in conjunction with improper posture and prolonged periods of playing, may contribute to the development of chronic pain conditions. This issue has been increasingly investigated, with evidence indicating that the majority of professional musicians experience musculoskeletal disorders במהלך their careers, which in some cases may lead to the discontinuation of instrumental performance [Kok et al. 2015].

Interest in the health and well-being of musicians, particularly in relation to musculoskeletal disorders, has been developing since the 1980s. The growing body of research, publications, and organizations dedicated to this topic reflects increasing awareness; however, a notable gap in specialized healthcare services for musicians persists, thereby highlighting the need for further research and development in this area [Kok et al. 2015]. Importantly, this issue affects not only professional musicians but also amateurs, who constitute a substantial proportion of the musician population. For instance, in the Netherlands, approximately 18% of the population are amateur musicians, and among university students this proportion may reach up to 33% [Kok et al. 2018].

The international literature increasingly reports on overuse syndromes associated with instrumental performance, commonly referred to as Playing-Related Musculoskeletal Disorders (PRMD). PRMD is characterized by pain and reduced functional capacity of muscles and ligaments, resulting from excessive mechanical load imposed on the musculoskeletal system during instrument playing [Kaleńczuk 2012]. Chronic pain experienced by musicians is frequently associated with improper posture and excessive practice duration. Studies involving music students have demonstrated that their postural patterns differ from those of non-musicians, with particularly pronounced differences observed during the performance of asymmetrical instruments, such as the violin or flute [Korte et al. 2023].

The primary aim of the present study is to assess the prevalence of musculoskeletal disorders associated with instrumental performance among musicians. Additionally, the study seeks to examine the relationships between these disorders and selected factors, including type of instrument, frequency of practice, and playing ergonomics. In light of the increasing prevalence of PRMD among musicians and their exposure to a wide range of

musculoskeletal complaints, it is essential to identify the underlying determinants of these health issues and to develop effective preventive and therapeutic strategies.

Expected benefits and risks for study participants:

A key strength of this study is the inclusion of a relatively large sample of musicians (n = 450), enabling the collection of valuable data on the prevalence of PRMD, associated risk factors, and approaches to treatment and prevention among instrumentalists in Poland.

As with any research involving human participants, certain risks cannot be entirely excluded. In this study, there is a potential risk related to data confidentiality (i.e., unauthorized disclosure of personal information). To mitigate this risk, all data collected during the study, including personal and health-related information, will be accessible exclusively to the principal investigator. Furthermore, no personally identifiable information will be disclosed in any publications arising from this study. All documentation will be securely stored in an encrypted Excel file and, in the case of hard-copy materials, in a locked cabinet with restricted access.

Sources of funding: self-funded
Potential conflicts of interest: none declared

Planned dissemination of results (e.g., bachelor's thesis, master's thesis, doctoral dissertation, scientific publication, report, popular science article): master's thesis and/or a master's thesis prepared in the form of a scientific publication.

CONSENT TO PARTICIPATE IN A RESEARCH STUDY

Study title: Assessment of the prevalence of instrument-playing-related
musculoskeletal disorders among instrumental musicians

Study period and duration: June 2025 – June 2026 (12 months)

Participant's full name:

Age:

Telephone number:

E-mail address:

I hereby declare that:

- I have been provided with detailed information regarding the study, including its potential benefits and risks;
- I understand the research procedures to which I will be subjected;
- I have been informed of my right to ask the investigator questions and to receive answers to those questions;
- I have been informed of my right to withdraw from the study at any stage without any consequences;
- I have valid health insurance.

In view of the above:

- I voluntarily consent to participate in the study;
- I consent to the use of my medical records for the purposes of the study, whether held by myself or by healthcare institutions;
- I consent to the processing of my personal data by the Jerzy Kukuczka Academy of Physical Education in Katowice for purposes related to the conduct of the study;
- I declare that I have read and understood the Information Clause provided pursuant to Article 13(1) and (2) of the General Data Protection Regulation (GDPR).

☐ YES ☐ NO
(please indicate as appropriate)

.....
/date, participant's signature/

.....
/date, principal investigator's signature/

I. INFORMATION CLAUSE – ARTICLE 13 EU Regulation GDPR 2016/679

1. Pursuant to Article 13(1) and (2) of Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data (General Data Protection Regulation – GDPR), it is hereby informed that:
2. The controller of your personal data is the Jerzy Kukuczka Academy of Physical Education in Katowice, ul. Mikołowska 72A, 40-065 Katowice, Poland.
3. The Data Controller has appointed a Data Protection Officer. Contact: iod@awf.katowice.pl.
4. Your personal data will be processed for the purposes of conducting the study, pursuant to Article 6(1)(a–f) and/or Article 9(1)(a–j) of the GDPR.
5. Personal data of study applicants are obtained directly from the individual and will be processed in accordance with the study protocol and applicable legal provisions, on the basis of Article 6(1)(a–f) (for standard data) or Article 9(2)(a–j) (for special categories of data).
6. Recipients of your personal data will include employees of the Jerzy Kukuczka Academy of Physical Education in Katowice and other authorized entities.
7. Your personal data will be stored in accordance with the Regulation of the Prime Minister of 18 January 2011 on records management and archiving procedures (Journal of Laws 2011 No. 14, item 67), for a period not exceeding 5 years.
8. You have the right to request access to your personal data, rectification, erasure, or restriction of processing, as well as the right to object to processing, the right to data portability, and the right to withdraw consent.
9. Due to your particular situation, you have the right to object to the processing of your personal data where such processing is carried out for purposes other than those specified or where it results from specific legal provisions.
10. You have the right to withdraw your consent at any time; however, this will not affect the lawfulness of processing carried out prior to withdrawal.
11. You have the right to lodge a complaint with a supervisory authority if you consider that the processing of your personal data violates applicable legal provisions.
12. Provision of your personal data is voluntary; however, failure to provide data necessary for the conduct of the study may preclude your participation.
13. Your personal data will not be subject to automated decision-making, including profiling.