Questionnaire for clarinetists at the Conservatory:
a survey on pain and temporomandibular symptoms in the cranio-cervical-mandibular complex

Good morning, my name is Ludovica Badino and I am a recently graduated language speech pathologist and master's student at the Conservatorio Niccolò Paganini in Genoa.
I would like to carry out research on clarinet students at the Conservatory. In particular, I would like to study musculo-skeletal symptoms in the head and neck area and analyse their prevalence in order to draw up a rehabilitation plan for the future.
Musculoskeletal symptoms in wind players include pain, weakness, stiffness, joint noises and reduced range of motion in the face, neck and shoulders.
The activity of the cervicofacial muscles is crucial to playing a wind instrument, as these muscles are needed to regulate the amount, pressure and direction of airflow (generated by breathing). During playing, for example, the facial muscles must stabilise the position of the mouthpiece, direct the flow of air through it and support the movements of the tongue and floor of the mouth necessary to control the articulation of the sound.
The delicate processes by which wind players regulate timbre, pitch and sound expression depend largely on the activity of the facial and neck muscles. The load on these muscles is often heavy and complex, and this can lead to pain, tension and temporomandibular disorders.
So if I, as a clarinettist, contract excessively the structures that allow me to 'turn' the air from the throat to the mouthpiece, what happens? What happens is that I worsen the timbre, the articulation, and therefore I will not be able to get the dynamic effects that I would like, and so on. This is where the language speech pathologist can become an ally of the clarinettist (or of the wind player in general), helping him or her, for example, to reduce excessive tension and thus improve the quality of the sound without harming themselves.

If you have any questions or require further information, please contact me by telephone (331 50 45 231) or by e-mail (ludovica.badino@conspaganini.it).

Thank you very much

Ludovica

1. How old are you?

2. Gender:
   □ Female
   □ Male
   □ Other

3. How long have you been playing your instrument?

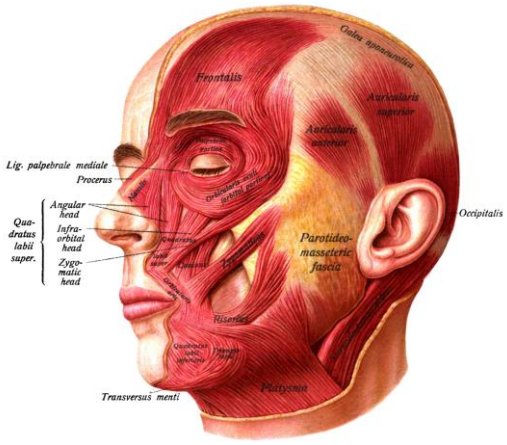
4. How long have you been studying at the Conservatory?

5. Which year are you attending? (Indicate whether it is a pre-degree, bachelor's or master's degree).

6. Roughly how many hours do you study per week?

7. More or less, how many hours do you play at the conservatory (lessons, chamber and ensemble music, orchestra, etc.)?

This is a picture of the skeletal muscle system of the head and part of the neck. These muscles are involved in everyday actions such as chewing and speaking. But it also allows us clarinettists to play and achieve different effects, such as a sudden pianissimo, a crescendo and so on. Keep this image in mind for the next questions. Taken from https://en.wikipedia.org/wiki/Template:POTD/2015-10-14 without modification. Distributed under the Creative Commons Attribution-ShareAlike License.



8. Do you ever grind your teeth especially when you are stressed?
   □ Yes
   □ No

9. Do you ever hear your jaw crack when you chew/yawn/talk?
   □ Yes
   □ No

10. Do you feel any tension when you play (especially in your neck, chin or cheeks)?
    □ Yes
    □ No

11. How intense is the tension, if you answered yes to the previous question?
    □ 0 □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10

12. When you take a breath, can you open your mouth as wide as you would like?
    □ Yes
    □ No

13. Has your teacher told you lately that you should not tighten the mouthpiece and should stay softer?
    □ Yes
    □ No

14. In the last period, did your teacher tell you not to play with your throat?
    □ Yes
    □ No

15. Have you been told recently that you play staccato with your throat instead of your tongue?
    □ Yes
    □ No

16. Do you shrug your shoulders when you play?

□ Yes

□ No

17. Regarding the previous question, which shoulder do you lift?

□ The right one

□ The left one

□ Both

18. Regarding the previous question, do you notice it yourself or have others pointed it out to you?

□ I can tell by myself

□ Others tell me

19. When you play, do you raise your head and lift your chin?

□ Yes

□ No

20. Have you ever had pain in the cranio cervical mandibular complex during non-musical activities?

□ Yes

□ No

21. Have you ever had pain in the cranio cervical mandibular complex during non-musical activities in the last 12 months?

□ Yes

□ No

22. Have you had any pain in the cranio cervical mandibular complex during non-musical activities in the last month?

□ Yes

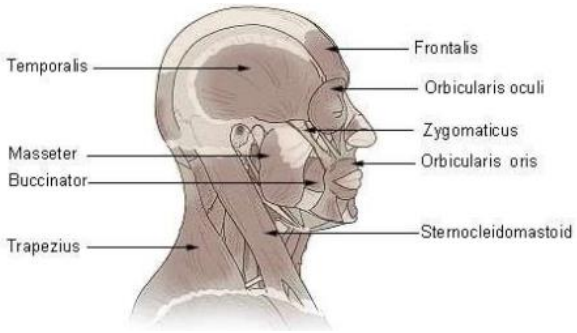
□ No

23. Have you had any pain in the cranio cervical mandibular complex during non-musical activities in the last week?

□ Yes

□ No

Observe this image:



Taken from https://en.wiktionary.org/wiki/jaw_muscle without modification. Distributed under the Creative Commons Attribution-ShareAlike License.

24. After observing the previous image, indicate the area where you have pain during non-musical activities

□ Cheek area (masseter)

□ Temples area (temporalis)

□ Area next to lips (buccinator)

□ Lip area (orbicularis oris)

□ Chin area (mentalis)

□ Anterior neck

□ Posterior neck

□ Lateral neck

25. Regarding the previous question, you have more pain on:

□ The right side

□ The left side

□ Both side

26. Regarding the previous question, how intense was the pain?

□ 0 □ 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10

27. Have you ever had pain in the cranio cervical mandibular complex during the performance?

□ Yes

□ No

28. Have you ever had pain in the cranio cervical mandibular complex during the performance in the last 12 months?

□ Yes

□ No

29. Have you ever had any pain in the cranio cervical mandibular complex during the performance in the last month?

□ Yes

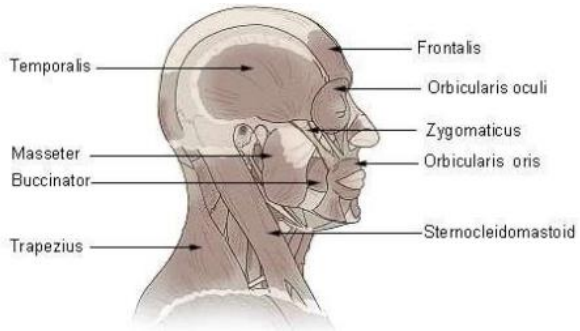
□ No

30. Have you ever had pain in the cranio cervical mandibular complex during the performance in the last seven days ?

□ Yes

□ No

Observe this image:



31. After observing the previous image, point to the area where you only have pain when you play:

□ Cheek area (masseter)

□ Temples area (temporalis)

□ Area next to lips (buccinator)

□ Lip area (orbicularis oris)

□ Chin area (mentalis)

□ Anterior neck

□ Posterior neck

□ Lateral neck

32. Relative to the previous question, you have more pain on:

□ The right side

□ The left side

□ Both

33. Related to the previous question, how intense is the pain?

□1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10

34. When you stop playing, does the pain go away?

□ Yes

□ No

35. If you answered ‘no’ to the previous question, how long does the pain remain with you?

36. Related to the previous question, how intense is the pain that remains after you have finished playing?

□1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10