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For additional information
Contact: Larry Lichtenauer
(410) 363-6205

CHESAPEAKE HAND SURGEON TO SPEAK AT CONFERENCE FOCUSED ON MEDICAL PROBLEMS FACED BY MUSICIANS

*D. Raymond A. Wittstadt, MD will address prevention and treatment
of upper extremity tendonitis in the performing artists*

Baltimore, MD (January 27, 2010) – Dr. Raymond, A. Wittstadt, MD, a hand and upper extremity surgeon with Greater Chesapeake Hand Specialists, will participate in “Head to Toe: A conference on the medical problems of musicians,” scheduled for Saturday, March 6 from 9 am to 4 pm and sponsored by The Performing Arts Medicine Committee of MedChi, The Maryland State Medical Society.

The session, which features medical specialists addressing topics such as pinched nerves, noise-induced hearing loss and visual challenges, is geared towards health care providers and instrumentalists and vocalists at all skill levels. Break out workshops will include alternative therapies including yoga, reflexology and massage demonstrations. Tim Smith, Classical Music Critic for *The Baltimore Sun* is the keynote address speaker during lunch.

Dr. Wittstadt, who serves as the Director of Musicians’ Clinic at the Curtis National Hand Center at Union Memorial Hospital, will discuss prevention and treatment of upper extremity tendonitis in the performing artist. “Unfortunately, the byproduct of extended practice sessions among musicians is the repetition of finger and wrist movements which can cause ligament and muscle damage over a period of time,” Dr. Wittstadt explained. “It is important for musicians to understand appropriate preventative and treatment techniques, especially at an early age,” he added.

The conference is open to the general public at a cost of \$35.00 – which includes lunch – and students and medical residents can participate at a cost of \$20.00. Advance registration is recommended by calling 410-539-0872 ext. 3309. The session will be held at Osler Hall at MedChi on 1211 Cathedral Street in Baltimore.

Founded in 1987 and based in Lutherville, MD, Greater Chesapeake Hand Specialists, P.A. focuses on providing successful outcomes for the entire spectrum of problems associated with the hand, wrist, elbow and shoulder. The practice group, which consists of nine full-time physicians, maintains seven satellite locations throughout Anne Arundel, Baltimore, Carroll, Howard and Talbot counties, as well as Baltimore City. For more information visit www.chesapeakehand.com