Physiology and Jazz History

Jazz History And Human Physiology · Answer Key · 12 Questions

1. Which jazz trumpeter was known for his 'puffed cheeks' technique, which exerted significant pressure on the orbicularis oris muscle?

A) Miles Davis
B) Dizzy Gillespie
C) Chet Baker
D) Louis Armstrong

2. Chronic repetitive strain injuries in the wrists of jazz pianists, such as Thelonious Monk, are often medically associated with inflammation of which anatomical structure?

A) Carpal tunnel
B) Patella
C) Cervical spine
D) Achilles tendon

3. The prolonged use of a saxophone mouthpiece can lead to 'saxophonist's embouchure,' which primarily affects which muscles in the face?

A) Gluteus maximus
B) Masseter and facial muscles
C) Deltoid
D) Gastrocnemius

4. Which jazz legend suffered from a severe heroin addiction, which is known to cause systemic health issues including suppressed respiratory drive and immune dysfunction?

A) Charlie Parker
B) Duke Ellington
C) Count Basie
D) Benny Goodman

5. What physical condition, characterized by the enlargement of the heart due to chronic high blood pressure, was a health concern for many jazz musicians traveling and performing in high-stress environments?

A) Cardiac hypertrophy
B) Hypoglycemia
C) Scoliosis
D) Myopia

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6. Vocal jazz singers like Ella Fitzgerald often relied on diaphragmatic breathing, which utilizes which primary muscle to facilitate deep inhalations?

A) Intercostals
B) Diaphragm
C) Pectoralis major
D) Biceps brachii

7. What common neurological condition, characterized by involuntary tremors, has been documented in aging jazz musicians, affecting fine motor control required for complex improvisations?

A) Essential tremor
B) Asthma
C) Tinnitus
D) Glaucoma

8. Playing wind instruments for decades can increase intraocular pressure; what is the potential vision-threatening condition associated with this pressure increase?

A) Glaucoma
B) Cataracts
C) Hyperopia
D) Presbyopia

9. Jazz musicians often suffered from 'musician's cramp,' a form of focal dystonia that specifically affects what part of the body in guitarists?

A) Digits and hand
B) Lumbar spine
C) Ear canal
D) Ankle joint

10. The intense vibrations produced by upright bassists like Charles Mingus can lead to ulnar nerve compression, commonly referred to as what type of syndrome?

A) Cubital tunnel syndrome
B) Carpal tunnel syndrome
C) Thoracic outlet syndrome
D) Tarsal tunnel syndrome

11. Hearing loss in jazz drummers is frequently attributed to prolonged exposure to high-decibel levels damaging which tiny structures in the inner ear?

A) Hair cells
B) Eustachian tubes
C) Tympanic membrane
D) Ossicles

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12. What common health issue, resulting from long hours of sitting while performing, affected the spinal health of big-band jazz pianists and horn players?

A) Lumbar disc herniation

B) Osteoporosis

C) Kyphosis

D) Scoliosis