

Prevention and Management of Musicians' Injuries



St Cuthbert's College
BY LOVE SERVE



THINGS TO REMEMBER

- Your posture and set up is crucial. Be prepared to spend a long time with your teacher getting it right and maintaining it
- Check your posture in a mirror or on a video
- Learn all you can about safe and balanced technique
- Take regular exercise
- Pace yourself when preparing for big performances, or after a break
- Be cautious when entering competitions and for exams – they aren't the most important part of playing an instrument
- Seek medical advice if you experience any discomfort
- It's a long life..... practice sensibly and enjoy your music
- For help and further information see:
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USEFUL WEBSITE

British Association for Performing Arts Medicine:
www.bapam.org.uk

PREVENTION AND MANAGEMENT OF M

At St Cuthbert's College we are committed to the promotion of healthy body use and safe practice strategies by our young musicians. We have produced this brochure to assist in this process.

WHAT IS MUSICIANS' PAIN?

- Pain means STOP
- Pain is not a normal part of being a musician
- Pain is your body's way of warning you of danger

WARNING SIGNS

- Discomfort
- Difficulty moving joints
- Tingling
- Numbness
- Swelling and redness
- Weakness
- Lack of control

GETTING YOUR BODY READY TO PLAY

- Musicians are athletes
- Develop preparatory exercises and stretches before you play
- Build a strong, flexible body
- Learn to listen to your body

MUSICIANS' INJURIES



SMART PRACTICE

- Ensure your room is warm, well lit and ventilated
- Monitor your posture
- Check your stool height, stand height, instrument size and set up. These constantly change as you grow
- Take regular breaks to stretch and restore circulation
- Play repertoire you can manage without over-taxing your hands
- Develop strategies that avoid aimless repetition
- Avoid the unnecessary strain of heavy school bags
- Spread your practice time over several sessions