

Musician Health and Wellness

Tips and Things to Consider for a Long and Successful Life Playing and Teaching Music

BREATHE

NO PAIN

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NO PAIN

Did I say breathe?!

Did I mention no pain?

Basic Tips

Eat well, stay hydrated
Sleep well, relax
Breathe, breathe, breathe

Exercise
Don't over practice
Getting Sick?

Body

Legs, Feet, Chest,
Arms, Wrist, Hands, Fingers
Posture
Stretching
Growth vs pain
Alexander Technique
Body Mechanics/Modifiers
Thumb, Neck Strap,

Possible Injuries

Tendinitis (inflamed tendons)
Carpal Tunnel
Trigger Finger
Cysts
Arthritis

<https://www.youtube.com/watch?v=nZQFdh41wXU>

Head and Face

Neck, Mouth, Lips, Cheeks,
Teeth, Jaw and Oral Cavity
Stretching
Dentistry
Eyes and Vision
Ears and Hearing
85=Start 100+ =Significant

Possible Injuries

Temporomandibular Joint
Dysfunction (TMJ)
Canker Sores
Biting Inside of Lip
Teeth Pain (Vibrations)
Dental Surgery Fears
Focal Dystonia
Bloody Tongue
Neck Pain
Hearing Loss
Tinnitus

<https://www.youtube.com/watch?v=KVC-FvujAw>

Mind

- Thoughts
 - Positivity
 - “I can do it”
 - Change the procedure or process
- Relaxation
 - Breaks
 - Find a hobby
- Planning and Processing
 - Have a plan
 - To achieve great things, two things are needed; a plan, and not quite enough time” - Bernstein
- Awareness of time and pitch
 - Can change as one gets older.
- Ego
 - Self Perspective
 - How to interact with others

Anxiety

- Flight or Fight Response
- Practice the Situation
- Medication
 - Beta Blockers
 - Positive or Perilous?

Treatment

- Overuse-stop
- Pain- stop
- Rest
- Ice/Heat
- Medication
- Doctors
- Body Awareness
- Changing Process or Perspective

Resources

Marshall Chasin *Hearing Loss Prevention*
http://www.marshallchasinassociates.ca/pdf/Hear_the_Music_2010.pdf

Jacqueline McIlwain *Common Injuries Among College Clarinetists: Definitions, Causes, Treatments, and Prevention Methods*