



# Playing (less) Hurt | An Injury Prevention Guide for Musicians

*Janet Horvath*

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## **Playing (less) Hurt | An Injury Prevention Guide for Musicians Janet Horvath**

New in the 2009 Edition:

- ~ Expanded chapter on hearing
- ~ Information for classroom music teachers
- ~ Training and education resource listings
- ~ Information for jazz and rock musicians
- ~ Photos of woodwinds, ergonomic products, and other instrument modifications
- ~ Latest research and resources fully updated

The new 2009 Revised Edition of the acclaimed book, *Playing (less) Hurt | An Injury Prevention Guide for Musicians* is a one-of-a-kind guide and reference for all concerned with pain in musical work: professional and amateur musicians, teachers and students, doctors and therapists, and musicians from jazz to classical. This book is essential for all musicians. String, percussion, harp, brass, and wind players, will play better and feel better.

Musicians face many challenges: a highly competitive environment, performance anxiety, demanding repertoire, years of solitary practice, endless repetition and awkward postures.

The hectic pace of rehearsals and performances when added to the mix often results in the very real risk of physical pain and injury. Readers will learn how to protect themselves with suggestions for warming up and cooling down, stretching and strengthening, safe practicing, pacing, sensible choosing and set-up of instruments and rehabilitation and work hardening.

Newly added is a chapter on hearing protection. Included also is an extensive resource guide listing what is available to help musicians including props, splints, orthotics, and tools, clinics, websites and books.

*Playing (less) Hurt* is filling an important need spurring more interest in the field of performing arts medicine and professional orchestras and teachers are becoming more proactive in working to prevent injuries.

*Playing (less) Hurt* is a comprehensive and readable guide full of sensible and valuable suggestions while being entertaining and humorous even for the youngest reader.

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#### **John Harris:**

Spent a free time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their very own friends. Usually they performing activity like watching television, gonna beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Can be reading a book may be option to fill your free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the reserve untitled *Playing (less) Hurt | An Injury Prevention Guide for Musicians* can be fine book to read. May be it can be best activity to you.

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