

PROTECTING YOUR NEUROMUSCULOSKELETAL HEALTH

Student Information Sheet



Neuromusculoskeletal health is essential to your lifelong success as a musician. Practicing and performing music is physically demanding.

NEUROMUSCULOSKELETAL DISORDERS

Practicing and performing music is physically demanding. Musicians are susceptible to numerous neuromusculoskeletal disorders. Some musculoskeletal disorders are related to behavior; others are genetic; still others are the result of trauma or injury. Some genetic conditions can increase a person's risk of developing certain behaviorrelated neuromusculoskeletal disorders. Many neuromusculoskeletal disorders and conditions are preventable and/or treatable.

WARM-UP

Sufficient physical and musical warm-up time is important. Proper body alignment and correct physical technique are essential.

TIME

Regular breaks during practice and rehearsal are vital in order to prevent undue physical stress and strain. It is important to set a reasonable limit on the amount of time that you will practice in a day. Avoid sudden increases in practice times.

HEALTHY HABITS

Know your body and its limits, and avoid “overdoing it.” Maintain healthy habits. Safeguard your physical and mental health. Day-to-day decisions can impact your neuromusculoskeletal health, both now and in the future. Since muscle and joint strains and a myriad of other injuries can occur in and out of school, you also need to learn more and take care of your own neuromusculoskeletal health on a daily basis, particularly with regard to your performing medium and area of specialization.

WHEN TO SEEK MEDICAL ATTENTION

If you are concerned about your personal neuromusculoskeletal health, talk with a medical professional. If you are concerned about your neuromusculoskeletal health in relationship to your program of study, consult your applied teacher.



This information is provided by the National Association of Schools of Music (NASM) and the Performing Arts Medicine Association (PAMA). Scan the QR code to check out the other NASM-PAMA neuromusculoskeletal health documents, located on the [NASM website](#).

See also the NASM/PAMA Student Information Sheet on “Protecting Your Vocal Health.” Vocal health is an aspect of neuromusculoskeletal health.