

# Preventing Overuse Injuries

You work hard and play hard. So how do you ensure that you prolong your musical career?

Overuse injuries are one of the leading medical problems among instrumental musicians that can significantly interfere with your ability to perform.

Recognizing early warning signs and knowing the steps to address these issues will help you on your ability to maximize your potential as an artist and performer.



## **Common signs and symptoms of overuse/repetitive-stress injuries:**

*Pain with moving a specific joint, numbness, tingling, early fatigue*

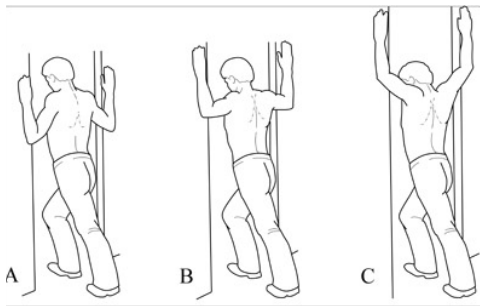
### **DO**

- Take frequent breaks during rehearsal/ practice (Recommend 5 minutes rest for every 25 minutes of playing)
- Maintain good posture while playing
- Stretch before AND after you play
- Listen to your body - stop if you begin to have symptoms
- Participate in other physical exercise outside of playing your instrument
- Seek *early* treatment from your orthopedist or physical therapist to prevent further development of symptoms

### **DON'T**

- Ignore your symptoms
- Play through pain
- Excessively perform other activities (computer use, texting)
- Avoid excessive repetition during practice
- Sit in hard, unsupportive chairs for prolonged durations

# STRETCHES



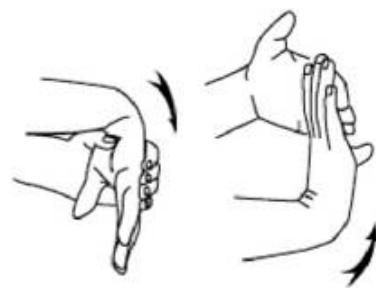
## Corner Pec Stretch

- 1) Stand in doorway or against a corner and place forearms against door frame
- 2) Stand in a staggered stance position with one foot forward (does not matter which one)
- 3) Keeping your body weight through your legs, gently lunge forward, leaving your arms in place
- 4) Lunge forward until a stretch is felt through the FRONT of your chest
- 5) Hold for 20-30 seconds
- 6) Repeat 2-3 times



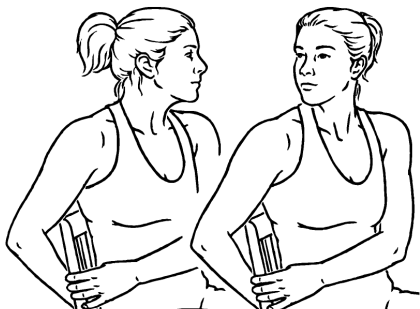
## Upper Trapezius/ Levator Scapulae Stretch

- 1) Sit upright in chair
- 2) Place left hand on top of your head and slowly tilt your head to the left until a light stretch is felt on the RIGHT side of your neck
- 3) Apply a gentle over-pressure with your left hand
- 4) Hold for 20-30 seconds
- 5) Repeat 2-3 times
- 6) Perform on opposite side



## Wrist Extensor/ Flexor Stretch

- 1) Begin seated/standing with arm in front with elbow extended
- 2) With one hand, grasp the other hand and slowly bend your wrist down until a gentle stretch is felt
- 3) Hold for 20-30 seconds
- 4) Relax and bend wrist upwards and apply overpressure until a gentle stretch is felt
- 5) Repeat 2-3 times
- 6) Perform on opposite side



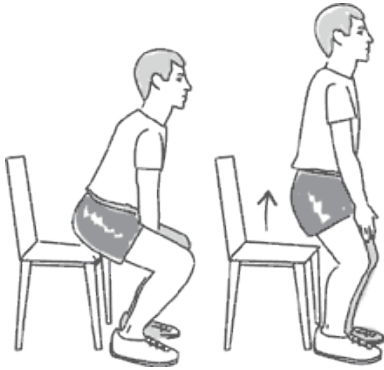
## Trunk Rotation Stretch

- 1) Sit upright in chair
- 2) Grasp the back of the chair and rotate your torso until a stretch is felt
- 3) Hold 20-30 seconds
- 4) Repeat 2-3 times on each side

\*\* Do NOT perform these stretches if you experience: pain (aside from stretching), numbness or tingling

\*\*\* Images taken from Visual Health Information

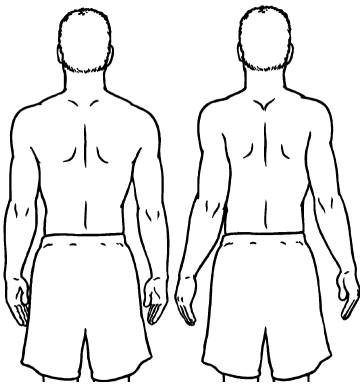
# STRENGTH



## Sit to Stand

Targeted Muscle Groups: Quadriceps, Gluteals

- 1) Begin sitting in a chair
- 2) Move your body forward until you are sitting near the edge of the chair
- 3) Lean your trunk forward as you shift your weight onto your feet
- 4) Push up using your legs
- 5) *Slowly* lower yourself back down onto the chair
- 6) Repeat 10-15 times



## Shoulder Retraction

Targeted Muscle Groups: Rhomboids, Middle Trapezius, Rotator Cuff

- 1) Begin sitting or standing
- 2) Pinch your shoulder blades together (towards the spine)
- 3) Do not let your shoulders raise up
- 4) Repeat 15-20 times
- 5) Add resistance band for more challenge



## Counter-Top Push-Up

Targeted Muscle Groups: Scapular stabilizers, Pectoralis Major, Serratus Anterior

- 1) Stand with your hands on the countertop - shoulder-width apart
- 2) Slowly bend arms and lower chest towards the counter, keeping neck and back straight
- 3) Press back through your arms and straighten elbows (but do not lock)
- 4) Repeat 10-15 times

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\*\*\* Images taken from Visual Health Information