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## Injury Prevention Handout

### Practitioners to Consider

When faced with a performance injury, there are MANY choices of practitioner from which to seek assistance. Practitioners will have their own treatment style based on their field of expertise and knowledge. Therefore, consider consulting multiple practitioners to find the best combination of help to assist your condition. Furthermore, some practitioners in the same field are more skilled than others, so you may have to consult multiple practitioners in the same field to find the best fit for you. Musicians report assistance from the following practitioners:

- Medical Doctor
- Physical Therapist
- Manual Therapist
- Rolfer
- Instrumental Teacher
- Massage Therapist
- Chiropractor
- Dentist
- Orthodontist
- Surgeon
- Yoga Instructor
- Pilates Instructor
- Osteopath
- Acupuncturist
- Alexander Teacher
- Feldenkrais Teacher
- Physical Trainer
- Homeopath
- Ophthalmologist

### Finding a Doctor

Contact the Performing Arts Medicine Association for a referral to a doctor specializing in musicians in your area. Doctors listed on the website below have a history of working with musicians and should be sensitive to your demands as a performer.

<http://www.artsmed.org/referrals.html>

### Finding a Rolfer

The Rolf Institute for Structural Integration trains Rolfers and can help find one in your area. Rolfing creates a better posture by manipulating and releasing the fascia in the body, which determines body alignment, support, and improves function. Musicians have reported great success with Rolfing. Do not seek Rolfing from a practitioner trained outside the Rolf Institute.

<http://www.rolf.org/>

## Talking to Colleagues

Though they may not talk about it, many of your colleagues probably have a practitioner they find beneficial. What works for them may not work for you, but it may be a good starting point in your practitioner search. You are not alone in wanting assistance so speak to the people around you or write me.

## Information on the Web:

Rice Music School's website on music careers has numerous helpful videos about injury prevention. <http://www.owl.net.rice.edu/~navmusic/>

The journal from the Performing Arts Medicine Association, *Medical Problems of Performing Artists*, has numerous articles relating to musician injury. It can also be found online at: <http://www.sciandmed.com/mppa/> or you can subscribe to the journal or check at your local library.

## Books:

"In Pursuit of Excellence" by Terry Orlick, PhD

Fantastic book about the mental development of performers - offers many useful strategies for mental preparation

"Playing (Less) Hurt" by Janet Horvath

Written by a cellist, this book has some really good suggestions on how to limit injury with your practice and life style

"Fight Your Fear and Win: Seven Skills for Performing Your Best under Pressure: at Work, in Sports, on Stage" by Don Greene

Helps to identify the areas that are holding you back from your optimal performance and gives useful exercises to improve your weakest areas

"The Happiness Trap" by Russ Harris

Written for depression sufferers, this book has fantastic stress-reduction and "focusing in the moment" techniques, which may benefit performers

"The Mindful Way Through Depression" by Williams, Teasdale, Segal, and Kabat-Zinn

Written to help with the reoccurrence of depression, this book introduced Mindfulness-Based Cognitive Therapy, which may benefit musicians with performance anxiety

"Fit As a Fiddle" by William J. Dawson, MD

Written by a bassoon playing medical doctor, this book is an overall guide to musician injury that covers medical information with easy to understand language

**More book recommendations can be found at [www.paulabrusky.com](http://www.paulabrusky.com)**