



Artist Athlete @REST Strategies for Health and Artistic Excellence

Studies show that 4 out of 5 serious musicians suffer playing injuries. Unfortunately, injuries are the rule, not the exception for those that play a lot. Adopt the following proven strategies to prevent injuries AND become a better musician

@ ALTERNATIVES TO ON-INSTRUMENT PRACTICE

- Tap, sing, shadow, conduct, study the score, read, watch a tutorial
- Sing with metronome, sing into a tuner, shadow with an mp3 track

R - RECORD & RECOGNIZE

- Record yourself every single practice session
- Play for others, get feedback
- Fix posture & technique now, not later
- Don't play through pain - pain is a sign that something is wrong
- Always tackle learning rhythms away from your instrument

E - EXERCISE

- Warm up well
- Stretch after playing (or at the end of the day)
- Pursue yoga or swimming. Consider body-mapping or Alexander Technique.

S - SLEEP

- Sleep regular hours. Naps and rests are more important, too.
- Ditch electronics 1 hour before bed for better sleep

T- TIME

- Limit overall time on your instrument - be mindful of ensemble days
- Break every ½ hour or at the latest every 50 minutes
- Practice shorter stints, several times a day
- Make sure you count alternatives to on-instrument practice as practice
- Keep regular hours - slow and steady wins the race
- After extended time without practice, get back into shape gradually, not all at once
- **Pain means it's time to stop - honor what your body is trying to tell you.**

