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### A Guide to Prepare Our Muscles for Intense Practice

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## A Guide to Prepare Our Muscles for Intense Practice

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Ackermann, Bronwen J. "Orchestrating Healthy Approaches for Musicians in Training."

*American Music Teacher* 64, no.6 (June 2015): 22-24.

The author is a physiotherapist who is specialized in music-related injuries. She shared her experiences working with injured musicians. She found out that even the most skilled musician has little knowledge on health. Musicians should explore the body health in order to prevent potential injuries.

Ancillao, Andrea. "Three Dimensional Motion Capture Applied to **Violin** Playing: A Study on

Feasibility and Characterization of the Motor Strategy." *Computer Methods & Programs in Biomedicine* 149, no.9 (October 2017): 19-27.

A strong coordination between nervous system and muscle is required for playing instruments. Studying in human motion can greatly benefit a musician to understand the muscles used. There are many images and graphs to show how our body moves.

Chesky, Kris. "Preventing Music-Induced Hearing Loss." *Music Educators Journal* 94, no.3

(January 2008): 36-41.

Musicians not only suffer from muscles or nerves injuries, but also hearing problems. We spend most of our time with music and playing music. It is possible to develop noise induced hearing loss (NIHL). The allowable exposure for a day is about 85 decibels (DB) for eight hours. 85 dB is similar to the sound of a blender.

Cockey, Linda, Josephine Gimble and Ann Joseph. "A Teaching Strategy For Healthier Performance." *American Music Teacher* 38, no.3 (January 1989): 22-23.

The authors state that a musician should always warm up before practicing, avoid cramped conditions and seat properly. Dividing practice session into several segments is always better than a long one. The authors suggest practicing twenty-five to thirty minutes and followed by a break. There is also a list of performing art medical programs in America that we can utilize.

Crappel, Courtney. "Playing-Related Injuries." *American Music Teacher* 64, no. 4 (February 2015): 16-19.

Courtney shares her experiences of injuries and working with pianist that experienced tendinitis, thoracic outlet syndrome, carpal and cubital tunnel syndromes. And focal dystonia.

She suffered from extensor tendinitis at age 16 while practicing piano.

Core biomechanical principle is also extremely important for teachers to teach musicians.

Dawson, William J. "Playing without Pain: Strategies for the Developing Instrumentalist." *Music Educators Journal* 93, no. 2 (November 2006): 36-41.

The author points out some of the reasons that might cause injury, such as overuse, incorrect body posture and hypermobility. It is important to avoid problems before they start. Many universities are developing health programs for musicians to be aware of potential problems.

Dick, Randall W. "Empowering Musicians: Teaching, Transforming, Living: Expand Your Influence: Enhance Health and Performance in Music Students." *American Music Teacher* 65, no.2 (October 2015): 34-37.

Musicians are like athletes that we both practice or perform almost every day, compete in challenging environment and sometimes play through pain. Musicians need injury prevention guidelines just as athletes do. He also mentioned that rote repetition is not efficient way of practicing.

Fry, Hunter J. H. "How to Treat Overuse Injury: Medicine for Your Practice." *Music Educators Journal* 72, no. 9 (May 1986): 46-49.

The author explains what is overuse injury and the potential reasons that are causing it. An increase in time and intense practice session is the main cause for overuse injury. It can also be that an individual is naturally weak in some parts of the body. He suggests that a practice segment should not exceed twenty to thirty minutes. Taking five minutes rest during each practice segment helps muscle and joint ligaments to rest and refresh.

Guptill, Christine and Christine Zaza. "Injury Prevention: What Music Teachers Can Do." *Music Educators Journal* 96, no. 4 (June 2010): 28-34.

About twenty five percent of music students experienced an injury. The author states that warm-ups, breaks and proper posture are necessary to prevent playing-related injuries. A musical warm-up is important to prepare for the practice section. However, a physical warm-up should also be considered.

Horvath, Janet. "No Pain, All Gain: Strategies for Healthy and Happy Musicians." *American Music Teacher* 64, no. 2 (October 2014): 26-29.

The author states that we should not have tension in our shoulder, wrist, torsos and hands while we are playing instruments. Warming up, taking breaks, practicing without instrument, and having good posture are key elements in preventing injuries.

Manchester, Ralph. "What Do I Need to Know About Neuromusculoskeletal Issues?" *American Music Teacher* 64, no.2 (October 2014): 30-32.

This journal article explores the connection between bones, muscles, nerves and tendons in injuries. Study showed that female has a higher rate of injury than male. Musicians should take five to ten minutes rest every hour when practicing. Practice plan is also helpful so that we don't play too much a week prior to a recital or a performance.

Wilson, Miranda. "Practice MythBusters: Common Misconceptions About Practice for Advanced Students." *American Music Teacher* 61, no. 6 (June 2012): 30-32.

The author suggests that we should set a goal when practicing instead of setting a timer. She also says that break is important for both mentally and physically. She also points out other things that some of the students do but are not efficient practicing.