



HEALING ARTS STUDIOS

7902 TIFFANY DR.
AUSTIN, TX 78749
(512) 291-0263

Empowering Your Health

~Body, Mind and Spirit

Mark Uridel, MSPT, ERYT, LMT, Director
www.HealingArtsStudios.com

Anatomy and Ergonomics for Musicians: *How to have good posture and perform freely*

Proper posture and proper ergonomics is essential to playing your instrument freely and avoiding Playing Related Musculoskeletal Disorders (PRMD's) and Repetitive Stress Injuries (RSI's).

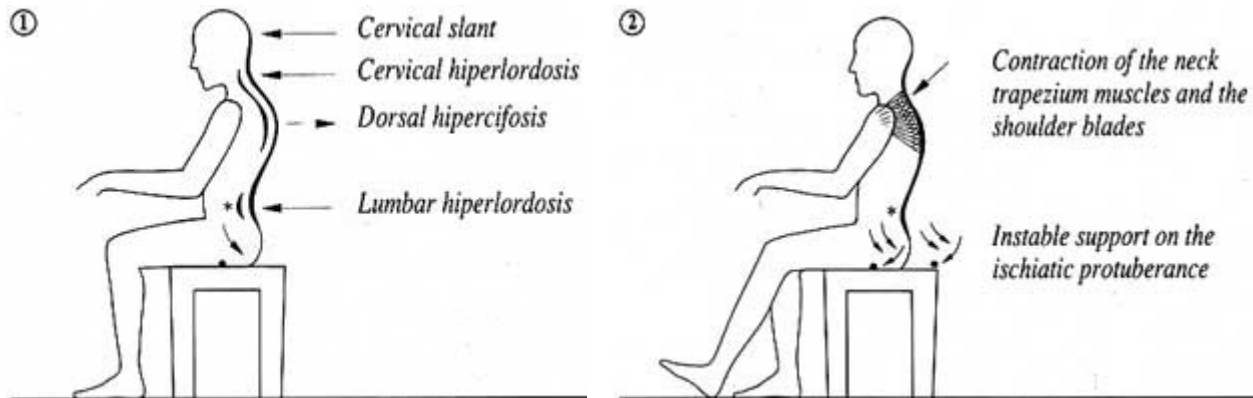
Playing Related Musculoskeletal Disorders (PRMD's):

- 75% of players suffered from finger and/or hand pain
- Of those, 30% had tendonitis; 20% muscle problems
10% joint disorders, 15% neurological disorders
25% had elbow and forearm disorders

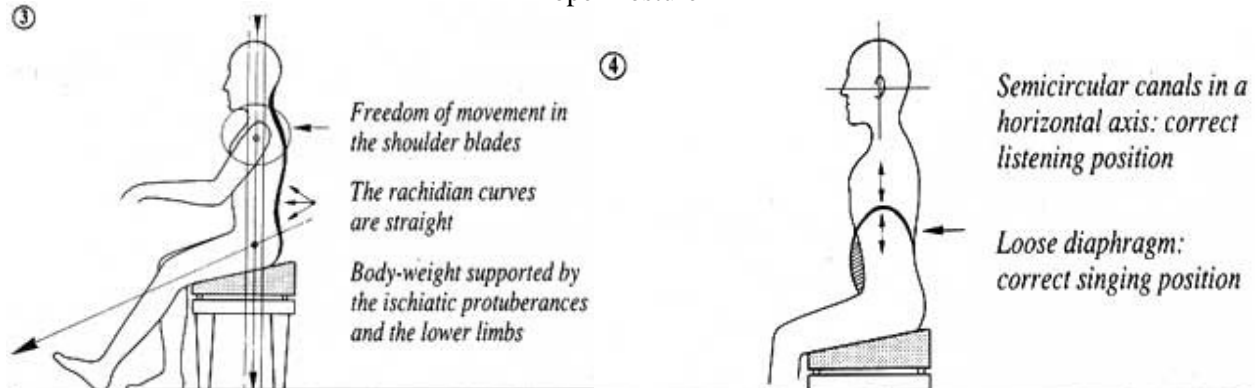
Risk Factors for developing PRMD's:

1. Playing > 4 hrs/day
2. Forceful playing
3. Playing octaves and difficult chords
4. Poor ergonomics

Improper Posture



Proper Posture



How to Avoid Repetitive Stress Injuries (RSI's):

1. Warm up properly
2. Maintain proper posture
3. Maintain a healthy shoulder and wrist position
4. Improve playing skills and techniques
5. Take regular breaks (5 min. break every 30 min.)
6. Relaxed body and mind
7. Good instrument fit
8. Specific exercises for posture & to reduce tension

Resources:

Univ. of North Texas Cntr. for Music and Medicine
www.unt.edu/tcmm

Medical Problems of Performing Artists Journal
www.sciandmed.com

Musicians Health Information
www.musicianshealth.com.