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Prevention of Playing-Related Musculoskeletal Disorders (PRMDs): Recommendations on Practice Habits for Musicians

- Musical “neuro-muscular” **warm-up** **,
- **Stretches** can be used as a cool-down, but need to be appropriately performed,
- Inclusion of 10-minute **breaks** every 20-30 minutes during practice sessions**,
- **Pacing**: gradual increase of practice before concerts, recitals, competitions,
- **Variety of content** of the practice session: styles of music, types of exercises,
- **Cognitive rehearsal**: away from the instrument,
- **Body awareness and control techniques**: Alexander, Feldenkreis, Yoga,
- **Stress and anxiety management.**

** Research based evidence on interventions having a **significant impact** in the prevention of PRMDs.

References

- 1- Zaza C (1994) Research-based Prevention for Musicians. *Medical Problems of Performing Artists*. Vol.9(1):3-6.
- 2- Zaza C, Farewell VT (1997) Musicians' Playing-Related Musculoskeletal Disorders: An Examination of Risk Factors. *American Journal of Industrial Medicine*. Vol.32:292-300.

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