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Risk Factors of Playing-Related Musculoskeletal Disorders (PRMDs) for Musicians

Scientific research studies on playing-related musculoskeletal disorders affecting musicians have identified the following items as risk factors.

Change or error in one or a combination of:

- Technique,
- Instrument,
- Instrument group,
- Instrument size,
- Teacher,
- Repertoire,
- Increase in playing time,
- Practice habits,
- Ergonomics,
- Posture,
- Holding the instrument.

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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