

Protecting Your Neuromusculoskeletal Health

An NASM – PAMA Student Information Sheet

- Neuromusculoskeletal health is essential to your lifelong success as a musician.
 - Practicing and performing music is physically demanding.
 - Musicians are susceptible to numerous neuromusculoskeletal disorders.
 - Some musculoskeletal disorders are related to behavior; others are genetic; still others are the result of trauma or injury. Some genetic conditions can increase a person’s risk of developing certain behavior-related neuromusculoskeletal disorders.
 - Many neuromusculoskeletal disorders and conditions are preventable and/or treatable.
 - Sufficient physical and musical warm-up time is important.
 - Proper body alignment and correct physical technique are essential.
 - Regular breaks during practice and rehearsal are vital in order to prevent undue physical stress and strain.
 - It is important to set a reasonable limit on the amount of time that you will practice in a day.
 - Avoid sudden increases in practice times.
 - Know your body and its limits, and avoid “overdoing it.”
 - Maintain healthy habits. Safeguard your physical and mental health.
 - Day-to-day decisions can impact your neuromusculoskeletal health, both now and in the future. Since muscle and joint strains and a myriad of other injuries can occur in and out of school, you also need to learn more and take care of your own neuromusculoskeletal health on a daily basis, particularly with regard to your performing medium and area of specialization.
 - If you are concerned about your personal neuromusculoskeletal health, talk with a medical professional.
 - If you are concerned about your neuromusculoskeletal health in relationship to your program of study, consult the appropriate contact person at your institution.
 - This information is provided by the National Association of Schools of Music (NASM) and the Performing Arts Medicine Association (PAMA). For more information, check out the other NASM-PAMA neuromusculoskeletal health documents, located on the NASM Web site.
- See also the NASM/PAMA Student Information Sheet on “Protecting Your Vocal Health.” Vocal health is an aspect of neuromusculoskeletal health.