

Injury Prevention for Musicians Course Outline

Introduction to Injury Prevention

- Lecture: Introduction to Injury Prevention for Musicians (3:29)
- Lecture: Healthy Habits for Musicians (6:17)
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Module 1: Fitness and Nutrition

- Lecture: Physical Fitness for Musicians (6:44)
- Interview: Angela McCuiston, Flutist and Personal Trainer (14:00)
- Video: Rotator Cuff Exercises (10:23)
- Video: Range of Motion Exercises (8:14)
- PDF Download: Physical Fitness Guide for Musicians

- Lecture (BONUS!): Nutrition for Musicians (4:58)
- PDF Download (BONUS!): Nutrition Guide for Musicians

Module 2: Body Awareness

- Lecture: Body Awareness for Musicians (5:44)
- Interview: Vanessa Mulvey, Flutist and Body Mapping Specialist (10:14)
- PDF Download: Body Awareness Resources for Musicians
- PDF Download: Body Awareness Guide for Musicians
- PDF Download: Posture and Playing Position Guide for Musicians
- PDF Download: Progressive Muscle Relaxation Guide for Musicians
- MP3 Audio: Progressive Muscle Relaxation Exercise for Musicians (8:11)

Module 3: Practice Room Strategies

- Lecture: Pre- and Post-Practice Routines (4:27)
- Video: Physical Warm-Ups for Musicians (6:42)
- Video: Stretches for Musicians (5:22)

- Lecture: Mental Practice for Musicians (4:21)
- Video: Guided Mental Practice (8:14)
- Interview: Travis Baird, Violist and Mental Imagery Specialist (8:13)
- PDF Download: Mental Practice Guide for Musicians

- Lecture (BONUS!): Healthy Practice Considerations (8:26)
- PDF Download (BONUS!): Healthy Practice Considerations Guide for Musicians