

# SUSANNA KLEIN PRACTIZMA.COM

## PLAYING FOR KEEPS: INJURY PREVENTION FOR MUSICIANS

### Top Tips for Injury Prevention: @ REST

- @** Alternatives to on-instrument practicing – clap, listen, sing, shadow
- R** Record & Recognize: excellence, posture, pain – Journal!!
- E** Exercise (warm ups, stretches, for playing + core strengthening, Yoga)
- S** Sleep – nature’s remedy. Ditch electronics 1 hour before bedtime
- T** Time – limit length of traditional practice sessions and overall hours. Avoid binge practice, aim for regularity and shorter stints, and mental practice.

### Top Apps & Tools for Health and Excellence

- Mirrors (regular or clip on convex)
- NIOSH sound meter app (free!)
- Ear plugs – aim for low 9-20 db reduction so that you will wear them more often.
- Video Delay app (cheap)
- Hudl Technique app (free)
- Tunable (for tuner, metronome, recording)
- Timers & journals to track your practice habits & accomplishments

### Top attitudes for Injury Prevention

- Prevention is the most readily available and cheapest option – but it requires discipline.
- When in doubt about injury, pain, sensations consult with teachers, Alexander Professionals & doctors
- See doctors/professionals early (make sure to get a recommendations). Early Intervention is always best. PT can always help you in the early stages.
- No pain, no gain attitude only leads to sloppy performances and injury.
- Be the most creative practicer, learn by seeking out new knowledge, not over-practicing.

**Decibel levels  
How loud, how long  
is safe?**

At 85 db – 8 hours  
At 91 db – 2 hours  
At 100 db – 15 min.  
At 112 db – 1 min.  
At 121db – 7 sec  
Above 135 - never

### FURTHER RESOURCES:

Earplug recommendations, efficiency tips, stage fright advice, Practizma Practice Journal, and a list of resources can be found at:

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