

NERVOMUSCULOSKELETAL HEALTH AND INJURY PREVENTION RESOURCES

(as recommended by NASM)

NASM/PAMA Advisories on Neuromusculoskeletal Health

- ▣ Advisories on Neuromusculoskeletal Health
- ▣ Information and Recommendations for Administrators and Faculty
- ▣ Information and Recommendations for Faculty and Staff
- ▣ Information and Recommendations for Student Musicians
- ▣ Student Information Sheet for Protecting Your Neuromusculoskeletal Health

MUSCULOSKELETAL HEALTH & PREVENTION

- ▣ Musicians and MSI: Symptoms and Types of Injuries
 - An excellent description of the symptoms and pain levels associated with musculoskeletal injuries including detailed descriptions of tendon and muscle disorders, as well as nerve compression and entrapment.

Alexander Technique

- ▣ The Complete Guide to Alexander Technique
 - The **Alexander Technique** is a way to feel better, and move in a more relaxed and comfortable way... the way nature intended.

An **Alexander Technique** teacher helps you to identify and lose the harmful habits you have built up over a lifetime of stress and learn to move more freely.

Other Resources

- ▣ [Musician's Health](#)
- ▣ [Move Well, Avoid Injury](#)
- ▣ [Musician's Injuries](#)
- ▣ [The Feldenkrais Method](#)
- ▣ [The Musician's Way](#)
- ▣ [Athletes and the Arts](#)
- ▣ [Teaching the Art of Movement in Music](#)