

MUSICIAN'S HEALTH AND INJURY PREVENTION

The number and seriousness of performance-related injuries has grown. This is a concern all musicians at all levels of accomplishment need to take seriously. The information contained herein is provided to offer you resources to address both injuries and injury prevention.

▣ Musician's Health

- ▣ This website is an excellent resource that encompasses Musician's health, providing information on health problems seen in musicians, self-care for the musician, nutritional issues, stretches and exercises and more.

▣ The Musician's Way

- ▣ Along with the 350-page book *The Musician's Way* by Gerald Klickstein, the resources on this site help instrumentalists and singers to:
 - Enhance practice and performance skills
 - Overcome performance anxiety
 - Boost health & prevent injuries

