

Playing (Less) Hurt: An Injury Prevention Guide for Musicians

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Reviews

This book is really gripping and fascinating. I really could comprehended almost everything using this published e book. I am just very easily can get a delight of reading a published publication. (Kailey Pacocha)

PLAYING (LESS) HURT: AN INJURY PREVENTION GUIDE FOR MUSICIANS



Hal Leonard Publishing Corporation. Paperback. Condition: New. 256 pages. Making music at any level is a powerful gift. While musicians have endless resources for learning the basics of their instruments and the theory of music, few books have explored the other subtleties and complexities that musicians face in their quest to play with ease and skill. The demands of solitary practice, hectic rehearsal schedules, challenging repertoire, performance pressures, awkward postures, and other physical strains have left a trail of injured, hearing-impaired, and frustrated musicians who have had few resources to guide them. Playing Less Hurt addresses this need with specific tools to avoid and alleviate injury. Impressively researched, the book is invaluable not only to musicians, but also to the coaches and medical professionals who work with them. Everyone from dentists to orthopedists, audiologists to neurologists, massage therapists and trainers will benefit from Janet Horvaths coherent account of the physiology and psyche of a practicing musician. Writing with knowledge, sympathetic insight, humor, and aplomb, Horvath has created an essential resource for all musicians who want to play better and feel better. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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