Prevention of Playing-Related Musculoskeletal Disorders (PRMDs): Recommendations on Practice Habits for Musicians

- Musical “neuro-muscular” warm-up **,
- Stretches can be used as a cool-down, but need to be appropriately performed,
- Inclusion of 10-minute breaks every 20-30 minutes during practice sessions**,
- Pacing: gradual increase of practice before concerts, recitals, competitions,
- Variety of content of the practice session: styles of music, types of exercises,
- Cognitive rehearsal: away from the instrument,
- Body awareness and control techniques: Alexander, Feldenkreis, Yoga,
- Stress and anxiety management.

** Research based evidence on interventions having a significant impact in the prevention of PRMDs.

References