



## Return to Play Schedule Following Injury

Level	Play	Rest	Play	Rest	Play	Rest	Play	Rest	Play
1	5	60	5						
2	10	50	10						
3	15	40	15	60	5				
4	20	30	20	50	10				
5	30	20	25	40	15	45	5		
6	35	15	35	30	20	35	10		
7	40	10	40	20	25	25	15	50	10
8	50	10	45	15	30	15	25	40	15
9	50	10	50	10	40	10	35	30	20
10	50	10	50	10	50	10	45	20	30

This schedule is a guide of daily practice in 10 progressive levels, and should be adapted to suit the individual player. The player moves to the next level only if (s)he feels comfortable and painfree at a given level for a few days (3 to 7 on average).

In addition, to minimise the risk of recurrent injury, the key points mentioned in the **“Prevention” advice sheet** should be followed.

### References

- 1- Norris RN (1996) Return to Play after Injury: Strategies to Support a Musician’s Recovery. *Work*. Vol.7:89-93.
- 2- Zaza C, Farewell VT (1997) Musicians' Playing-Related Musculoskeletal Disorders: An Examination of Risk Factors. *American Journal of Industrial Medicine*. Vol.32:292-300.

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