

Protecting Your Neuromusculoskeletal Health
An NASM–PAMA
Student Information Sheet

Neuromusculoskeletal health is essential to your lifelong success as a musician.

Practicing and performing music is physically demanding.

Musicians are susceptible to numerous neuromusculoskeletal disorders.

Some musculoskeletal disorders are related to behavior; others are genetic; still others are the result of trauma or injury.

Some genetic conditions can increase a person’s risk of developing certain behavior-related neuromusculoskeletal disorders.

Many neuromusculoskeletal disorders and conditions are preventable and/or treatable.

Sufficient physical and musical warm-up time is important.

Good posture and correct physical technique are essential.

Regular breaks during practice and rehearsal are vital in order to prevent undue physical stress and strain. It is important to set a reasonable limit on the amount of time that you will practice in a day. Avoid sudden increases in practice times.

Know your body and its limits, and avoid “overdoing it.”
Maintain healthy habits. Safeguard your physical and mental health.

Day-to-day decisions can impact your neuromusculoskeletal health, both now and in the future. Since muscle and joint strains and a myriad of other injuries can occur in and out of school, you also need to learn more and take care of your own neuromusculoskeletal health on a daily basis, particularly with regard to your performing medium and area of specialization.

If you are concerned about your personal neuromusculoskeletal health, talk with a medical professional.

If you are concerned about your neuromusculoskeletal health in relationship to your program of study, consult the appropriate contact person at your institution.

This information is provided by the National Association of Schools of Music (NASM) and the Performing Arts Medicine Association (PAMA).