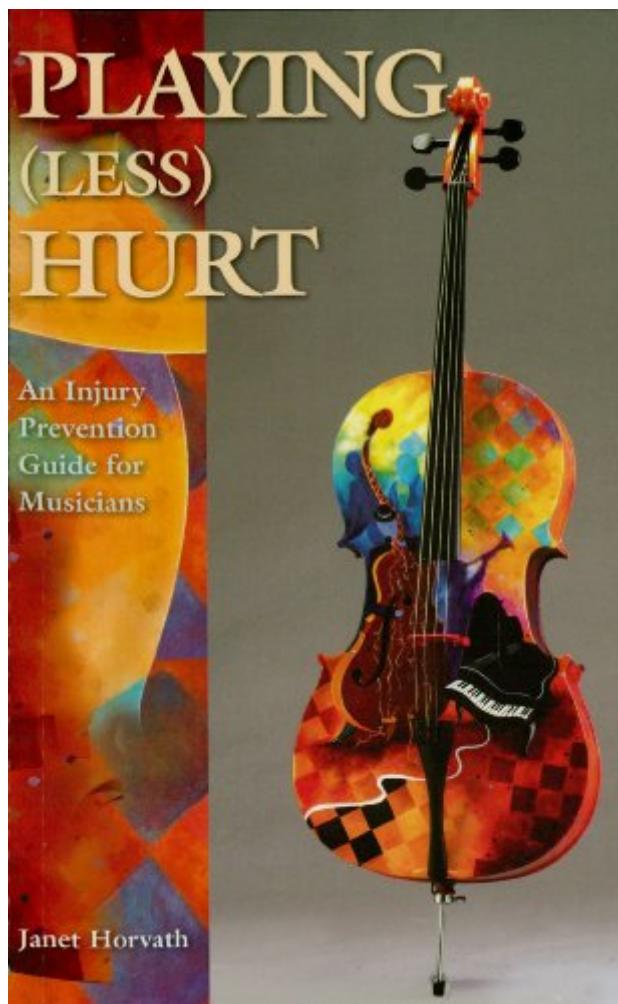


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# Playing (Less) Hurt: An Injury Prevention Guide For Musicians



## **Synopsis**

(Book). 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 Horvath's 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.

## **Book Information**

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Composition & Performance > Instruction & Study

## Customer Reviews

I have just finished reading this magnificent book. Amazing! I am so impressed by the incredible work that Ms. Horvath has done on the issues that plague many musicians. This book has invaluable advice on how all musicians, young and older, can avoid repetitive stress injury entirely. In spite of world class training, I 've had lower back surgery, hearing loss, and both reconstructive hand and shoulder surgery in the course of my 30 year career. It took me these injuries and years of thinking and experimenting to arrive at the conclusions contained within the book; the book is an incredibly valuable weath of knowledge and information that will educate musicians to practice and play smarter, healthier and happier! I plan to make it required reading for all of my students at my university. I also recommend it highly to my colleagues! Thank you on behalf of all of us. Stephen Balderston  
Former Section Cello, St. Louis Symphony Orchestra  
Former Assistant Principal, Chicago Symphony Orchestra  
Professor of Cello, DePaul University School of Music  
Cellist, The American Chamber Players

I am a professional pianist, composer and educator of young musicians. This is the first publication I've seen which truly addresses the physical journey to becoming a healthy performer. It is an essential guide for every musician, full of helpful tips and designed to encourage a life free of injury or pain due to excessive practice and/or performance. Every musician is familiar with the road to learning theory and musical interpretation, but few of us were taught the dangers of injury associated with repetitive movement and awkward positioning. This book looks at the physicality of playing an instrument including risk factors, stress points, danger signals and much more. It also provides great stretching and strengthening exercises designed to specifically counteract stressful movement. Though this book is written by a professional cellist, it has practical application beyond string players. Someone who sits at a computer all day is not unlike the musician who continuously works a musical passage. Physical stress is an issue whenever the body sits for long periods of time and repeats the same motions. Many jobs in our modern world hold a parallel. The book reminds us that natural movement must be a conscious decision. I am thankful to Janet Horvath for writing this. It will undoubtedly prevent many injuries in the future. As an educator, I particularly recommend this as a valuable source to those who teach young musicians.

Oh how I wish I had received this book long ago, before I sustained significant nerve and rotator cuff injuries! This is an absolute must-have for any serious musician, and as far as I am concerned, for any music teacher. These concepts should be taught from the very beginning! Great, clear layout.

Super 10-step lists (such as 10 warm-up stretches, 10 on-stage stretches, etc. etc.). FANTASTIC!

I am a 50 year old trombonist who recently returned to regular band playing. I have a torn rotator cuff in my right shoulder, so you can imagine that working the slide can be painful. Your book has been a god send. I even took it to band camp in Chataqua New York with the New Horizons band groups. We played for 5-6 hours and I was able to keep up thanks to my stretches. I am organizing an educational day of my own for my group and I would like your permission to use some of your information and if possible give one of your books as a door prize. As well I would like to share with my colleagues where they can get them and contact you. Could you let me know if this is ok? We are in Newmarket Ontario Canada, which is about an hour north of Toronto. Thank you again.

I think this a pretty good book for every skill level musician. I am a general surgeon and a beginner on the classical guitar (I have already a tendinitis on my left thumb for holding the guitar too tight), and I found the tips on this book really helpful, and the anatomic/physiopathologic explanations very accurate. I'm giving this book to a friend who is a violin player. So why 4 stars only? The author of this book is a cello player and although the book tries to cover a little bit of every instrument, the most of the examples are made up about cello playing, of course. As a guitar player, I was hoping some specifics about the guitar playing less hurt, but I think SOME things the author says can be extrapolated to guitar playing. Anyway, I highly recommend this book to any professional musician who cares for his career or any hobby musician who cares for his body health.

This book is WONDERFUL. I received it as a graduation present and I wish I had obtained a copy at the beginning of my studies! The layout is clear and easy to follow with very detailed and specific information that applies to a broad range of instrumentalists. I especially appreciate the resource lists for ordering helpful items as well as the 10 warm-up stretches, 10 shower stretches etc (I've already ordered the wall poster versions of these for my practice space) THANK YOU, JANET! :)

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Soccer Injury Prevention and Treatment: A Guide to Optimal Performance for Players, Parents, and Coaches  
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How to Best Handle Accident Injury Claims: Settling Your Own Injury Claims for Big Money  
Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention

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