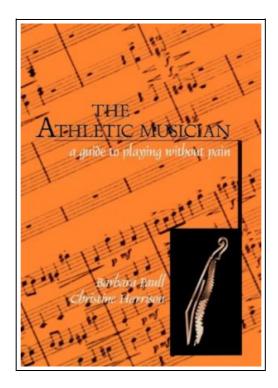
The Athletic Musician: A Guide to Playing Without Pain (Paperback)



Filesize: 4.12 MB

Reviews

This pdf is indeed gripping and interesting. It is definitely simplistic but shocks within the 50 percent of your book. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Michael Spinka)

THE ATHLETIC MUSICIAN: A GUIDE TO PLAYING WITHOUT PAIN (PAPERBACK)



Scarecrow Press, United States, 1999. Paperback. Condition: New. Language: English. Brand new Book. The Athletic Musician is an innovative approach that teaches musicians how to prevent and manage injuries, presented in a unique format that combines sound medical protocol with a musician's point of view. Harrison, a musician, discusses the magnitude of the problem of musicians' injuries with reference to statistical surveys and discusses the emotional and psychological impact of injury on the individual musician. Paull, an orthopedic physiotherapist describes, in layman's terms, the athletic approach to a musician's injuries. Each commonly injured area is examined in turn, from neck, back and shoulder pain to arm, wrist and hand problems. For each area, the anatomy is described, followed by an explanation of what causes the injury and how to avoid or prevent the injury from occurring. Musicians should regard themselves as elite "musical athletes" and protect themselves from injury by following athletic training protocols. The authors present appropriate stretching regimes and postural corrections for both on and off stage, as well as ergonomic changes to instrument and playing positions. The text is amply illustrated with sketches for every exercise and stretch, photographs of musicians demonstrating playing postures, and unique anatomical drawings of musicians. The Athletic Musician presents research-based, scientific material in a format that is relevant, clear, and practical for all musicians. The combination of a medical and musical perspectives makes it an indispensable guide for all musicians and the health care professionals who aspire to help them.



Read The Athletic Musician: A Guide to Playing Without Pain (Paperback) Online



Other PDFs



A Particular Account of the Electrical Experiments Hitherto Made Publick, with Variety of New Ones, and Full Instructions for Performing Them: To Which Is Annex d, the Description of a Compleat Electrical Machine

Gale Ecco, Print Editions, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. The 18th century was a wealth of knowledge, exploration and rapidly growing technology and expanding...

Download PDF

»



A Description of a Machine or Invention to Work Mills, by the Power of a Fire-Engine, But Particularly Useful and Profitable in Grinding Sugar Canes, to Which Is Annexed a Plan of a

Gale Ecco, Print Editions, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. The 18th century was a wealth of knowledge, exploration and rapidly growing technology and expanding...

Download PDF

»



How to Deliver a Great Speech That Will Change Minds & Influence People: Tips, Tricks & Expert Advice for Effective Public Speaking (Paperback)

Atlantic Publishing Co, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Public speaking is an art, and some of the most effective communicators in history have been artists. Think of Steve Jobs,...

Download PDF

»



Sai Baba is Still Alive

Times Group Books, New Delhi, India, 2014. Softcover. Condition: New. First Edition. Shirdi Sai Babas story has influenced and changed the lives of millions of people across the world. He came out of the woods...

Download PDF

»



Crafting the Personal Essay: A Guide for Writing and Publishing Creative Non-Fiction (Paperback)

F&W Publications Inc, United States, 2010. Paperback. Condition: New. Language: English. Brand new Book. Award winning essayist Scott Russell Sanders once compared the art of essay writing to "the pursuit of mental rabbits"-a rambling through...

Download PDF

»



Reading Aloud Across the Curriculum: How to Build Bridges in Language Arts, Math, Science, and Social Studies (Paperback)

Heinemann USA, United States, 2006. Paperback. Condition: New. Language: English. Brand new Book. In Learning Under the Influence of Language and Literature, Lester Laminack and Reba Wadsworth demonstrated how to make the read - aloud Download Book

»



MBA Admission for Smarties: The No-Nonsense Guide to Acceptance at Top Business (Paperback)

Createspace, United States, 2011. Paperback. Condition: New. Language: English. Brand new Book. Going for an MBA? Show your management smarts by following this straight-talking advice that will direct you through the MBA admissions maze. Written Download Book

»



Positive Parenting Solutions Simplified: Parenting with Love and Logic way to Tame a Strong-Willed Child. (Paperback)

Createspace Independent Publishing Platform, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Positive Parenting SolutionsParenting can be tough, but it can be made easier if the parent stays sensible. We talk about **Download Book**

»



Girls I Want to Date: A Blank Lined Writing Notebook with a Fake Book Cover to Carry in Public (Paperback)

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Would you like get some attention? Don't mind people gazing at you in public places such as the airplane, train and bus?

Download Book

>>



Hesi A2 Full Study Guide: Complete Subject Review with 3 Full Practice Tests Book + Online, 900 Realistic Questions, Plus Online Flashcards (Paperback)

Smart Edition Media LLC, United States, 2018. Paperback. Condition: New. Study Guide. Language: English. Brand new Book. The Smart Edition HESI A2 2019 study guide for the HESI Admission Assessment Exam includes practice and review Download Book

»