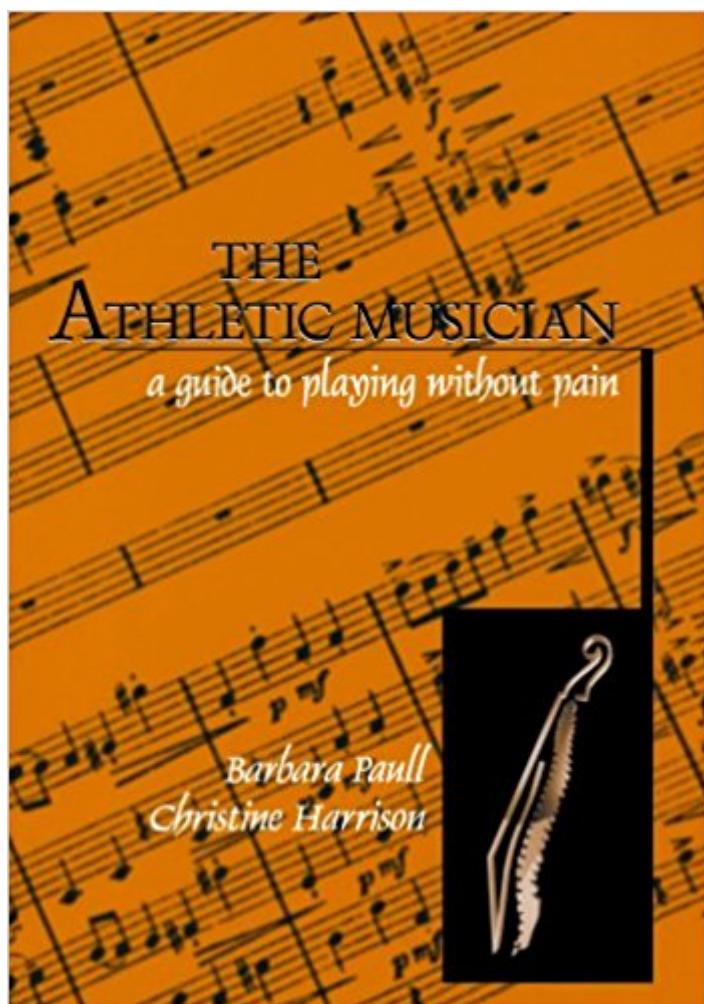


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# The Athletic Musician: A Guide To Playing Without Pain



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

...a well-written book which offers sound advice...very easy-to-understand primer in body mechanics and anatomy...includes a thoughtful discussion of the psychology of dealing with a playing injury...an excellent resource for developing a safe and sound physical approach to playing... (Senza Sordino)An excellent book not only for the musician, but for the physiotherapist treating one! (Physiotherapy Today)...this work is clearly a labor of love exhibiting a clear intention to make a potent contribution to the prevention of injury among musicians. (Strings)Combining medical protocol and the musician's view, the authors present ideas for helping musicians prevent and manage injuries...based on research...applicable to players of all musical instruments... (Music Educators Journal)...contribution, good gift, and a good resource. (Physiotherapy)This book can literally save your musical career! Now one can understand where pain comes from and why, but most importantly, one can learn how to get rid of it, or better yet, never get it in the first place! Completely indispensable for every musician and teacher. (Skye Carman, Concertmaster, Northholland Philharmonic, Netherlands)The Athletic Musician is on its way to becoming a required handbook for teachers and performers of music in New Zealand. Since introducing it to many groups here, I've had unfailingly enthusiastic reports...The combination of sound technical information and a cheerful, positive approach by both authors make it an important contribution to the on-going education of musicians as well as other performing artists. (Pat Reid, Registered Physiotherapist, Christchurch, New Zealand)This is a book that could save careers! Paull and Harrison have pooled their in-depth knowledge and experience to publish a text invaluable to musicians everywhere. And unlike other volumes on the subject, it's a refreshingly easy - at times even hilarious - read! A must for all musicians' libraries! (Dr. Robert Skelton, Professor of Violin/Chamber Music, University of Western Ontario, Canada)This is probably the best book of its type. A superb guide to injury prevention for all practical musicians. (Dr. David Young, Academic Registrar, Royal Northern College of Music, Manchester, England)...equipped with excellent diagrams, especially notable for presenting anatomical drawings of the human body in the act of performance...a kind of lifestyle manual for musicians...of much help and interest to the performer... (Internat'l Society For The Study Of Tension In Performance)It addresses an important topic, anatomy is described clearly with simple diagrams, and the recommendations not to play in pain are appropriate. (Cmaj)

Barbara Paull is a British-trained Registered Physiotherapist who has concentrated on orthopedic physiotherapy in many different clinical settings over 30 years and currently works as consultant, clinician, and lecturer.Christine Harrison is a freelance violinist working in Toronto, Canada. She has

performed with various symphonic, chamber, and theatre groups, including work with the Canadian Opera Company and the Hamilton Philharmonic Orchestra.

I've been trying to heal a wrist tendonitis for over 5 years now, and I have seen various therapists. They can't really put a name on my problem, and propose surgery, but honestly said that they do not really believe it would help. So I looked for alternative solutions, what's on the net, etc... and came across this book. First, it's a good read, an interesting one as being a self-taught guitar player, nobody ever told me to keep my back straight, correct the position of my shoulders, do this, do not overdo that... this was all in the book, and I started paying attention to my position while playing, both sitting and standing. With the advice in "The Athletic Musician", I got better, and my injury tends to fade. I'm not saying the book is THE cure, but it helped a lot. And for the story, I found another therapist, with other great advice. So I would recommend this to all practicing musicians, and I think every music teacher should have it on his/her cupboard...

This is one of the best books I know of for musicians who want to understand how to use their body effectively as the athletes they are. It covers the things that lead musicians to injury, including the social contexts which amplify the risks we face, and has many great diagrams and helpful information on finding resources to help get an injured musician back playing for as long as possible.

This book is highly reflective of its title. I used it for a class at school and it was VERY helpful.

Great book - a must have for any musician's library! This resource introduces the concept of musicians as athletes, and is a great addition to the realm of injury prevention for musicians.

I have just started to review this book, I am a guitarist who has been having wrist pain. I am also a Music major so finding a way to not hurt myself and to continue playing is my goal, so I hope I will find some important ways to do this with this book. But until I read it fully I can not say how it is except that so far I have found it interesting and informative.

After a year of computer/instrument tendonitis, I FINALLY found this book, which really gave a lot of good, CURRENT information. Better yet, I made the pilgrimage to see Dr. Paull in Stouffville, Ontario. It was worth the 10-hour drive. She gave me a lot of important information that contradicted

a lot of misinformation given to me by well-intentioned doctors, chiropractors, massage therapists, acupuncturists, pharmacists, etc. who seem to just perpetuate the status quo of repetitive strain injuries and rehabilitation without really researching new information about them. Read this book, consult Dr. Paull and start playing again. Christine Harrison, the musician who co-wrote the book, had a musician's horror story to tell and she is now playing professionally again after a FIVE YEAR UNNECESSARY hiatus. The book also has excellent information regarding stretches, posture, exercises and anatomy. **READ THIS BOOK AND GET THE INFORMATION YOU NEED TO START PLAYING AGAIN!** I did. I guarantee you can, too, if you follow Dr. Paull and Christine Harrison's advice. Good luck. P.S. Doing hand strengthening exercises to get better? STOP NOW. You are probably hurting yourself. The only thing you should use to strengthen your hands is your instrument.

Every musician who wants to avoid a playing injury or is recovering from such an injury should own this book. This is not a read-once book but a book to use and refer to until one has it memorized. It gives easy-to-follow instructions for safe warming up, exercises and stretches to do at home and even some for doing on stage, ways to avoid injury and means to stay healthy when one has recovered. The psychological and social aspects which confront injured musicians are sensitively dealt with in "The Athletic Musician". The title already tells us that this is a relevant approach to treating the subject of musician's health. Read it, it could save your career!

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