NEUROMUSCULOSKELETAL HEALTH AND INJURY PREVENTION RESOURCES

(as recommended by NASM)
Advisories on Neuromusculoskeletal Health

- Information and Recommendations for Administrators and Faculty
- Information and Recommendations for Faculty and Staff
- Information and Recommendations for Student Musicians
- Student Information Sheet for Protecting Your Neuromusculoskeletal Health
Musicians and MSI: Symptoms and Types of Injuries

- An excellent description of the symptoms and pain levels associated with musculoskeletal injuries including detailed descriptions of tendon and muscle disorders, as well as nerve compression and entrapment.
The Complete Guide to Alexander Technique

- The Alexander Technique is a way to feel better, and move in a more relaxed and comfortable way... the way nature intended.

An Alexander Technique teacher helps you to identify and lose the harmful habits you have built up over a lifetime of stress and learn to move more freely.
Other Resources

- Musician's Health
- Move Well, Avoid Injury
- Musician's Injuries
- The Feldenkrais Method
- The Musician's Way
- Athletes and the Arts
- Teaching the Art of Movement in Music