The number and seriousness of performance-related injuries has grown. This is a concern all musicians at all levels of accomplishment need to take seriously. The information contained herein is provided to offer you resources to address both injuries and injury prevention.
Musician's Health

This website is an excellent resource that encompasses Musician’s health, providing information on health problems seen in musicians, self-care for the musician, nutritional issues, stretches and exercises and more.
Along with the 350-page book *The Musician’s Way* by Gerald Klickstein, the resources on this site help instrumentalists and singers to:

- Enhance practice and performance skills
- Overcome performance anxiety
- Boost health & prevent injuries