



# Playing (less) Hurt

*Janet Horvath*

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## **Playing (less) Hurt** Janet Horvath

Orchestral Musicians face many challenges every time they pick up their instruments: awkward postures, intense schedules, demanding repertoire, performance anxiety, endless repetition as well as the required athleticism, precision, co-ordination and extraordinary skill. This book is intended as a guide and reference for all concerned with pain, professional and amateur musicians, teachers and students, and doctors and therapists. Only recently have musicians begun to grapple with the biggest challenge of all: the very real obstacle of physical pain. Horvath addresses subjects that are pertinent to all musicians on any instrument. Divided into four sections, the book's first chapters address how injuries can arise in the course of musical life. The second section goes into considerable medical depth to explain various injuries common to instrumental musicians, the third section of the book offers a wide-ranging compendium of preventative and restorative approaches, and finally the fourth section contains a comprehensive multi-page resource guide. This is a practical, useable guide with a wide range of hints.

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