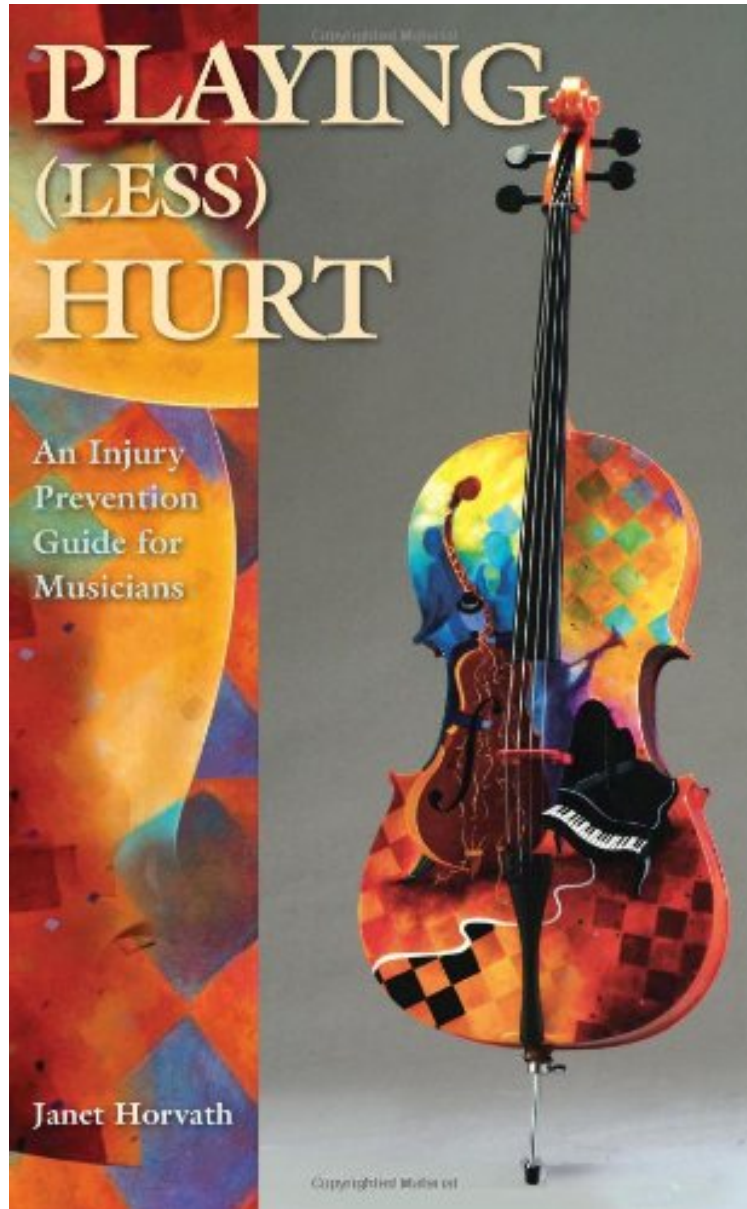


[Read free] Playing Less Hurt: An Injury Prevention Guide for Musicians

Playing Less Hurt: An Injury Prevention Guide for Musicians

Janet Horvath

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#280295 in Books Hal Leonard 2010-04-01 2010-04-15 Original language: English PDF # 1 10.00 x .63 x 7.00, 1.14 #File Name: 1423488466234 pages234 PagesAuthor: Janet Horvath Publisher: Hal Leonard Softcover | File size: 48.Mb

Janet Horvath : Playing Less Hurt: An Injury Prevention Guide for Musicians before purchasing it in order to gauge whether or not it would be worth my time, and all praised Playing Less Hurt: An Injury Prevention Guide for Musicians:

11 of 11 people found the following review helpful. An essential book for string players of all ages
By Stephen C Balderston
I have just finished reading this magnificent book. Amazing! I am so impressed by the incredible work that Ms. Horvath has done on the issues that plague many musicians. This book has invaluable advice on how all musicians, young and older, can avoid repetitive stress injury entirely. In spite of world class training, I've had lower back surgery, hearing loss, and both reconstructive hand and shoulder surgery in the course of my 30 year career. It took me these injuries and years of thinking and experimenting to arrive at the conclusions contained within the book; the book is an incredibly valuable wealth of knowledge and information that will educate musicians to practice and play smarter, healthier and happier! I plan to make it required reading for all of my students at my university. I also recommend it highly to my colleagues! Thank you on behalf of all of us.
Stephen Balderston
Former Section Cello, St. Louis Symphony Orchestra
Former Assistant Principal, Chicago Symphony Orchestra
Professor of Cello, DePaul University
School of Music
Cellist, The American Chamber Players

2 of 2 people found the following review helpful.
The right book for my daughter.
By David Crist
I can't speak directly as to how helpful it has been, but my daughter has been using it since I bought it for her last year. She is a professional cellist with breast cancer and wants/needs to continue to play her instrument. Janet (the author) is also a survivor and was/is a professional cellist. Okay. Without being grim about it, there are a lot of books-for-cancer-survivors in general and even a fair number for musicians specifically. To be blunt, I gave this one a chance as the author's experience closely matched my daughter's situation. My daughter says that it has helped her a lot in her recovery and it is likely to be used as a reference for a long while to come.

7 of 7 people found the following review helpful. Janet Horvath's book.
By MrDrI
I think this a pretty good book for every skill level musician. I am a general surgeon and a beginner on the classical guitar (I have already a tendinitis on my left thumb for holding the guitar too tight), and I found the tips on this book really helpful, and the anatomic/physiopathologic explanations very accurate. I'm giving this book to a friend who is a violin player. So why 4 stars only? The author of this book is a cello player and although the book tries to cover a little bit of every instrument, the most of the examples are made up about cello playing, of course. As a guitar player, I was hoping some specifics about the guitar playing less hurt, but I think SOME things the author says can be extrapolated to guitar playing. Anyway, I highly recommend this book to any professional musician who cares for his career or any hobby musician who cares for his body health.

(Book). Making music at any level is a powerful gift. While musicians have endless resources for learning the basics of their instruments and the theory of music, few books have explored the other subtleties and complexities that musicians face in their quest to play with ease and skill. The demands of solitary practice, hectic rehearsal schedules, challenging repertoire, performance pressures, awkward postures, and other physical strains have left a trail of injured, hearing-impaired, and frustrated musicians who have had few resources to guide them. *Playing Less Hurt* addresses this need with specific tools to avoid and alleviate injury. Impressively researched, the book is invaluable not only to musicians, but also to the coaches and medical professionals who work with them. Everyone from dentists to orthopedists, audiologists to neurologists, massage therapists and trainers will benefit from Janet Horvath's coherent account of the physiology and psyche of a practicing musician. Writing with knowledge, sympathetic insight, humor, and aplomb, Horvath has created an essential resource for all musicians who want to play better and feel better.

"Every musician should be aware of the valuable musical and medical information in this book." -- William Preucil/
Concertmaster The Cleveland Orchestra
"Her book comes to the rescue of even the most brilliant teachers and their equally brilliant students." -- Garrick Ohlsson/ Pianist
"The ground she covers is immense, written with knowledge, understanding, style, aplomb and humor. No reader can put it down..." --Janos Starker/ Distinguished Professor of Music, Indiana University
About the Author
Janet Horvath, Associate Principal Cello of the Minnesota Orchestra for over two decades, is a soloist, chamber musician, writer and advocate for injury prevention. A trail-blazer in speaking and writing openly about the physical stresses experienced by musicians, Horvath has contributed importantly to improvements in working conditions and in awareness for musicians' work-related ailments and their prevention. Ms. Horvath received the American String Teachers Association Service Award in 1992 in recognition of her outstanding efforts on behalf of musicians' health, and in 2001 she was selected to deliver the Richard J. Lederman keynote lecture at the Performing Arts Medicine Association's nineteenth Annual Symposium on Medical Problems of Musicians and Dancers. She has conducted seminars called "Playing (less) Hurt" all over the nation. *The Injury Prevention Guide For Musicians* is the culmination of 20 years of lecturing and teaching in the field of Performing Arts Medicine.