



The Percussionists' Guide to Injury Treatment and Prevention: The Answer Guide to Drummers in Pain

Darin Workman

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Pain and injury are near constant companions for professional musicians. Aching hands, painful joint swelling, back problems, among other ailments were all thought to be part of the price musicians had to pay to be performers. However, thanks to an increasing awareness of both the kinesiology and biology of movement, as well as proper techniques for fostering good performance habits, musicians no longer have to suffer in silence.

Perhaps no group of musicians has been more prone to career-threatening injury than percussionists, and the demands for speed, power, control, and endurance are only increasing. Often musicians wait until an injury is so aggravated that it's too late to be fully treated. In almost every case, if the drummer had done some very simple preventative (or early) care, the injury would never have become a serious issue.

The Percussionists' Guide to Injury Treatment and Prevention is designed to aid in that early prevention and treatment. Although it is not a substitute for clinical diagnosis or medical care from a trained physician, it can educate the musician as to how the human body works; the role of muscles and skeletal structure in supporting movement; and understanding specifically how to prevent and treat common injuries. The book begins with a general discussion of how the body works and basic prevention concepts. It then covers each specific area of the body (where it hurts), suggesting practical ways to prevent and treat it. Basic anatomy is covered in terms that a musician can understand.

For all percussion students and professionals, *The Percussionists' Guide to Injury Treatment and Prevention* will be an indispensable companion.

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This The Percussionists' Guide to Injury Treatment and Prevention: The Answer Guide to Drummers in Pain book is not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this publication incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This particular The Percussionists' Guide to Injury Treatment and Prevention: The Answer Guide to Drummers in Pain without we recognize teach the one who looking at it become critical in contemplating and analyzing. Don't become worry The Percussionists' Guide to Injury Treatment and Prevention: The Answer Guide to Drummers in Pain can bring when you are and not make your carrier space or bookshelves' come to be full because you can have it with your lovely laptop even cell phone. This The Percussionists' Guide to Injury Treatment and Prevention: The Answer Guide to Drummers in Pain having fine arrangement in word in addition to layout, so you will not really feel uninterested in reading.

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