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Playing (Less) Hurt

An Injury Prevention Guide For Musicians

By Janet Horvath

Any serious musician will tell you that playing music takes a significant toll on the body. Awkward positions, ergonomic difficulties, excessive repetition, intensity of playing, poor set-up, nerve-wracking competition, performance anxiety, poor technique—individually and cumulatively these can lead to serious injury for musicians. Many promising music careers have been derailed by injuries that could have been prevented or were not treated properly. While much attention has been paid to the field now known as sports medicine, the special rigors endured by musicians and others in the performing arts have not always been well understood. *Playing (Less) Hurt* is the only book to confront these problems from a professional musician's standpoint with exercises and stretches to enhance skills, improve technique, and prevent injury.

In 1987 Janet Horvath staged the first ever *Playing (Less) Hurt* conference. Over 500 attendees took part in the seminar, which was the first to address musicians' performance-related injuries. Since then Horvath has presented workshops on injury prevention to orchestras including the Minnesota Orchestra, San Francisco Symphony, San Francisco Opera, the Indianapolis Symphony, and Boston Symphony Orchestra; for youth orchestras; and at conservatories and conferences from coast to coast. She has written extensively on the subject in both music and medical journals. This completely revised and updated edition of *Playing (Less) Hurt* is a must-have for students and teachers; professionals and amateurs of any musical genre and musicians young and old.

Horvath's efforts to draw awareness to the stresses put on musicians have garnered accolades and recognition from both performing arts and medical organizations including the Distinguished Service Awards from the Minnesota Music Educators Association (MMEA) in both 2007 and 2008, a Service Award from the American String Teachers Association (ASTA) in 1992, and the Richard J. Lederman Keynote Lecture Award from the Performing Arts Medical Association (PAMA) Nineteenth Annual Symposium on the Medical Problems of Musicians and Dancers in 1991.

About the Author: Since 1980 Janet Horvath has been associate principal cello of The Minnesota Orchestra. She is a recognized authority and pioneer in the area of medical problems of performing artists and the recipient of numerous industry awards.

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