

Massage for Professional Musicians

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Even though they rarely think of themselves as athletes, professional musicians use their bodies in ultra specific, repetitive ways, withstanding intensive live performances, long recording sessions, and/or grueling tour schedules. Yet unlike professional athletes who have regular, designated preventative and injury care, professional musicians aren't usually taught how to care for their bodies and minds and are nonetheless subject to a permeating stigma of the music industry equating injuries with less talent or poor musicianship.

Most injuries in the music world result from a combination of overuse, poor body awareness, and lack of self-care. Massage therapists are soft tissue and body alignment experts- so we can absolutely help alleviate pain and facilitate specific healing in muscles, tendons and joints.

But we can also help to educate our musician clients about finding a healthy posture for their particular instrument, stretches and exercises specific to their function, and adopting a higher degree of self-care in their professional lives and daily routines.

The goal? Prevent/ lessen injury downtime and extend their precious careers.

Some things we'll explore in this Live Webinar with Hands-On Course:

Lifestyle, postural, and overuse injury considerations specific to 6 main categories of professional musicians and massage techniques & protocol to target problem area for::

- piano and keyboard
- drums and percussion
- strings
- guitar
- horns
- vocals

**This course is for you if you'd like to specialize in working with touring artists, in recording studios, with city orchestras and Broadway type shows, worldwide music festivals and more.*



Reach out to inquire and register for an upcoming course

