

Massage for Professional Musicians

6 NY State, 6 NCBTMB, 6 FL State

Course Description:

In this course we'll learn about lifestyle, postural, and overuse injury considerations specific to 6 main categories of professional musicians: vocals, piano and keyboard, drums and percussion, guitar, strings, and horns.

Musicians rarely think of themselves as athletes, when in fact professional musicians use their bodies in ultra specific, repetitive ways during intensive live performances, long recording sessions, and/or grueling tour schedules. Yet unlike professional athletes who have teams of people who direct both preventative and injury care, professional musicians aren't usually taught how to care for their bodies and minds while honing or expressing their craft, but they're nonetheless subject to the permeating stigma of the music industry that equates injury 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 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, teach them stretches and exercises specific to their function, and even encourage them to adopt a higher degree of self-care in their professional lives to prevent downtime and extend their careers (including regular massage, meditation, exercise, relaxation techniques, and more).

Understanding each musician's particular challenges will help you to formulate the best treatment plan and take-home recommendations for this special set of clients. Expertise in this area can position you to work with touring artists, in recording studios, with city orchestras and Broadway type shows, worldwide music festivals and more.

(For each section we discuss what to look for in terms of posture, injury and overuse, what to add to make the treatment most effective, and how to advise in complementary aftercare/self-care)

The Pro Musician Lifestyle

10:00- 10:45

We'll discuss what a typical day might be like for a professional musician who tours, plays in a symphony, or plays in the studio setting- We'll talk about the amount of hours spent playing, moving/ traveling with gear, disruptions to normal schedule and habits and more. And we'll discuss the amount of self-care taught in schools or exposed to in the music community as well as the stigma associated with injury from playing.

Piano and Keys

10:45- 11:15

Drums & Percussion

11:15- 11:45

-Break-

11:45- 12:00

Horns

12:00- 12:30

Practical- Assessment, Treatment, Aftercare (Horns, Drums, Keys)

12:30- 1:30

-Lunch-

1:30- 2:30

Guitar and Bass

2:30- 3:00

Strings

3:00- 3:30

-Break-

3:30-3:40

Vocals

3:40- 4:00

Practical- Assessment, Treatment, Aftercare (Guitar, Strings, Vocals)
4:00- 5:00

Learning Objectives:

*Students learn what a daily routine/ lifestyle might entail for professional and touring musicians, and how these activities can exacerbate the overuse symptomology of their particular instrument so they can better assess chronic conditions and injuries and create more targeted treatments.

*We cover the intricacies of 'Piano and Keys'- what postural considerations to be aware of, what common overuse injuries to expect, and what a targeted treatment might look like.

*We cover the intricacies of 'Drums & Percussion'- what postural considerations to be aware of, what common overuse injuries to expect, and what a targeted treatment might look like.

*We cover the intricacies of 'Horns and Vocalists'- what postural considerations to be aware of, what common overuse injuries to expect, and what a targeted treatment might look like.

*We cover the intricacies of 'Guitar, Bass & Strings'- what postural considerations to be aware of, what common overuse injuries to expect, and what a targeted treatment might look like.

*We will practice intake, assessment and hands-on treatment protocols for several of the musician types/ common conditions as well as Self Care recommendations for particular types and lifestyles.

