



Injury Prevention

Weber State University

Warm up/Stretching

- ❖ All athletes need to warm up and stretch before exercise
- ❖ Benefits of stretching
 - Increases your flexibility
 - Increases your range of motion
 - Improves your posture
 - Relief from stress
 - Calms your mind

Warm up/Stretching Cont.

- ❖ Some examples of stretches to include
 - Massage hands and fingers (encourages blood flow to fingers)
 - Making a fist and then releasing
 - Wrist extension and flexion
 - Neck pulled to each side
 - Arm circles
 - Side stretches
 - Cross-Body shoulder stretch
 - Deep breaths

Good Practice Habits



- ❖ Goal oriented:
 - Keeping a journal.
 - Include small daily goals and long term goals.
 - Include “outcomes” or “results” section to self evaluate progress with goals.
- ❖ Vary approaches to a difficult passage:
 - Change the rhythm, articulations, grouping, etc.
- ❖ Playing appropriate repertoire for level:
 - This will help in preventing tension.
 - One must first build the good technical foundations before reaching higher levels of playing.

Practice Habits Cont.

❖ Timing:

- Gradually increase practice sessions - start with shorter sessions and then increase amount of time.
- Take frequent breaks. Use a timer or clock if necessary to ensure that you break up practice time.

❖ Tempo:

- Slow practice is crucial!
- Start slow and gradually increase the tempo.
 - This will help with solidity and consistency in playing, even memory.



"How expensive would it be to just skip practice and get right to perfect?"

Preventing Tension

- ❖ Develop body awareness:
 - Which part of my body do I need for this? Fingers, wrist, forearm?
- ❖ Vary the tasks
- ❖ Take frequent breaks
- ❖ Watch body posture and shoulders
 - Lengthen Spine
 - Bench height and distance from piano
- ❖ Use arm rotation
- ❖ Find moments to release tension

Proper Technique

Sitting Position

Good height of bench

Good distance between the bench and the piano

Hand Position
& Body
Movements

Thumb & elbow position

Align pinky with arm

Keep in Major 5 Finger
Pattern position

Show breathing/phrasing
with wrist

Use minimum effort to
achieve desirable sounds

Relaxed shoulders, neck,
jaw, wrist, and forearms.



Mental Health

Jennie Morton Webinar

The College Music Society

The Emotional Practice Environment: How Thoughts and Moods Can Influence Muscle States and Injury Risk; Jennie Morton; December 8, 2017

(16:30-17:35.....19:35-20:45)

Thank you!

