Establish a relationship with a medical professional before you need it:
• Perform or practice for them to allow them to understand your craft
• Document and share a week of activity so they understand what you do
• If injured, discuss your return to play with your medical pro and teacher

Evaluate your exposure to sound:
• Noise-induced hearing loss is common for many performing artists
• Have an audiologist test your hearing to set a baseline & follow up regularly

Care for your “Core Instrument”:
• Know the importance of hydration, nutrition and sleep
• Consider targeted strength exercises to better handle the weight of your instrument
• Consider aerobic activities that may improve your performance

Prevent injuries:
• Talk with your teacher to develop a balanced practice & performance schedule
• Avoid too much too soon; know how much is enough

Athletes and the Arts recognizes performers as athletes whose health and performance can benefit from knowledge, programs and techniques developed for sport athletes. Reviewing www.athletesandthearts.com and these tips can help you stay a healthy and happier performer:

www.athletesandthearts.com