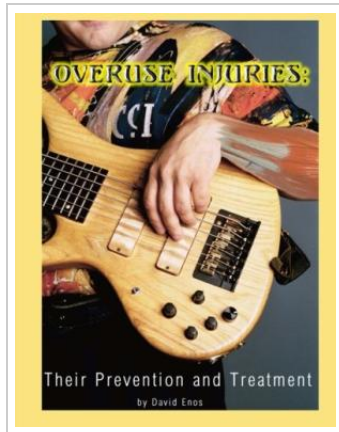




DOWNLOAD



Overuse Injuries: Their Prevention and Treatment (Paperback)

By David Enos

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Today s musician faces an unprecedented set of challenges in their quest for excellence. The demands of practice, performance and touring, exacerbated by inadequate nutrition and exercise can lead to stress, disease and chronic pain. Although musical training emphasizes the need for a high degree of technical mastery, there has been little attention paid to the body s structural and nutritional needs as it relates to achieving that goal. Addressing the scarcity of information covering these issues, Overuse Injuries: Their Prevention and Treatment begins with the basic premise that musicians are professional athletes facing the same performance-related problems. Written by a Los Angeles-based studio and touring veteran with over 30 years of experience, this book offers specific nutritional tools, sensible regimens, and alternative treatments useful to musicians interested in curing or avoiding debilitating injuries. The author shares how he cured his chronic tendonitis, carpal tunnel syndrome, and bone spurs and remains injury-free using the suggestions contained inside. Simply written, these concepts are universal and helpful to anyone suffering from overuse injuries.



READ ONLINE
[6.33 MB]

Reviews

I just started out looking over this ebook. it was writtern extremely perfectly and useful. You are going to like the way the blogger publish this book.
-- **Micaela Kutch**

Thorough information! Its this kind of good read. Yes, it is perform, continue to an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
-- **Loyal Grady**