

Health and Safety for Musicians

Maintaining optimal health and physical condition is vitally important for a rewarding career in music. Musicians' health has three main aspects: 1) general wellness; 2) protection of the neuromusculoskeletal system; and 3) protection of hearing.

The links below provide information on all three of these areas. It is each music student's responsibility to become informed about musicians' health and safety, to engage in practices that promote health and wellbeing, and to report any discomfort or injury promptly to his/her applied music instructor.