

**REPETITIVE STRAIN INJURY (RSI) IN GUITARIST:
CAUSES, EFFECTS AND PREVENTIONS**

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DECLARATION OF AUTHORSHIP

“I declare that this thesis is the result of my own work except the ideas and summaries which I have clarified their sources. This thesis has not been accepted for any degree and is not concurrently submitted in candidature of any degree.”

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Abstract

This study was carried out to determine the causes and effects of Repetitive Strain Injury (RSI) in guitarist. Two male guitarists with previous history of Performance Arts Injuries were chosen to be the respondents of this study. A set of question was designed to gain primary data from the respondents. Secondary data were collected from journals, websites and articles with the same topic. The overall findings of the study indicate that misuse and overuse of body parts are some of the main causes of RSI in guitarist. In conclusion, some suggestions have been made to minimize the development of RSI in guitarist and recommendations for future research have also been included in the final parts of the report.

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CHAPTER 1

1.0 INTRODUCTION

1.1 Background of study

Guitar is one of the most popular instruments nowadays. According to a survey done by Modern Guitar Magazine in May 2, 2006, guitar sales have doubled in four years and some research has shown that more children under the age of 11 are playing guitar than any other instrument. But as the numbers of young guitarist arise, there is also awareness on guitar or any musical instrument related injury. According to an innovative study at the Robens Centre for Health Ergonomics in 2002 at the University of Surrey, it has found that young and inexperienced electric guitar players may be at particular risk of developing musculoskeletal problems, such as RSI.

This thesis investigates repetitive strain injuries (RSI) experienced by guitar players. In music related medical research, the term performance related musculoskeletal disorders (PRMDs) is used to identify any injuries that musician can experience. RSI include any pain, weakness, numbness, tingling, or other symptom that interferes with the capability to play an instrument at the level to which the musician is familiar.

Musicians have long recognized that playing an instrument involves physical risks. The medical field began acknowledging these physical risks in the 1980s and the field of performing arts medicine began to grow dramatically. Numerous studies have taken place proving that all types of musicians incur diverse types of injuries (Lederman