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INJURY PREVENTION IN STRINGS PLAYER

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ABSTRACT

The purpose of this thesis is to create awareness toward strings player about the injuries that already suffer great number of musicians for their life and work. This thesis will be finding out what are the causes and the reason for those injured strings player or more general musician suffering from the injuries that they are having now and what the injuries usually are. Following from finding out about the cause, this thesis also finding out what can be done by musician out there to prevent from making the same mistake as been done by the injured musician and what are the way of prevention from getting injuries for strings player. Thus, some literature review on the topic which related to this thesis has been done. Adding to that, an interview with some injured musician and also a physiotherapist which can give a trustworthy advice and explanation about the causes of injuries and also the prevention ways from injuries. From the literature review, proving the advice and fact from the interviewee can be accepted. Majorly the causes of injuries involve incorrect posture, practice over the body limit, practice during stress situation, not having a proper warm up before commencing practice, sudden change on the time limit of practicing, and also passed accident. As for the injurie prevention will be practice with a proper posture, taking rest when feeling tired or pain, start practice in a positive mind and good condition, warm up before commencing practice, changing in practice duration should be done gradually, and lastly taking care of our daily life.

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CHAPTER ONE: INTRODUCTION

1.1 Background

Prevention from an injury are more important than receiving treatment after suffering from the injuries. I shall attempt to prove this statement through various studies and personal interviews that I undertook for this research. A study by Geraldo Fabiano De Souza Moraes and Adriana Papini Antunes (page 43-47,2012), musicians have a high risk of developing a range of health problems due to the high physical and psychological demands of their work. The main causes of musculoskeletal disorders or injuries seen in instrumentalists are due to overuse of muscles, nerve compression and focal dystonia

Professional musicians and music students will find great benefit in taking precaution and finding a method to prevent injuries. This research is mainly for bowed strings player in which the common injuries faced are hand tendonitis, musculoskeletal disorders, and neck pain. Studies have suggested that doing a proper warm up and stretching before practicing, rest and break between practice, and body posture during practice could really help to prevent from injuries. Park H.K. et al. (2018) said in their study “The effect of warm-ups with stretching on the isokinetic moments of collegiate men”, warm-ups, which increase blood flow into involved muscles and elevate muscular temperature, are performed for 5 to 15 minutes before engaging in the main exercise, for this case before commencing practice. Performing warm-ups can lower the risk of injuries in the muscles and tendons, as well as reduce heavy loads on the heart, which can occur when high-intensity exercises are suddenly started (Powers et al., 2013). Stretching is most commonly performed to increase the Range of Motion (ROM) of joints and is effective for the maintenance and enhancement of exercise performance and flexibility, as well as for injury prevention (American College of Sports Medicine, 2014; Bandy et al., 1998; Nakamura et al., 2014; Sim et al., 2015).

1.2 Problem Statement / Rationale

String players who suffer from injuries are not an abnormal case anymore. Since there are a lot of cases about strings player who suffer from hand injuries, musculoskeletal disorder and neck pain which is caused by overuse, without proper warm up or with bad posture. This injury can retard musical growth, can take time out of practices and performances, and may cost a