



The Musician, A High-Level Athlete

Coralie Cousin

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Both professional and amateur musicians can benefit from this book, which aims to prevent and to heal injuries caused by intensive practice. Such pain, if not addressed, can become an obstacle to artistic expression. A specialized physiotherapist, the author describes and illustrates the correct positions for the major categories of instruments (brass, woodwinds, strings and percussion). Through numerous examples from her practice, she reveals knowledge gained over years of working with a variety of musicians. A self-help tool for musicians, the book is full of practical advice: how to warm up, how to organize practice time, how to recognize signs of exhaustion, etc. It empowers musicians and helps them to regain self-confidence.

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