

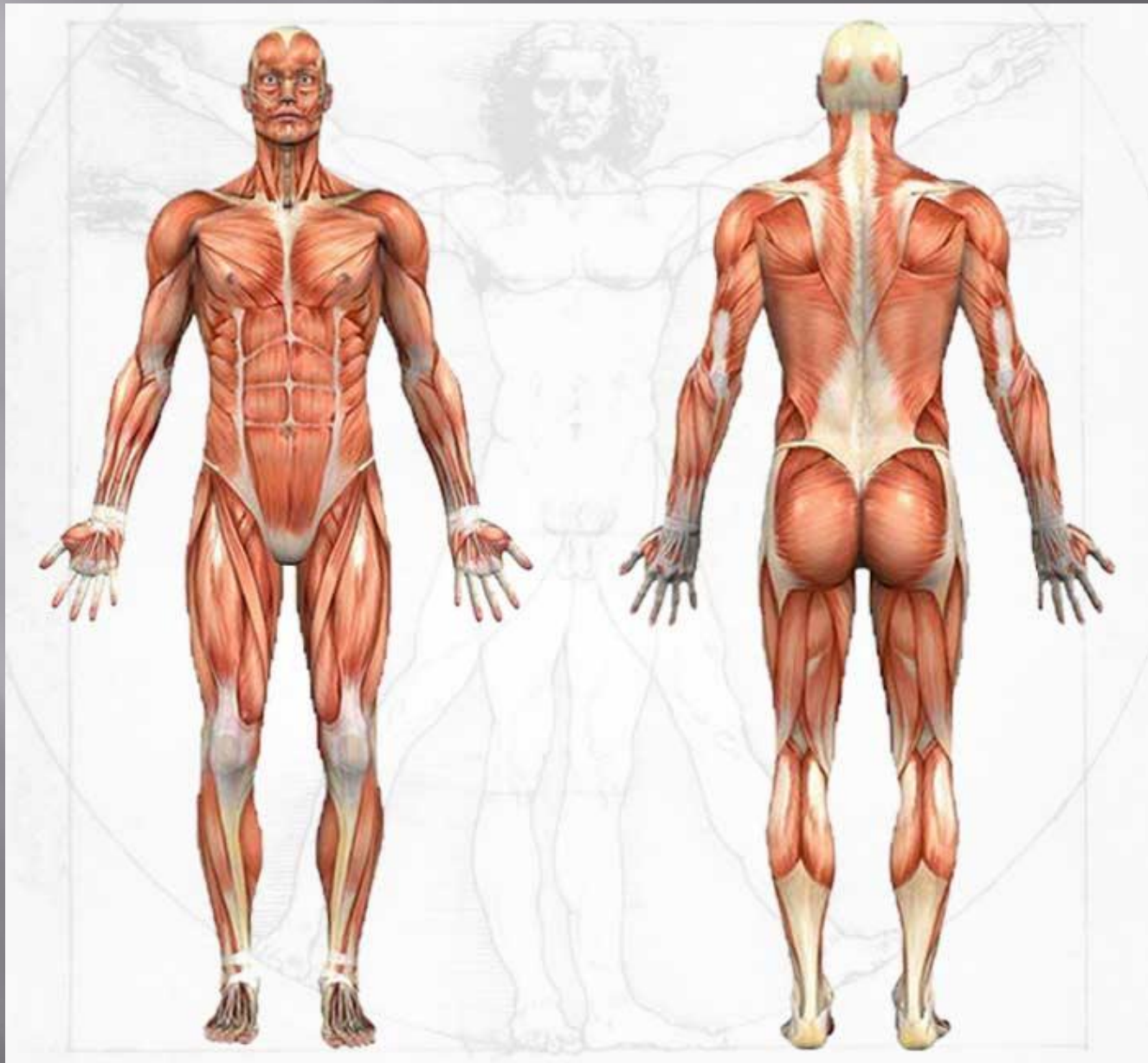
PROTECTING THE BODY: GOD'S INSTRUMENT

Presenter: Bryan Thorne PT, COMT

Manager of Lift Therapy

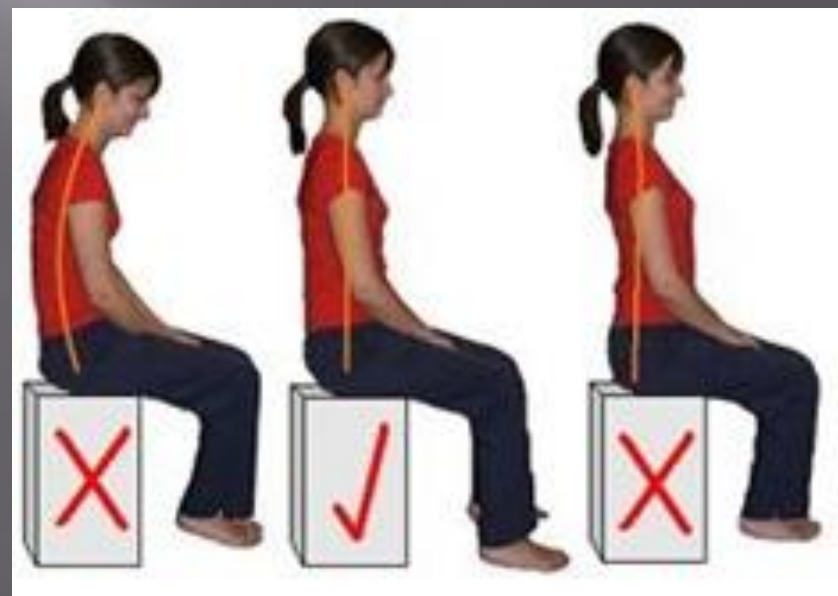
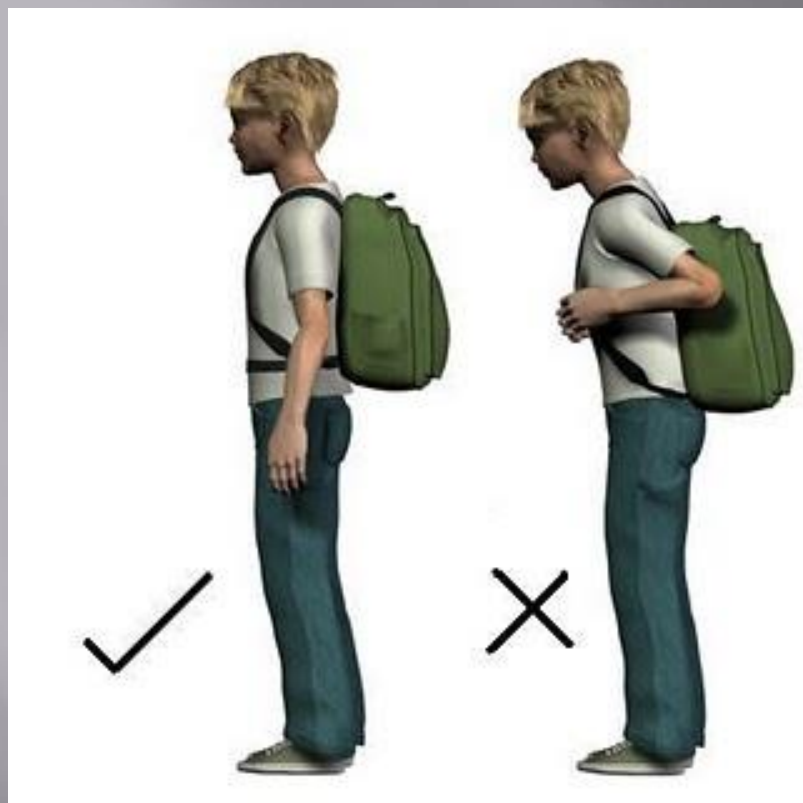
Lift Wellness Center





Physical demands

- ▣ Back packs
- ▣ Computers
- ▣ Studying
- ▣ Standing
- ▣ Playing instruments- i.e. piano, trumpet, violin
- ▣ Directing music
- ▣ Singing
- ▣ Standing long periods



LOOK AT YOUR POSTURE... OTHERS DO



Correct Posture



Hollow Back



Flat Pelvis



Slumping Posture



Military Posture



Round Shoulders



Correct



High Shoulder



High Hip



Head Tilt



Severe Scoliosis



Demands cont...

- ▣ Vocal performance
 - neutral posture
 - abdominal support
 - pelvic girdle and floor
 - transversus abdominis
 - rectus abdominis

Your body parts to consider:

- ▣ Neck
- ▣ Spine
- ▣ Shoulders
- ▣ Elbows
- ▣ Wrists
- ▣ Hamstrings/Hip flexors
- ▣ Feet

Neck

- ▣ Neutral is key!
- ▣ Head is heavy! (bowling ball)
- ▣ Base of neck takes most stress.
- ▣ Disc buldge or rupture
- ▣ “Catch” or “crick” (facet impingement)
- ▣ “Motion is lotion!”
- ▣ Flexibility and strength important

Shoulders

- ▣ Stability vs Mobility
- ▣ Skeletal attachments?
- ▣ Role of muscle support
- ▣ R/C space needed
- ▣ Postural problems
- ▣ Muscle tightness-Pects
- ▣ Muscle weakness
- ▣ Pain, rehab, surgery?

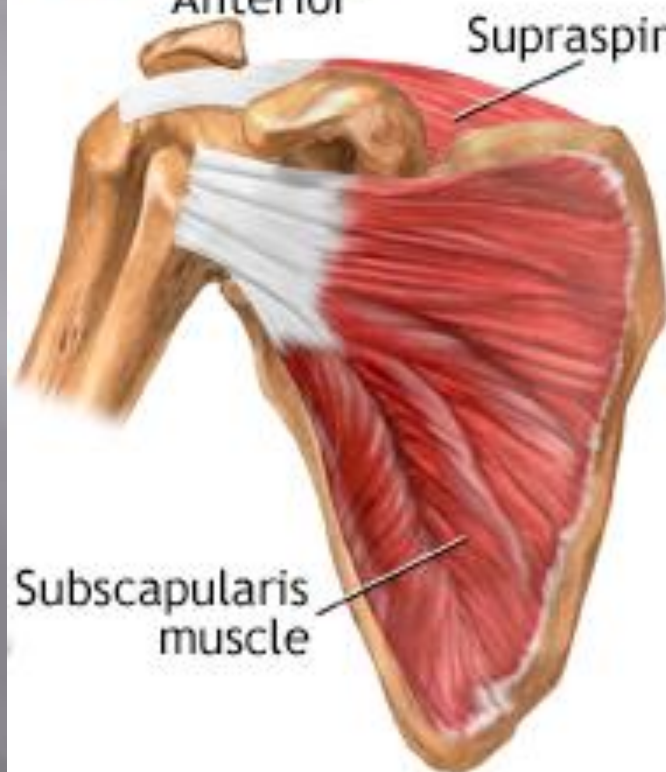


Anterior

Rotator cuff muscles



Posterior



Supraspinatus muscle

Subscapularis muscle



Teres minor muscle

Infraspinatus muscle

Shoulders cont...

- ▣ Neutral is key-again! Illus with students
- ▣ Everything in front !
- ▣ Piano players beware of time and gravity!
- ▣ Trigger points — Relax!





Elbows and wrists

- ▣ Neutral is key — again! ☺
- ▣ Tennis elbow/ golfer's elbow(better take seriously!)
- ▣ Wrist tendonitis---(Illus midrange strength)
- ▣ Carpal tunnel syndrome
- ▣ Arthritis
- ▣ Repetitive micro trauma
- ▣ Stretching breaks, diversify, cross- train

Feet

- ▣ Standing long periods
- ▣ Bony pressure
- ▣ Ligamentous stress
- ▣ Muscles, nerves, joint capsules
- ▣ Bone bruise, neuroma, bunions, plantars fasciitis, metatarsalgia
- ▣ Guess what...neutral is key!



Cardiovascular support

- ▣ Your heart supplies oxygen to your muscles
- ▣ You need muscles to perform
- ▣ Your heart can carry greater volumes of blood and nutrients when in shape.
- ▣ Message- You have improved stamina and muscular endurance if you exercise your C-V system!

Ways to help prevent problems

- ▣ Don't sit too long!
- ▣ Walk for exercise.
- ▣ Supported sitting.
- ▣ Stretch breaks(Neck, shldrs, back, HS, Calf, wrist, elbows)
- ▣ Regular ex routine-walk, light-moderate weights, cross-train, ab work

If you have pain?

- ▣ Rest*
- ▣ Ice*
- ▣ Compression?
- ▣ Elevation
- ▣ Brace *
- ▣ Anti-infs *
- ▣ Modifications? *
- ▣ Ask a physical therapist (Direct access)

THANK YOU!

GO FORTH AND MAKE THE
WORLD A BETTER PLACE WITH
YOUR MUSICAL GIFTS!