

**Basic Information on  
Neuromusculoskeletal and Vocal Health**

**Information and Recommendations  
for Faculty and Staff in Schools of Music**

**National Association of Schools of Music  
Performing Arts Medicine Association**

*This document is not copyrighted. It may be reproduced in whole or in part in the interest of education and institutional development. This resource may be edited to fit the local needs of departments, schools, or institutions. Any organization or institution may reproduce the document in quantities sufficient for its own use, but not for sale. Notice of credit to NASM and PAMA should appear on all versions of this resource, both original and as edited for local use.*

**Basic Information on Neuromusculoskeletal and Vocal Health  
Information and Recommendations for Faculty and Staff in Schools of Music**

**TABLE OF CONTENTS**

**Introduction** ..... II-3

**Part I: Neuromusculoskeletal and Vocal Health Facts and Concepts**..... II-6

    Neuromusculoskeletal and Vocal Health: The Basic Issues..... II-6

    Purpose of this Web Resource ..... II-6

    Basic Facts ..... II-7

    Contributing Factors ..... II-9

    Musicians and Risk Factors ..... II-10

    Neuromusculoskeletal Issues Affecting the Body ..... II-13

    Neuromusculoskeletal Issues Affecting the Voice ..... II-14

    Basic Protection for All Musicians..... II-15



## **2. Disclaimers**

a. NASM and PAMA are providing this web resource for institutions that teach music to assist local consideration and action about neuromusculoskeletal and vocal health.

b. The information

-

#### **4. Reproduction of this Resource for Institutional Use**

This resource on neuromusculoskeletal and voca















3. *Extrinsic factors – non-modifiable.*



*Ulnar neuropathy* is a condition in which the ulnar nerve, which runs from the neck along the inside edge of the arm and into the hand on the side of the little (pinky) finger, becomes inflamed due to compression of the nerve. Symptoms include tingling, numbness, weakness, and pain, primarily along the elbow, the underside of the forearm, and along the wrist or inside edge of the hand. Compression of the ulnar nerve is often linked to repetitive wrist or elbow movements. For musicians, sustained elbow flexion, particularly among players of bowed instruments, has been known to contribute to this condition in some cases.













## Resources – Information and Research

### NASM-PAMA Resource Documents and Orientation Materials

Information and Recommendations for Administrators and Faculty in Schools of Music

Protect Your Neuromusculoskeletal Health Every Day: Information and Recommendations for Student Musicians

*A Sample Order and Script for Music Student Orientation*

Standard Version

Version for Customization

*Student Text Version of the Orientation Script*

Standard Version

Version for Customization

Protecting Your Neuromusculoskeletal Health: Student Information Sheet

Standard Version

Version for Customization

Protecting Your Vocal

American Association for Hand Surgery  
(<http://www.handsurgery.org>)

American Laryngological Association  
(<http://www.alahns.org>)

The American Occupational Therapy Association, Inc.  
([www.aota.org](http://www.aota.org))

American Psychiatric Association  
([www.psych.org](http://www.psych.org))

American Psychological Association  
([www.apa.org](http://www.apa.org))

American Physical Therapy Association  
(<http://www.apta.org>)

American Society for Surgery of the Hand  
([www.assh.org](http://www.assh.org))

American Speech-Language-Hearing Association  
(<http://www.asha.org>)

National Center for Complementary and Alternative Medicine  
(<http://nccam.nih.gov>)

### **Other Resources on Neuromusculoskeletal and Vocal Health**

Athletes and the Arts  
(<http://athletesandthearts.com>)

National Association of Teachers of Singing  
(<http://www.nats.org>)