

1. Record Nr.	UNINA9910798041303321
Autore	Taylor Nancy <1964->
Titolo	Teaching healthy musicianship : the music educator's guide to injury prevention and wellness // Nancy Taylor
Pubbl/distr/stampa	New York, New York : , : Oxford University Press, , 2016 ©2016
ISBN	0-19-049757-2 0-19-025368-1
Descrizione fisica	1 online resource (241 p.)
Disciplina	780.71
Soggetti	Musicians - Health and hygiene Musicians - Wounds and injuries Overuse injuries - Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	When Is Loud Too Loud?Symptoms and Repair of Hearing Damage; Hearing Loss; Protecting Your Hearing; Tinnitus; 16. Marching Season; Band Camp; First Aid; Shoes, Socks, and Prevention of Blisters; When Marching Is a Pain; Physical Conditioning; Coping with the Heat; Instruments; Uniforms; Bibliography; Index