

Protecting Your Neuromusculoskeletal Health

An NASM – PAMA
Student Information Sheet

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trauma or injury, some genetic conditions can increase a person's risk of developing certain related neuromusculoskeletal disorders.

neuromusculoskeletal disorders and conditions are preventable and/or treatable.

• Many neuro

physical and musical warm-up time is important,

• Sufficient

proper alignment and correct physical technique are essential.

• Proper bod

regular breaks during practice and rehearsal are vital in order to prevent undue physical stress and strain.

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ity with regard to

and take care of your own neuromusculoskeletal health on a daily basis, particu

