

## ***Physical Considerations for Teaching Beginner Flutists***

### **Recommended Reading**

Dawson, W (2008). *Fit as a fiddle: the musician's guide to playing healthy*. Lanham: Rowman & Littlefield

Dul J, Weerdmeester B. (2008). *Ergonomics for beginners – A quick reference guide* (3rd ed.). London: Taylor & Francis

Dunitz, M (2000) Ed. by R. Tubiana and P. C. Amadio. *Medical problems of the instrumentalist musician*. London: Dunitz

Horvath, J. (2002). *Playing (less) Hurt: An injury prevention guide for musicians*. Kearney: Janet Horvath.

Klickstein, G (2009). *The musician's way – A guide to practice, performance and wellness*. New York: Oxford University Press

Lieberman, JL (1991). *You are your instrument – The definitive musician's guide to practice and performance*. New York: Huiksi Music Company.

Llobet, J. R. a. O., G. (2007). *The musician's body – a maintenance manual for peak performance*. London: Guildhall School of Music and Drama and Ashgate Publishing.

Norris, R. (1993). *The musician's survival manual: A guide to preventing and treating injuries in instrumentalists*. St. Louis: International Conference of Symphony and Opera Musicians.

Paull, B., & Harrison, C. (1997). *The athletic musician: A guide to playing without pain*. London: Scarecrow Press.

Pearson, L. (2006). *Body mapping for flutists – What every flute player needs to know about the body*. Chicago: GIA Publications.

Roehmann F, F. (Ed.). (1988) *The biology of music making, proceedings from 1984 Conference*. Denver: The Biology of Music Making Inc.

Watson, A H D. (2009) *The biology of musical performance and performance-related injury*. Lanham: The Scarecrow Press

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