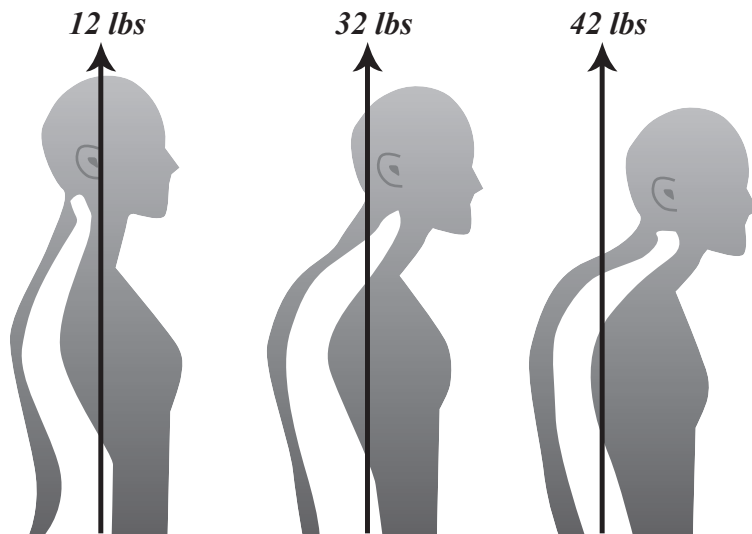


When Tooting Your Flute is a Pain in Your Neck

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In 2012, there was a cross sectional survey given to the musicians in Australia's eight full time professional symphonic and pit orchestras focusing on performance-related musculoskeletal disorders. **84% that participated reported pain and injuries interfered with playing their instruments and/or participating in orchestral rehearsals or performances.** 28% reported taking at least one day off from work because of the pain. The most common areas

involved were the back, arms, and neck. Less than 50% reports being fully recovered.

One common injury is related to holding postures for long periods of time. These are typically found in the proximal part of the body such as the neck, shoulders, and back.

Tips to save your neck! (shoulders & back too!)

1. **Don't stick your neck out!** Keep your ears over your shoulders and chin tilted slightly down to reduce pressure on your neck.
2. **MOVE!** Sometimes we get locked into staying in one position for long periods of time. Take frequent breaks and move around. It doesn't matter how good your posture, your body needs to move to relieve pressure and tension.
3. **Towel to the rescue!** Sitting can cause its own problems, especially when done in a chair that offers little in support. Need to keep your posture in check? Roll a bath towel and position it in the lumbar between you and the back of a chair. No chair back? Roll a bath towel and place the towel under your rear and just behind the sit bones. Don't have a towel? Your winter coat might work too!