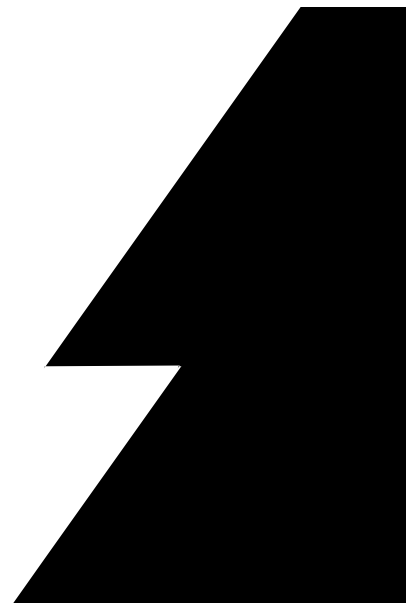


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**N P Y H**  
**S I S**



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

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**P                    Y        N                    H**  
**A   NASM – PAMA**  
**S                    I                    S**

- Neuromusculoskeletal health is essential to your lifelong success as a musician.
- Practicing and performing music is physically demanding.
- Musicians are susceptible to numerous neuromusculoskeletal disorders.
- Some musculoskeletal disorders are related to behavior; others are genetic; still others are the result of trauma or injury. Some genetic conditions can increase a