Counseling, Health and Wellness Services. Call x1555 to make an appointment. Referrals can be made to the School of Physical Therapy.

Gallwey, Timothy. The Inner Game of Tennis: The Mental Side of Peak Performance. A great resource on performance anxiety and how to get rid of your inner critic.

Horvath, Janet. Playing (less) Hurt. An invaluable resource for any musician who is concerned about injuries related to playing an instrument; includes prevention, warning signs, what to do when you get hurt, and important steps in the recovery process. See a full review at <http://www.playinglesshurt.com>. Copies available in the Music Office and at the library.


This article, specific to violinists and violists, discusses the importance of a well-fitted chin and shoulder rest for comfortable playing.


This treatise gives an excellent introduction to musician injuries in string players and reviews a large quantity of books and articles for further research. Available in pdf format at <http://estd.lib.fsu.edu/theses/available/estd-11112003-050037/unrestricted/MLR_Treatise.pdf>.


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PERCUSSIONISTS


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GUITARISTS


An in-depth exploration on risks, prevention, problems, and treatments of guitar injuries. Includes resources for further reading.