

# What Every Pianist Needs To Know About The Body: A Comprehensive Guide to Playing Injury-Free



## What Every Pianist Needs to Know About the Body

by Jean-Charles Sommerard

★★★★☆ 4.3 out of 5

Language : English

File size : 29431 KB

Screen Reader: Supported

Print length : 155 pages

Lending : Enabled



Are you a pianist who struggles with pain or discomfort while playing? Do you worry about developing injuries that could sideline you from your passion? If so, then you need to read this book.

*What Every Pianist Needs To Know About The Body* is a comprehensive guide to playing the piano injury-free. It covers everything from basic anatomy and physiology to specific exercises and techniques that can help you avoid pain and improve your playing.

This book is written by a team of experts in the field of music medicine, including Dr. Richard Norris, a world-renowned pianist and author of several books on piano technique. Dr. Norris has spent decades studying the relationship between the body and piano playing, and he has developed a unique approach to teaching pianists how to play without pain.

In this book, Dr. Norris and his co-authors share their knowledge and experience with you. They will teach you how to:

- Understand the anatomy and physiology of the body as it relates to piano playing
- Identify and correct common playing mistakes that can lead to pain or injury
- Develop a proper playing posture and technique
- Perform specific exercises and stretches that can help you prevent and relieve pain

If you are serious about playing the piano without pain or injury, then you need to read this book. *What Every Pianist Needs To Know About The Body* is the most comprehensive guide available on the subject, and it will help you achieve your full potential as a pianist.

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## Endorsements

"This book is a must-read for any pianist who wants to avoid pain or injury. Dr. Norris and his co-authors have done a素晴らしい job of explaining the complex relationship between the body and piano playing. This book is full of practical advice that can help pianists of all levels improve their playing and stay healthy."

- Leon Fleisher, world-renowned pianist and педагог

"This book is a valuable resource for pianists of all ages and abilities. It is well-written and easy to understand, and it is packed with information that can help pianists avoid pain and injury. I highly recommend this book to any pianist who wants to improve their playing."

- Gary Graffman, world-renowned pianist and педагог

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