

GUITAR PLAYING INJURY PREVENTION CHECKLIST



- STEP #1:**
Practice guitar in front of a mirror to watch your posture.

- STEP #2:**
Relax excess tension in your shoulders, stomach, feet, thighs, jaw, tongue, forearms and fingers.

- STEP #3:**
Take the time to warm up your hands thoroughly (especially during the winter months).

- STEP #4:**
Use just enough pressure to push the string against the fretboard and obtain a good tone, and no more.

- STEP #5:**
Take a 10-minute break after every 45 minutes of practicing.

- STEP #6:**
Do not ever play through pain!

- STEP #7:**
Sleep at least 6-8 hours per night to give you body enough time to recover between practice sessions.

- STEP #8:**
If pain or discomfort persists, consult your doctor immediately.