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 your body enough time to recover between practice sessions.

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