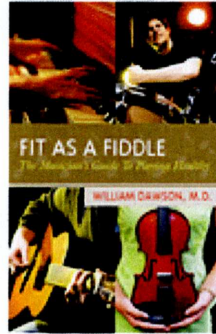


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Fit as a Fiddle: The Musician's Guide to Playing Healthy

William J. Dawson

"Seldom, if ever before, have the physical concerns of the performing musician been addressed so clearly and so knowledgeably. *Fit as a Fiddle* is an exceptionally well-written and easily understood guide to identifying and addressing virtually every problem associated with musical performance. Dr. Dawson's book will become a valued and indispensable resource for every performing musician and teacher of music."—from the foreword by Frederick L. Hemke, DMA, Louis and Elsie Snyder Professor of Music and Charles Deering McCormick Professor of Teaching Excellence, The School of Music, Northwestern University, Evanston, IL.



Instrumental musicians can and do develop many physical problems that interfere with making music. *Fit as a Fiddle* is written by an international authority in musicians' medicine who also is a symphonic musician and teacher. It provides current and important health-related information for all instrumentalists, presented in an understandable and readable fashion. Dr. Dawson includes a section on basic body structure and function, avoiding medical jargon and setting the stage for following chapters.

Further topics include those disorders that are caused by playing music: including overuse, muscle strain, and tendinitis. Subsequent chapters discuss a variety of conditions common to mature performers and teachers, especially carpal tunnel syndrome, arthritis and hearing loss. Each chapter provides self-help advice to both musician and music teacher in recognizing problems, seeking medical care, and choosing treatment strategies. Dr. Dawson includes information on alternate care disciplines, as well as on rehabilitation and prevention of both common and uncommon conditions that can interfere with practice and performance. The book contains a helpful glossary of medical terms, both familiar and unfamiliar. *Fit as a Fiddle* is written specifically for instrumental musicians of all ages and degrees of experience, as well as their teachers from primary to conservatory level.

William J. Dawson, a retired hand surgeon, is president of the Performing Arts Medicine Association and is a member of the editorial board of its journal. He also is a symphonic bassoonist and private instrumental teacher who serves as medical consultant to the International Double Reed Society and the Association of Concert Bands. He is currently associate professor Emeritus of Orthopaedic Surgery, Feinberg School of Medicine, Northwestern University, Chicago, IL.

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