

Protecting Your Hearing Health

[Hearing Loss in Musicians: Prevention and Management, by Marshall Chasin](#)

[OSHA: Noise/Hearing Conservation](#)

[Hearing Loss Decibel Levels](#)

[Noises and Hearing Loss](#)-This is a new link that centers more around musicians
<http://www.asha.org/> (American Speech-Language-Hearing Association)

Musculoskeletal Health and Injury

[The Role of Rest, by Ralph Manchester \(PDF\)](#)

[A Painful Melody: Repetitive Strain Injury Among Musicians, by Tamara Mitchell \(PDF\)](#)

[Repetitive Stress and Strain Injuries: Preventative Exercises for the Musician, by Gail Shafer-Crane \(PDF\)](#)

<http://bodymap.org/> (The Association for Body Mapping Education)

Psychological Health

[Performance Anxiety \(WebMD\)](#)

[Conquering performance anxiety from the inside out, by Helen Spielman \(PDF\)](#)

[The Inner Game of Music, by Barry Green and W. Timothy Gallwey](#)

General Acoustics

<http://www.cdc.gov/niosh>