

Return to Play Modified Schedule

- Warm up before playing -- heat, block and bends, stretch postural holding muscles
- Begin with slow and easy passages or pieces. Gradually progress to faster, more difficult pieces.
- In general, perform a maximum of 50 minutes with a minimum of 10 minutes rest.
- If pain occurs at any level, drop back to the level of comfort until able to progress without pain.
- Symptom Management after playing as discussed with therapist: rice, rest, stretch, hydrate

Levels	Play	Rest	Play	Rest	Play	Rest	Play	Rest	Play
<i>(3-7 days each)</i>									
1	5	60	5						
2	10	50	10						
3	15	40	15	60	5				
4	20	30	20	50	10				
5	30	20	25	40	15	45	5		
6	35	15	35	30	20	35	10		
7	40	10	40	20	25	25	15	50	10
8	50	10	45	15	30	15	25	40	15
9	50	10	50	10	40	10	35	30	20
10	50	10	50	10	50	10	45	20	30

Adapted from Norris, R. N. (1996). Return to play after injury: strategies to support a musician's recovery. *Work*, 7(2), 89-93.

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