

PART II. INDIVIDUALIZED PROGRAMS FOR CONTINUING IMPROVEMENT

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ABSTRACT

The results of recent and ongoing research concerning the efficacy of long-term postural training for instrumentalists will be examined. The authors will discuss the limitations of traditional postural instruction in typical music school settings. Recommendations will be offered for performers and teachers who would like to increase their understanding and ability to implement efficient performance strategies for themselves and their students. Following this, Presenters will work with interested musicians, tailoring a program for their specific needs. Each participant will be screened for biomechanical and neuromechanical dysfunction related to posture. A specific program is developed to improve static and dynamic posture as it relates to performance. In addition, a model is provided for the application of the intervention principles for use with the participants' students.