

In a Minute!

15 Microbreaks for a Healthier Ensemble Rehearsal

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Here are 15 microbreaks that we will go over in the session, with reminders of resources for more information:

- 1)- Neck Rolls/Stretch
- 2)- Find your “Floating Ribs”
- 3)- Shoulder Rolls/Chicken Wings/Full Arms
- 4)- Follow the Dot (Focusing on a laser pointer can calm systems in the body)
- 5)- Shoulder Stretch (focus on different angles)
- 6)- White Noise (can act as a re-set for focus)
- 7)- Forearm Massage (can help with grip/avoid carpal tunnel, etc.)
- 8)- Sitting Quads/Ham Press (we sit too much anyway, careful of sciatica!)
- 9)- Double Inhale (re-balanced autonomic nervous system)
- 10)- Forearm Stretch (best after massage)- let’s learn about traction!
- 11)- Wim Hof Breathing (best in 3 min)- excellent for overall health/awareness
- 12)- Hip/Spine mobility- awkward at first, but great for breathing/back pain
- 13)- Alternating Nostril Breathing- (calms the chatter in our mind)
- 14)- Rotator Cuff Mobility- Anyone who holds an instrument- this is a MUST
- 15)- Slow Breathing w/Arms- Fantastic pre-performance habit

For more detailed information, check out the following:

<https://www.jasonsulliman.com/musicians-health-and-wellness>

Andrew Huberman (web, Youtube, Instagram)- neuroscience for everyday people

Wim Hof- www.wimhofmethod.com Great “Breathe Along” Videos on Youtube

Dan Ginader, DPT- (web, Youtube, Instagram)- Great stretches and info for musculoskeletal issues.