

# Protecting Your Neuromusculoskeletal Health

An NASM – PAMA  
Student Information Sheet

■ LMT

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■ Many neuromusculoskeletal disorders and conditions are preventable and/or treatable.

■ A person's risk of developing certain neuromusculoskeletal disorders is related to a number of factors, including age, sex, and genetic conditions. Some genetic conditions can increase a person's risk of developing certain neuromusculoskeletal disorders.

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■ Sufficient rest and recovery time is important.

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■ Proper body alignment and correct physical technique are essential.

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■ Since you do not need to learn with regard to...

■ Day-to-day decisions can impact your neuromusculoskeletal health both now and in the future. Muscle and joint strains and a myriad of other injuries can occur in and out of school. You should take care to protect your neuromusculoskeletal health on a daily basis, particularly during practice and rehearsal.

