

# Instrumentalist

## Practitioner

1. Embouchure—the use of facial muscles and the shaping of the lips to the mouthpiece of a woodwind or brass musical instrument
2. Legato—smooth and flowing without a break between notes
3. Staccato—a sharp detachment or break between notes
4. Pianissimo—very quiet volume
5. Piano—quiet volume
6. Mezzo Piano—slightly louder volume than Piano
7. Mezzo Forte—slightly louder volume than Mezzo Piano
8. Forte—loud volume
9. Fortissimo—very loud volume
10. Ritardando—a slowing down of the tempo of a song
11. Allegro—rapid tempo of a song
12. Arpeggio—a passage of music which is played the individual notes of a chord played separately in a rising or descending order
13. First Chair—the seat awarded to the best instrumentalist in a section; commonly assigned in a symphony orchestra
14. Woodwind Instrument—examples include: flutes, clarinets, oboes, bassoons
15. Brass Instrument—examples include: trumpets, french horns, tubas, trombones
16. String Instrument—examples include: violins, violas, cellos, bass violins
17. Percussion Instrument—snare drums, bass drums, cymbals, xylophones
18. Repertoire—a collection of music that an instrumentalist has rehearsed and feels competent to perform
19. Pedagogy—the art or profession of teaching

## Performer

1. Cervical Flexion—tilting the head toward the chest (forward flexion) or toward the shoulder (lateral flexion)
2. Elbow Hyperextension—straightening the forearm at the elbow beyond the normal physiologic extent
3. Carpal Tunnel—a nerve entrapment syndrome at the wrist which uses causes pain and numbness in the hand most commonly affecting the thumb, index, and middle fingers
4. Cubital Tunnel—a nerve entrapment syndrome at the elbow which uses causes pain and numbness in the forearm and hand most commonly affecting the ring finger and pinky

5. Peripheral Neuropathy—abnormal functioning of the nerves that supply the upper or lower limb that presents with diffuse pain or numbness
6. Cervical Radiculopathy/Brachial Plexopathy—a syndrome of pain or numbness in the neck radiating toward a specific region in the arm, forearm, or hand with or without weakness
7. Noise-Induced Sensorineural Hearing Loss—a decrease in the ability to perceive a specific level of sound that was previously audible as a result of excess exposure to loud noise
8. Finger Abduction—spreading the fingers of the hands apart
9. Finger Adduction—bringing the fingers of the hands together without making a fist
10. Finger Flexion—making a fist
11. Wrist Flexion—bending the wrist bringing the hand and fingers closer to the forearm
12. Wrist Extension—bending the wrist bringing the hand and finger further away from the forearm
13. Thumb Opposition—touching the pinky with the thumb
14. Ulnar Flexion—with the arms at one's side while standing and with the palms facing forward, flexing the wrist as if pointing both pinky's toward the midline of the body
15. Radial Flexion— with the arms at one's side while standing and with the palms facing forward, flexing the wrist as if pointing both pinky's away from the midline of the body
16. Posture—the alignment of the head and spine while sitting, standing, or actively moving the upper or lower limbs
17. Myofascial Pain Syndrome—a constellation of symptoms involving muscle-mediated pain and discomfort which usually results from an overuse microtrauma to the muscle and surrounding connective tissue
18. Muscle Atrophy— a decrease in the size of muscle mass
19. Paresthesias—a sensation of pins and needles; an abnormal but non-painful sensation
20. Dysesthesias---an unpleasant sensation
21. Complex Regional Pain Syndrome—a collection of symptoms usually involving an extremity after trauma characterized by pain with non-painful stimuli (allodynia), swelling, discoloration, dystrophic skin, hair, and/or nail growth, and in severe cases muscle atrophy
22. Focal Hand Dystonia—a neurological movement disorder that is characterized by involuntary muscular contractions; sometimes task-specific meaning that it is generally apparent during only certain activities as when playing a musical instrument. The continuous unintentional movement results in painful cramping and abnormal positioning which makes it difficult to perform specific activities.
23. Spasticity—a velocity-dependent increase in muscle tone