

Anthropometrical analysis of the hand as a Repetitive Strain Injury (RSI) predictive method in Pianists

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Key words: Pianists; Repetitive Strain Injury; Anthropometry

SUMMARY

In the present work we have studied the anthropometrical characteristics of the pianists hands to predict their potential vulnerability to suffer from Repetitive Strain Injury (RSI). To get this goal we studied the size and morphotype of the hands of pianists affected by RSI.

Firstly we observed that 222 individuals from 341 studied pianists (65.1% of the total) presented RSI. Secondly we appreciated that affected hands were mostly small sized (60% of the affected hands) and classifiable in a distinct morphotype named B (68% of the affected hands). This fact suggest they both were the most vulnerable to RSI.

Finally we may conclude anthropometrical analysis of pianists hands may be used to reduce the high incidence of this illness given that it may predict performers potential vulnerability to RSI. It also has to be remarked that further studies in this knowledge field are required to reduce the incidence of playing-related medical problems in general, and RSI in particular, in pianist population.