

David S. Edwards, M.D.

What are the most common physical demands on band members especially during marching season?

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You know, marching band members qualify under the broad category of marching performers, and they tend to have overuse injuries, particularly in the lower extremities, so foot and ankle injuries, shin splints, hip tendonitis, and even back problems. So lumbar sprains, lumbar strains, can all be problems for the marching performing athlete.

How does the physical exertion of band members differ from other athletes in terms of intensity and duration?

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The intensity and duration involved in the typical marching performance, not only the performance itself, but in « eior A oove~ tegy hip rc ,

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exercise in a group setting, whether it's joining a class at the Rec, whether it's joining an intramural team or just going on a walk with a friend and really trying to maintain consistency over time for the best results.