

Schedule for Returning to Practice after a Prolonged Layoff from Playing

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You should start to play two minutes per day and add two minutes daily to one segment of practice, working in three widely-spaced segments of practice time. When you reach 10 minutes three times daily, you should add a 5-minute rest before adding the next 2 minutes of playing (10 min playing, rest 5, 2 minutes playing). After one month, you should have worked up to 10, rest 5, 10 three times daily (20 min, 3 times daily).

The schedule works like this:

Day	Session 1			Rest	Session 2			Rest	Session 3		
	minutes				minutes				minutes		
	Play	Rest	Play		Play	Rest	Play		Play	Rest	Play
1	2				0				0		
2	2				2				0		
3	2				2				2		
4	4				2				2		
5	4				4				2		
6	4				4				4		
7	6				4				4		
8	6				6				4		
9	6				6				6		
10	8				6				6		
11	8				8				6		
12	8				8				8		
13	10				8				8		
14	10				10				8		
15	10				10				10		
16	10	5	2		10	5	0		10	5	0
17	10	5	2		10	5	2		10	5	0
18	10	5	2		10	5	2		10	5	2
19	10	5	4		10	5	2		10	5	2
20	10	5	4		10	5	4		10	5	2
21	10	5	4		10	5	4		10	5	4
22	10	5	6		10	5	4		10	5	4
23	10	5	6		10	5	6		10	5	4
24	10	5	6		10	5	6		10	5	6
25	10	5	8		10	5	6		10	5	6
26	10	5	8		10	5	8		10	5	6
27	10	5	8		10	5	8		10	5	8
28	10	5	10		10	5	8		10	5	8
29	10	5	10		10	5	10		10	5	8
30	10	5	10		10	5	10		10	5	10