

Provisional diagnosis made

Musculoskeletal

Non-musculoskeletal

Severity of condition assessed

Refer to a General
Practitioner

Minor

Education and advice

- provisional diagnosis
- first aid management
- stretches/exercises
- self massage/warm-ups/cool-downs

PLUS

If symptoms persist for seven days,
see an appropriate Healthcare
Professional/Physician

Major

Education and advice

- provisional diagnosis
- first aid management
- stretches/exercises
- self massage/warm-ups/cool-downs

PLUS

Refer musician to see an appropriate
Healthcare Professional/Physician