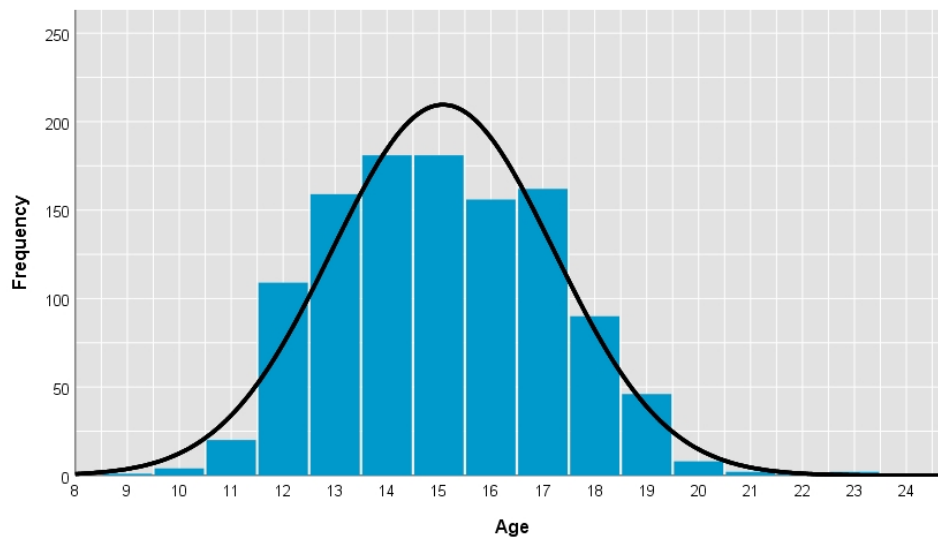
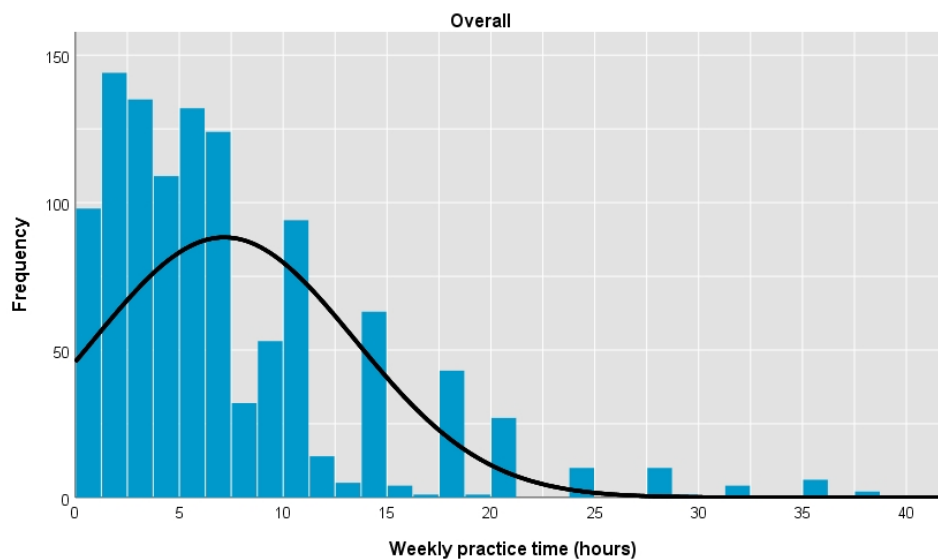


Supplementary Material

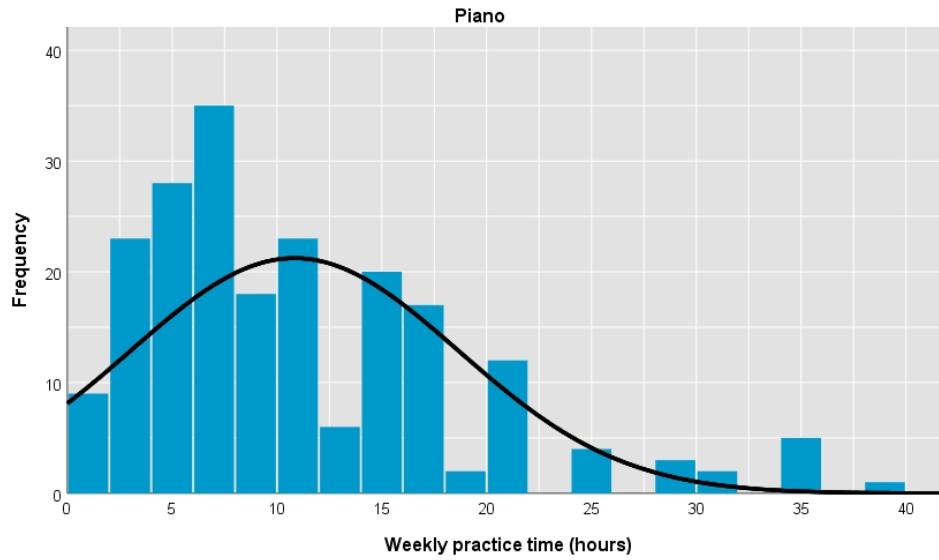
1 Supplementary Figures



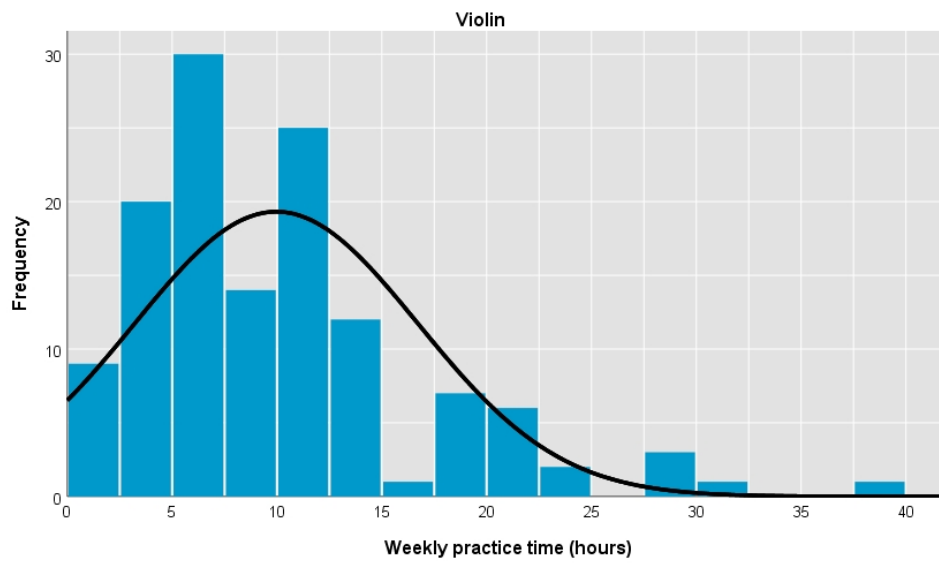
Supplementary Figure 1. Age distribution ($N = 1,143$).



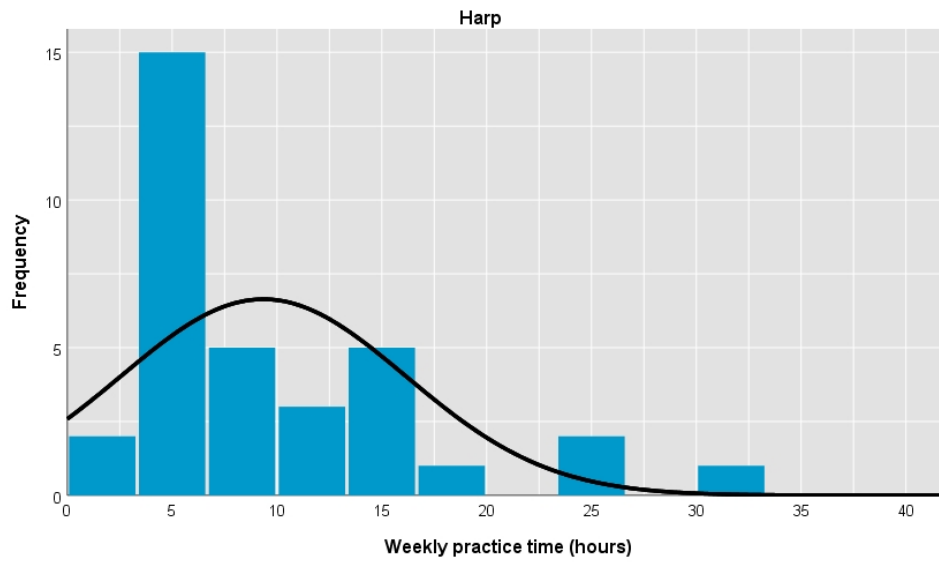
Supplementary Figure 2. Distribution of the weekly practice time, full sample ($n = 1,070$).



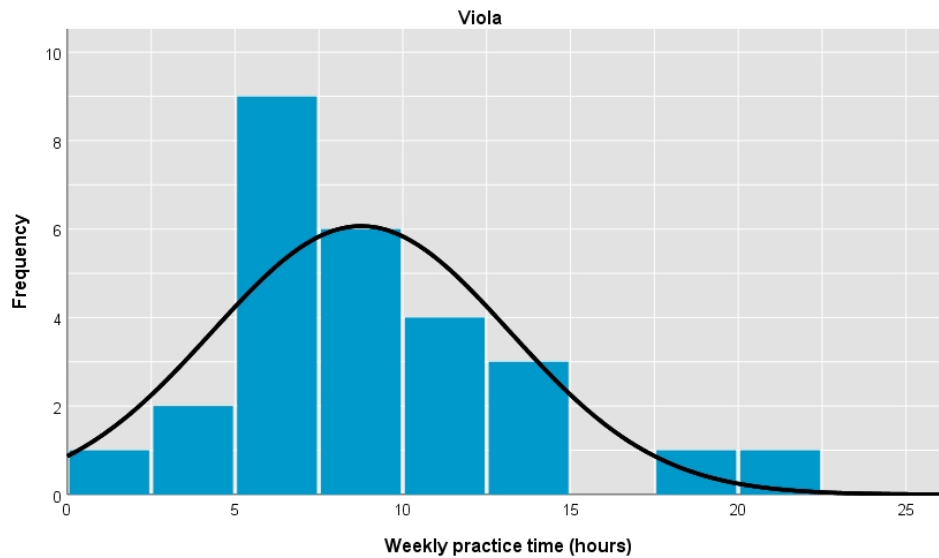
Supplementary Figure 3. Distribution of the weekly practice time, piano ($n = 208$).



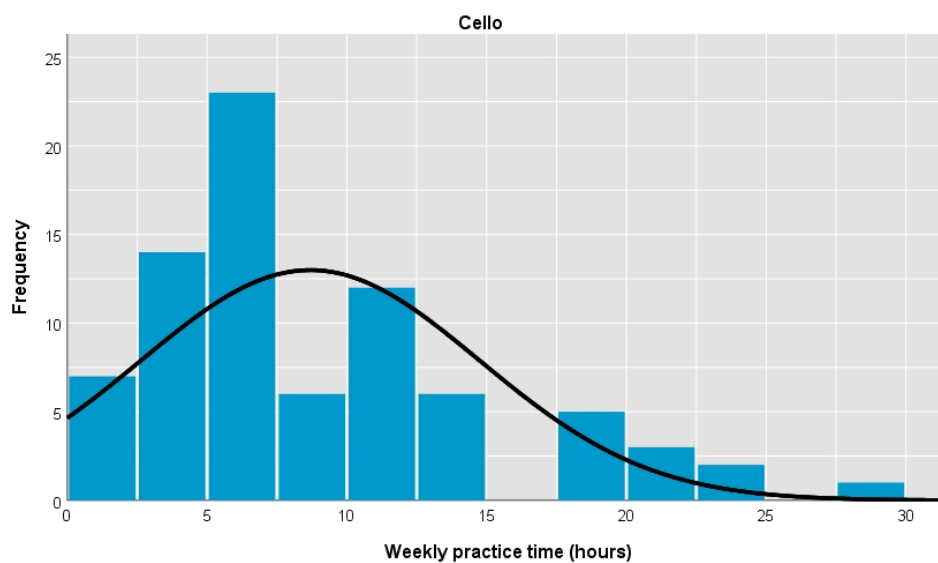
Supplementary Figure 4. Distribution of the weekly practice time, violin ($n = 131$).



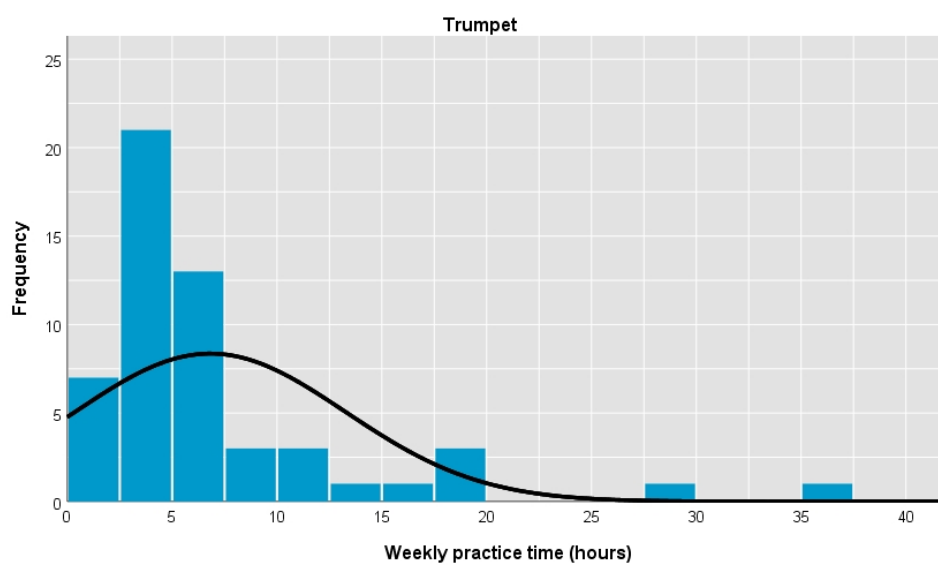
Supplementary Figure 5. Distribution of the weekly practice time, harp ($n = 34$).



Supplementary Figure 6. Distribution of the weekly practice time, viola ($n = 27$).



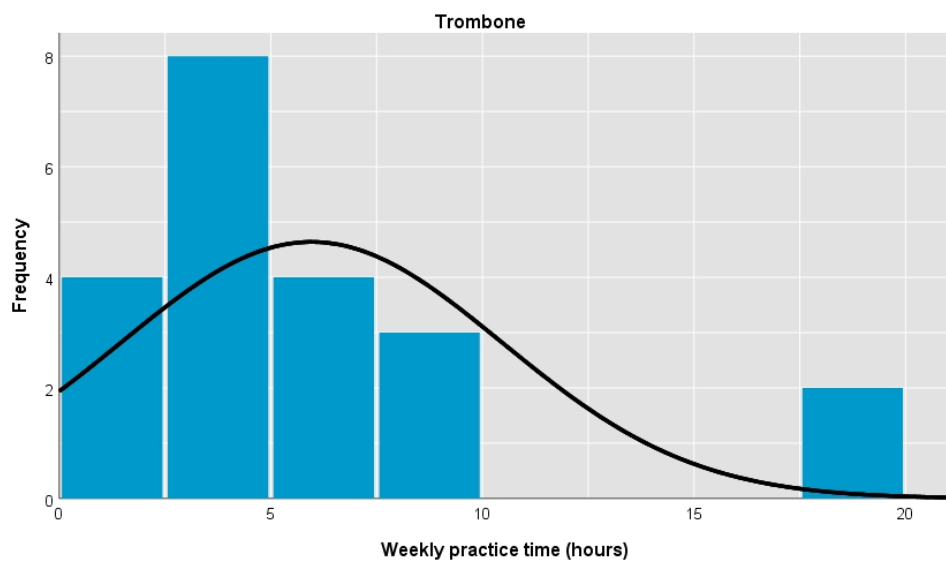
Supplementary Figure 7. Distribution of the weekly practice time, cello ($n = 79$).



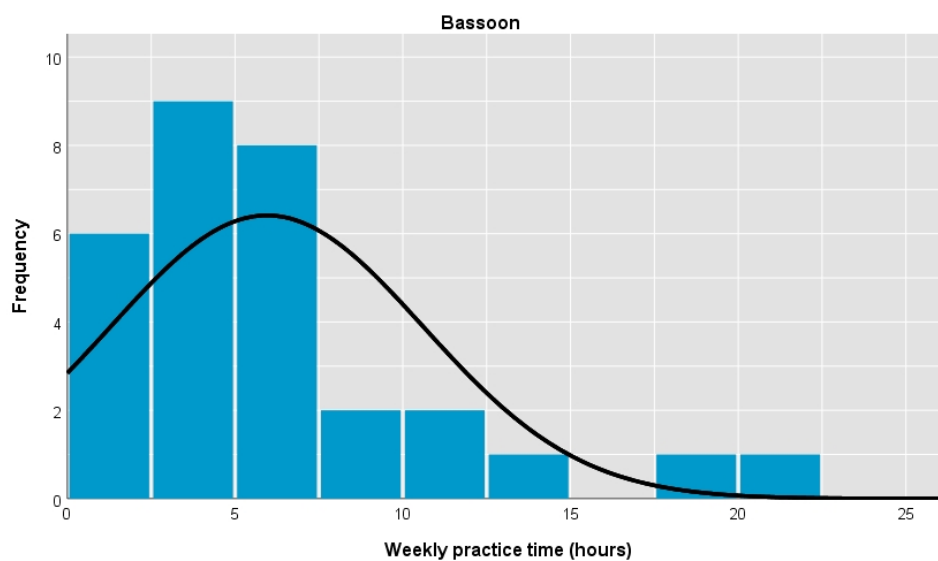
Supplementary Figure 8. Distribution of the weekly practice time, trumpet ($n = 54$).



Supplementary Figure 9. Distribution of the weekly practice time, guitar ($n = 14$).



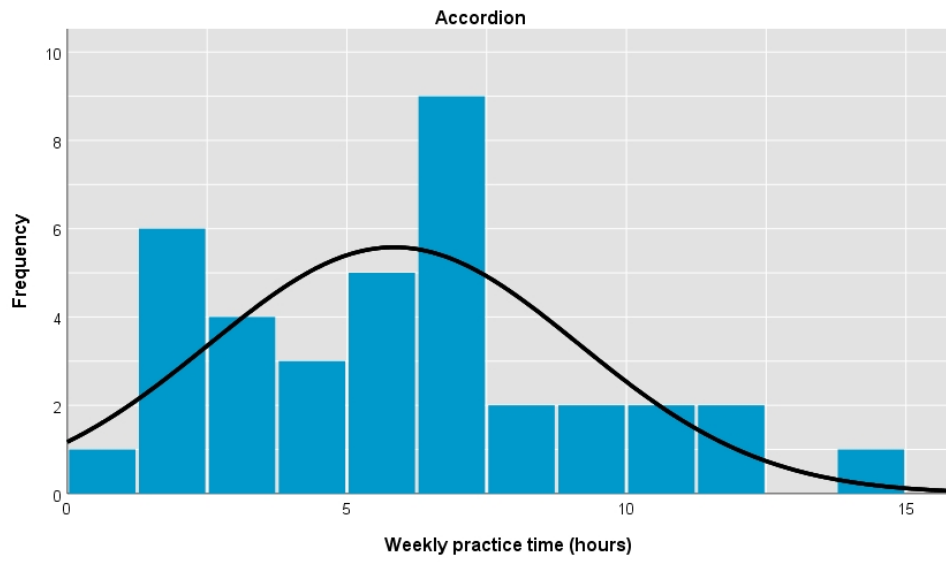
Supplementary Figure 10. Distribution of the weekly practice time, trombone ($n = 21$).



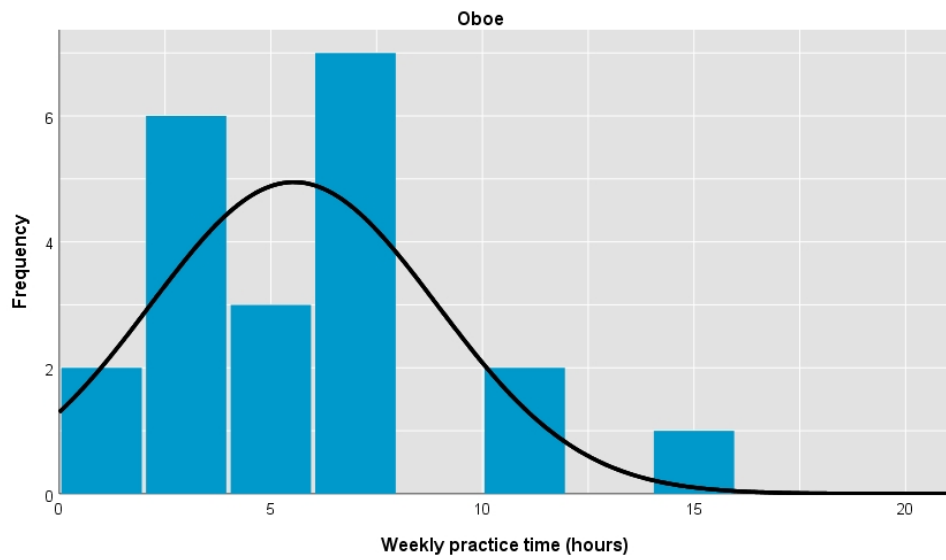
Supplementary Figure 11. Distribution of the weekly practice time, bassoon ($n = 30$).



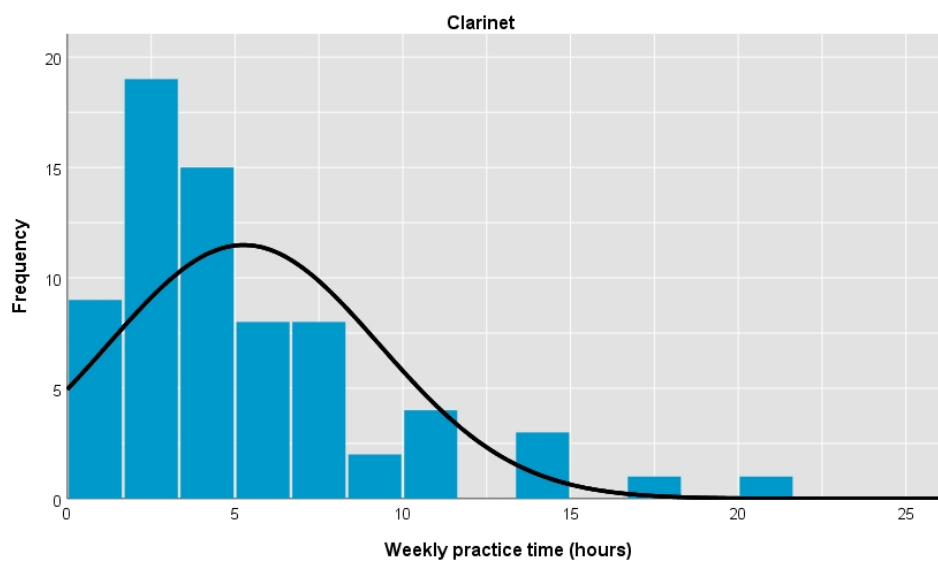
Supplementary Figure 12. Distribution of the weekly practice time, horn ($n = 45$).



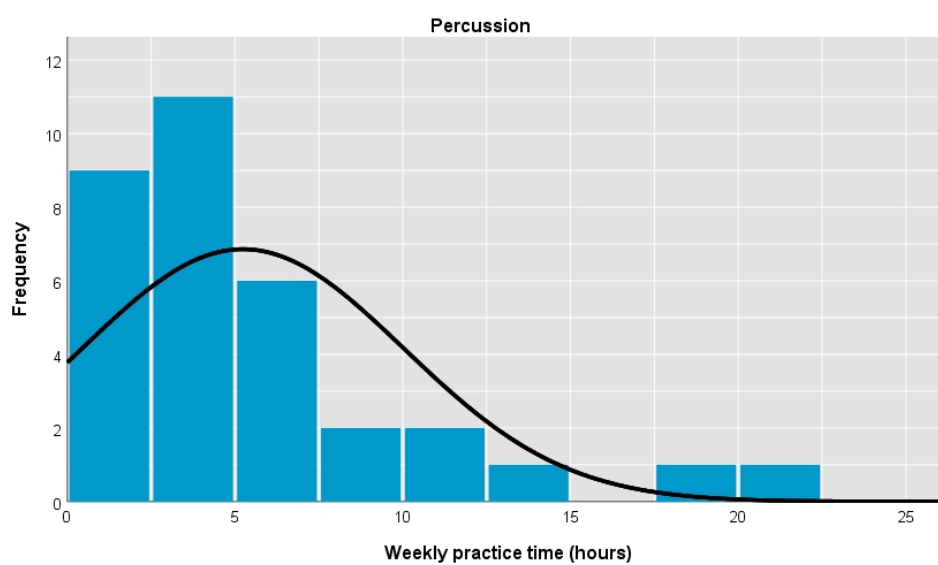
Supplementary Figure 13. Distribution of the weekly practice time, accordion ($n = 37$).



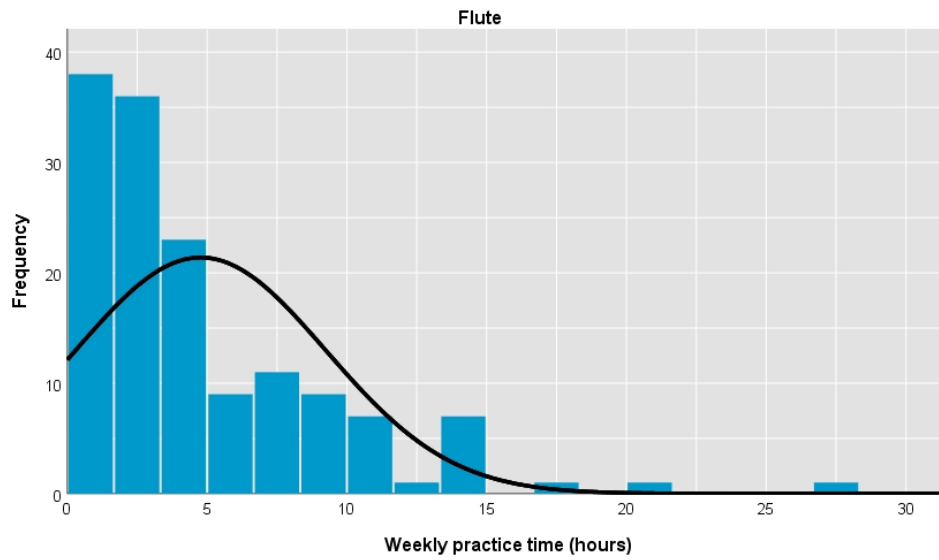
Supplementary Figure 14. Distribution of the weekly practice time, oboe ($n = 21$).



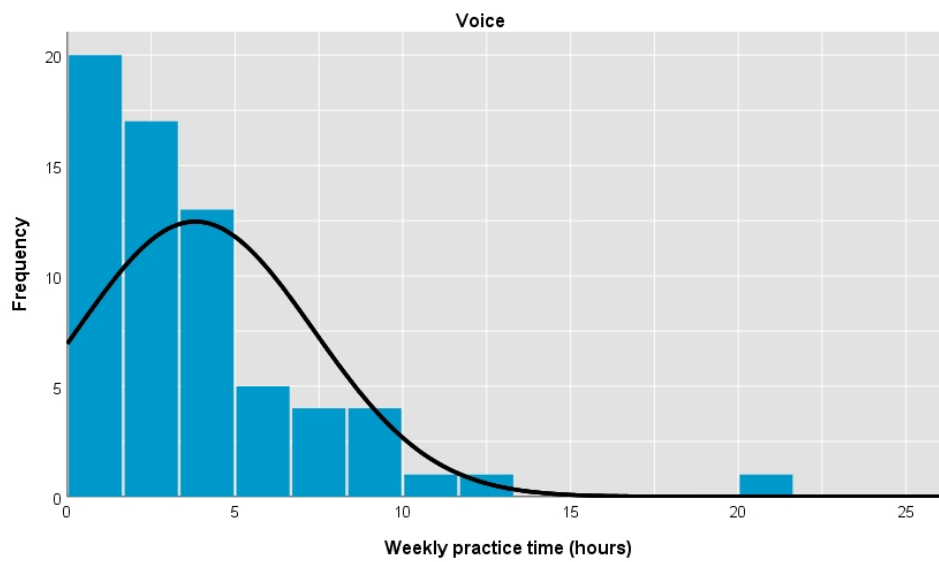
Supplementary Figure 15. Distribution of the weekly practice time, clarinet ($n = 70$).



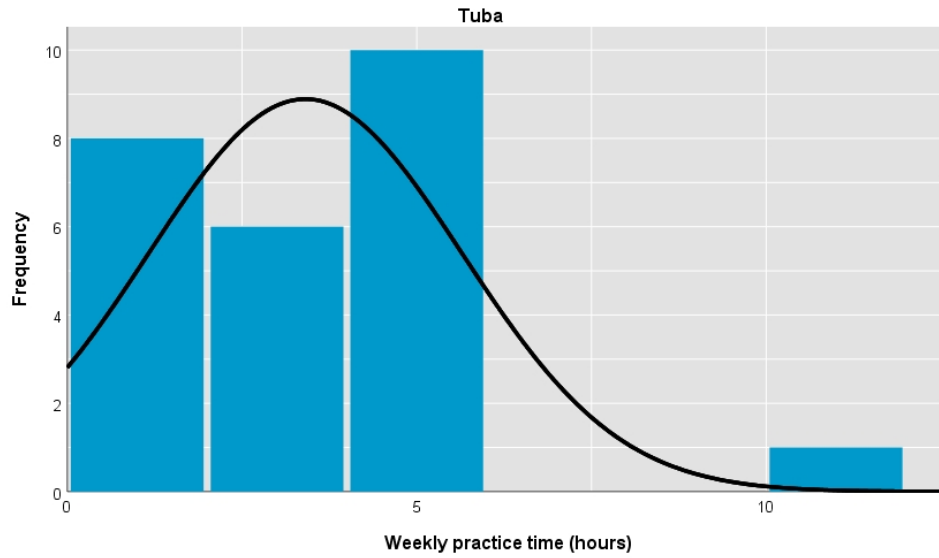
Supplementary Figure 16. Distribution of the weekly practice time, percussion ($n = 33$).



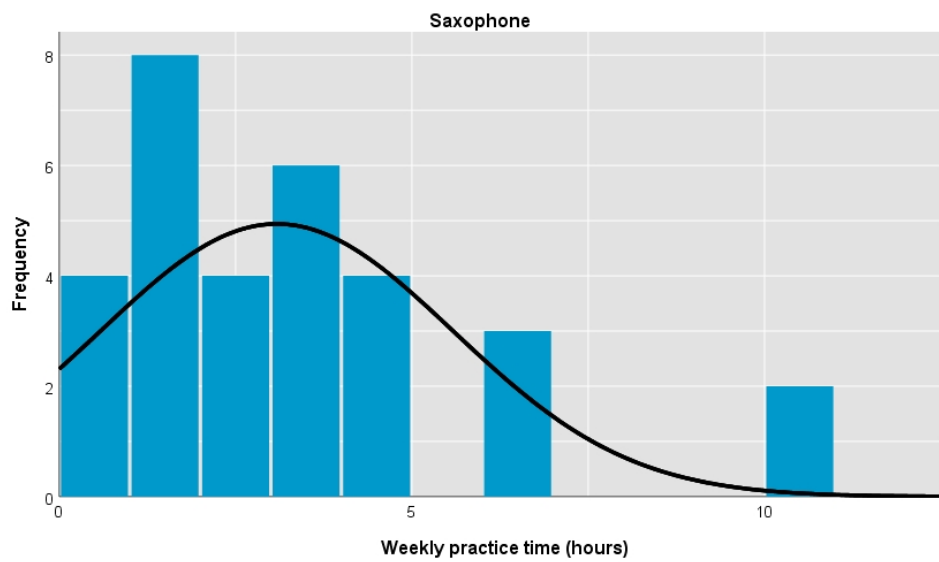
Supplementary Figure 17. Distribution of the weekly practice time, flute ($n = 144$).



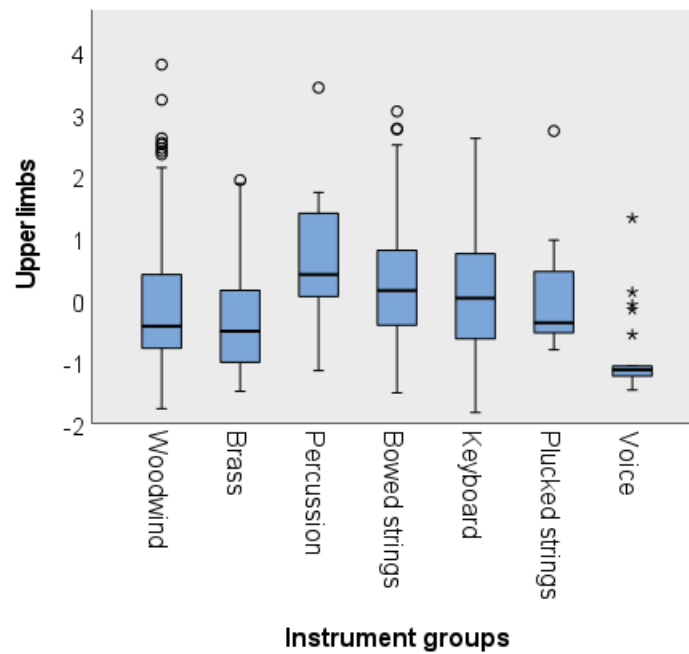
Supplementary Figure 18. Distribution of the weekly practice time, voice ($n = 66$).



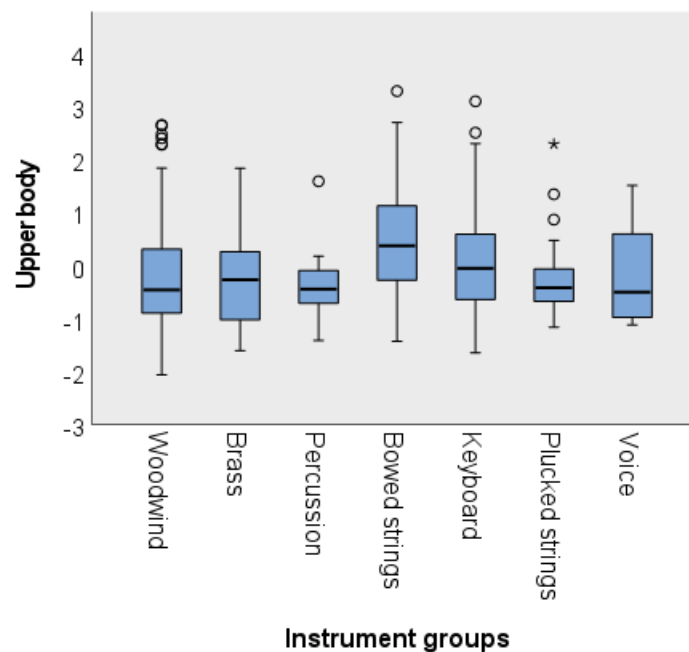
Supplementary Figure 19. Distribution of the weekly practice time, tuba ($n = 25$).



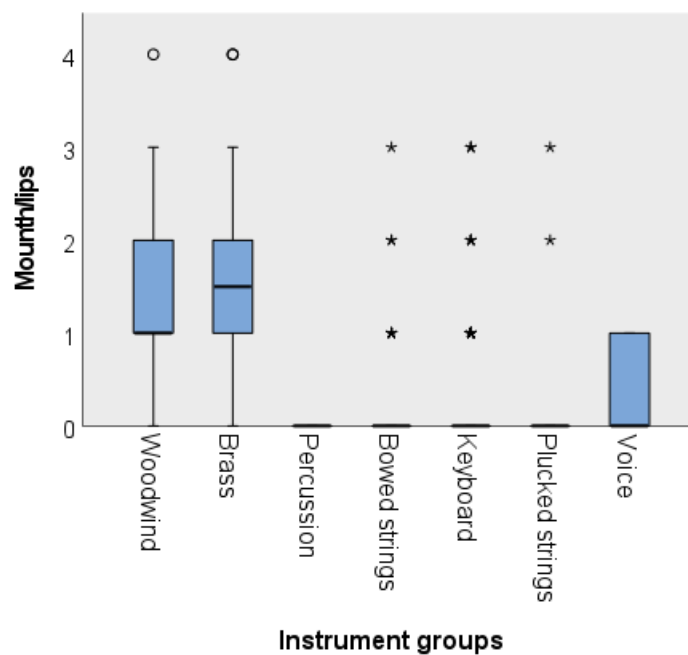
Supplementary Figure 20. Distribution of the weekly practice time, saxophone ($n = 31$).



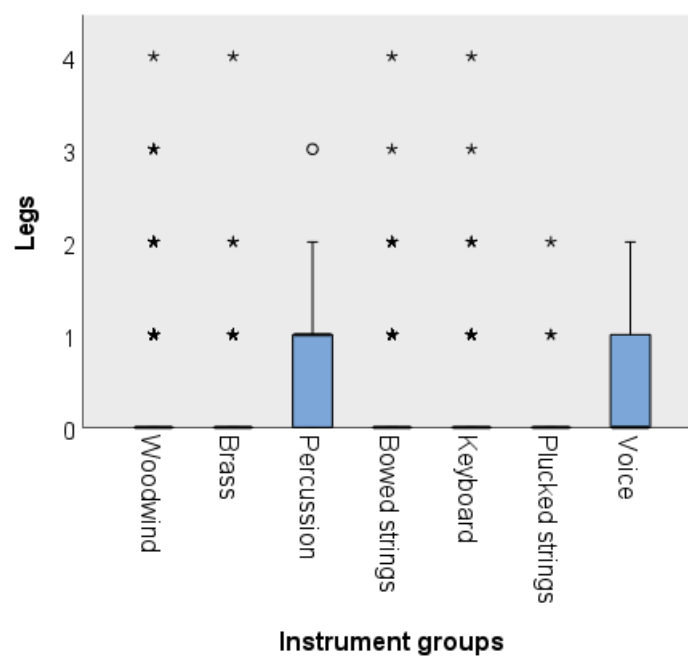
Supplementary Figure 21. Boxplots for z-standardized frequency of PRP in hands, fingers, wrists, arms (scale "upper limbs") in different instrument groups ($n = 549$).



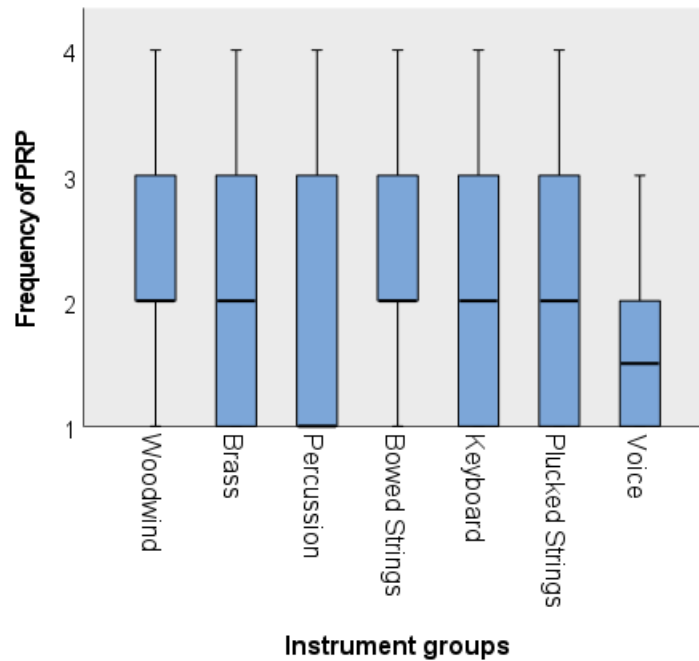
Supplementary Figure 22. Boxplots for z-standardized frequency of PRP in back, neck, shoulders, head (scale "upper body") in different instrument groups ($n = 549$).



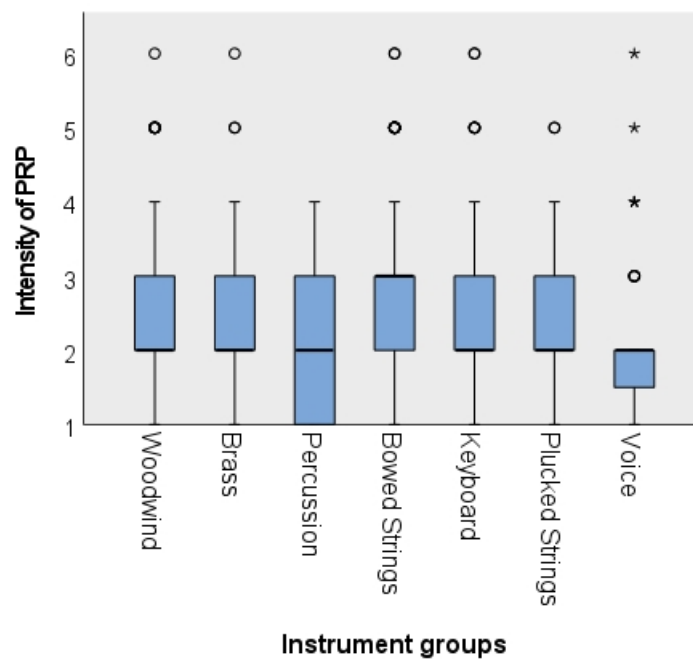
Supplementary Figure 23. Boxplots for frequency of PRP in mouth/lips in different instrument groups ($n = 625$).



Supplementary Figure 24. Boxplots for frequency of PRP in legs in different instrument groups ($n = 612$).



Supplementary Figure 25. Boxplots for frequency of PRP in different instrument groups ($n = 820$).



Supplementary Figure 26. Boxplots for intensity of PRP in different instrument groups ($n = 743$).

2 Supplementary Excerpt from the Questionnaire

Health (translation)

Has it ever happened that something hurt you while playing your instrument / while practicing or after playing?

☐ No, I have never had pain when making music / practicing.



Please skip the following questions and continue with question 36.

☐ Yes, I have had pain when making music / practicing before.



Please fill out the following table.

<u>Body area</u>	Always	Often	Frequently	Seldom	Never
Mouth / Lips	4	3	2	1	0
Neck and shoulder area	4	3	2	1	0
Arms	4	3	2	1	0
Hands	4	3	2	1	0
Wrist	4	3	2	1	0
Fingers	4	3	2	1	0
Legs	4	3	2	1	0
Back	4	3	2	1	0
Head	4	3	2	1	0
Other, namely: _____	4	3	2	1	0

Do you have any other pain that has nothing to do with practicing?

☐ No ☐ Yes, that is: _____

If you have indicated pain while playing/practicing, how strong is the pain?

Very low

Very strong

1

2

3

4

5

6

Can you remember the first time you had pain while practicing?

- ☐ Always ☐ Already longer, for about _____ years now
☐ Not yet that long, since about _____ month(s)

Have you ever been to a doctor because of the pain while practicing?

- ☐ No ☐ Yes

What do you do if something hurts you while practicing?

(If true, you can also tick several items.)

- ☐ I take a break. ☐ I practice less.
☐ I relax, and I do it this way: _____
☐ I am doing something different: _____

Have you ever told anyone about the pain when you practice?

(If true, you can also tick several items.)

- ☐ My mother ☐ My father ☐ Friends ☐ Instrumental teacher
☐ Other persons, namely: _____

Do you feel that your pain is taken seriously when you practice?

- ☐ No ☐ Yes ☐ Partially

Do you do sports?

- ☐ No ☐ Yes, about _____ times per week.