



UNIVERSITY OF TORONTO
FACULTY OF MUSIC

Lucy Li, Piano

MMus Recital 1

This recital is in partial fulfillment of the Master of Music in Piano Pedagogy.

Lucy Li is a student of Midori Koga

Saturday, June 7, 2025 at 4:00 pm | Walter Hall, 80 Queen's Park

PROGRAM

- I. Introduction: A Pianist's Guide to Healthy Practicing: Case Study on Injury Awareness and Coping Strategies
- II. Research Questions: What are some effective strategies for pianists to adapt to physical injuries when they happen?
What are some effective strategies for pianists to prevent future performance injuries?
- III. Literature Review Highlights:
 1. *Pianist's Rehabilitation: Three Cases* by S.H. Lee, et al.
 2. *Using Alexander Technique Principles with Beginning Piano Students* by G.M. Brandes et al.
 3. *The Collaborative pianist and Body mapping: A Guide to Healthy Body Use for Pianists and Their Musical Partners* by J. Bindel
- IV. Methodology: Results from two case studies of pianist's injuries, recovery, and prevention strategies
- V. Conclusion: sharing some helpful resources; introduction of performance repertoire

Sonatine

Maurice Ravel (1875-1937)

- I. *Modéré*
- II. *Mouvement de menuet*
- III. *Anime*

We wish to acknowledge this land on which the University of Toronto operates. For thousands of years it has been the traditional land of the Huron-Wendat, the Seneca, and the Mississaugas of the Credit. Today, this meeting place is still the home to many Indigenous people from across Turtle Island and we are grateful to have the opportunity to work on this land.

As part of the Faculty's commitment to improving Indigenous inclusion, we call upon all members of our community to start/continue their personal journeys towards understanding and acknowledging Indigenous peoples' histories, truths and cultures. Visit indigenous.utoronto.ca to learn more.
