



# Ergonomic drum harness

The harness has been developed by an osteopath, Antoine STEPHAN, whom is also a drummer of Cap Caval pipe band (grade 1) & the Bagad of St Malo (grade 1) in Brittany.

Benefits of the Physiodrum harness are :

- Reduced back pressure by 50%
- Better breathing
- Less muscular pains
- More endurance whilst playing
- No nerve compression

Once you have tried, you will notice immediatly the effects. Your posture will be improved and you will be able to move freely.

Over half of the Breton bands in grade 1 & 2 have adopted the Physiodrum harness.

The harness is adapted for all types of snare drums. For some brands, a universal kit might be required (sold as an option).

Comes in size :

- S (< 1.65m),
- M (1.65m < 1.90m)
- XL (> 1.90m or bigger frame).

