

STRETCHING EXERCISES

Compiled by Steve Hearn

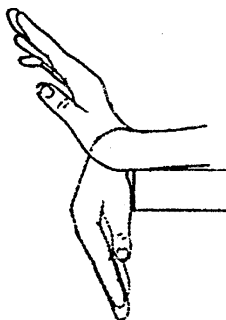
Physical demands during practice and performance can be just as demanding as those of a professional athlete. Great care should be taken in warm-up, cool-down, and up-keep to ensure many years of painless musicianship. The Cleveland Clinic Foundation, treating musicians with injuries, suggests the following stretching exercises to help prevent and/or recover from injuries caused by overuse.

When using to *warm-up* or *cool-down*, do each exercise 3-5 times **before** and **after** playing, as well as **during breaks**.

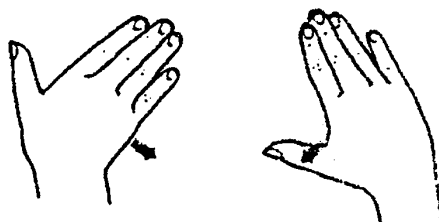
Do each of the following exercises slowly and gently, holding each position for 5 seconds. These exercises should not be painful. If you have increased pain decrease the number of repetitions or decrease the force of the movements.

(Remember - it is normal to feel a "pulling" sensation.)

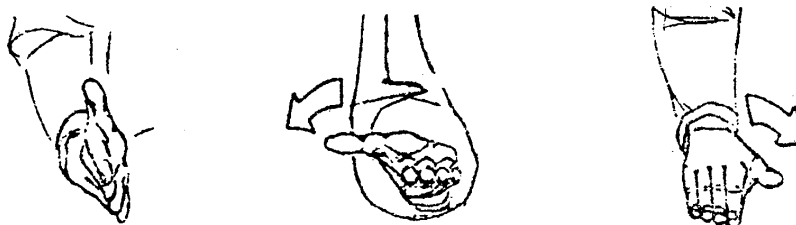
1-With forearm resting firmly on table top and the hand hanging over the edge, bend your wrist up as far as possible, hold for count of 5, then bend the wrist down as far as possible, and hold. Repeat.



2-Place your forearm on the table with your hand palm down. Move the hand toward the little finger side, hold, then move the hand toward the thumb side, hold. Keep the forearm still. Repeat.



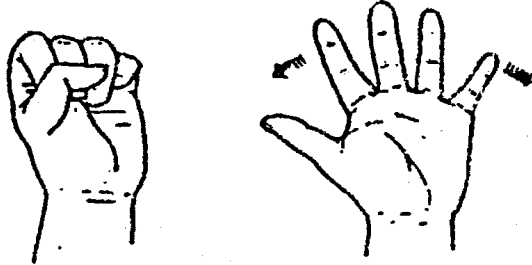
3-Hold arm next to side with elbow bent. Turn palm up as far as possible, hold, turn palm down, hold. Repeat.



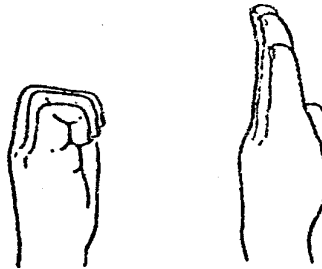
4-Place your hand flat on the table. Lift each finger, including the thumb, one at a time.



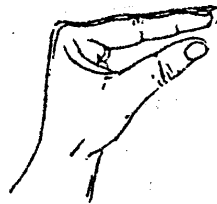
5-Make a tight fist so that the fingertips touch the middle of the palm. Hold for count of 5, then open hand completely and spread the fingers.



6-Bring the fingertips in tightly to the top of the palm of your hand. Keep your knuckles straight. Hold for count of 5, then straighten fingers fully.



7-Hold wrist straight, bend knuckles to a 90 degree angle holding middle and distal joints straight. Hold for count of 5, then straighten fingers fully.



8-Bend your thumb toward the base of your little finger, hold, then spread thumb away from the index finger, hold. Repeat.

