

WARM-UP EXERCISES PRIOR TO PLAYING INSTRUMENT

- ♪ The optimum speed of chemical reaction and metabolism is 102-103° F.
- ♪ Evidence suggests that speed strength and efficiency of contractions are enhanced by a rise in temperature of muscle toward that range.
- ♪ The only efficient way of raising muscle temperature is by work of the muscle itself.

10-15 mins. of active exercise for all upper extremity joints is recommended.

Exercises:

1. Shoulder flexion - both arms raised overhead then relaxed to sides - **7 reps.**
2. Shoulder abduction - both arms at sides - raise outward and upward over head then relax to sides - **7 reps.**
3. Shoulder shrugs - **7 reps.**
4. Pinch shoulder blades together - **7 reps.**
5. Elbow flexion-extend - bend and straighten elbows fully - **7 reps.**
6. Shoulder circles - Arms at sides rotate shoulders in circles - **7 reps.**
7. Palms up/palms down - **7 reps.**
8. Wrists up/wrists down - **7 reps.**
9. Bend wrist to little finger side then thumb side - **10 reps.**
10. Spread fingers - squeeze together - **10 reps.**
11. Bend fingers at PIP and DIP joints keeping MP joints straight, as in a hook - **10 reps.**

Avoid jerking motions. Perform each smoothly and with moderate speed.

COOL-DOWN EXERCISES FOLLOWING PERFORMANCE/PRACTICE

- ♪ After vigorous activity muscles may tend to cramp or experience fatigue/discomfort.
- ♪ Stretching muscles their entire length, holding, and then relaxing helps to alleviate these conditions.

10-15 mins. is recommended. Hold each for a long 5 counts.

Exercises:

1. Raise arms overhead - 5 reps.
2. Touch opposite shoulder and hold - 5 reps. each arm
3. Bend neck to the right then to the left - hold each for 5 counts - 5 reps.
4. Hands behind head elbows out to the side - 5 reps.
5. Clasp hands behind hips and roll shoulders outward - 5 reps.
6. Make a fist and bend wrist downward - 5 reps.
7. Straighten fingers and straighten the wrist backwards - 5 reps.
8. Fingers spread then relax - 5 reps.

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