



Discovering the Hand's Skeleton

AWARENESS THROUGH MOVEMENT FOR ALL INSTRUMENTALISTS

PRESENTATION CREDITS TO ALAN FRASER; MTNA E JOURNAL NOVEMBER 2009

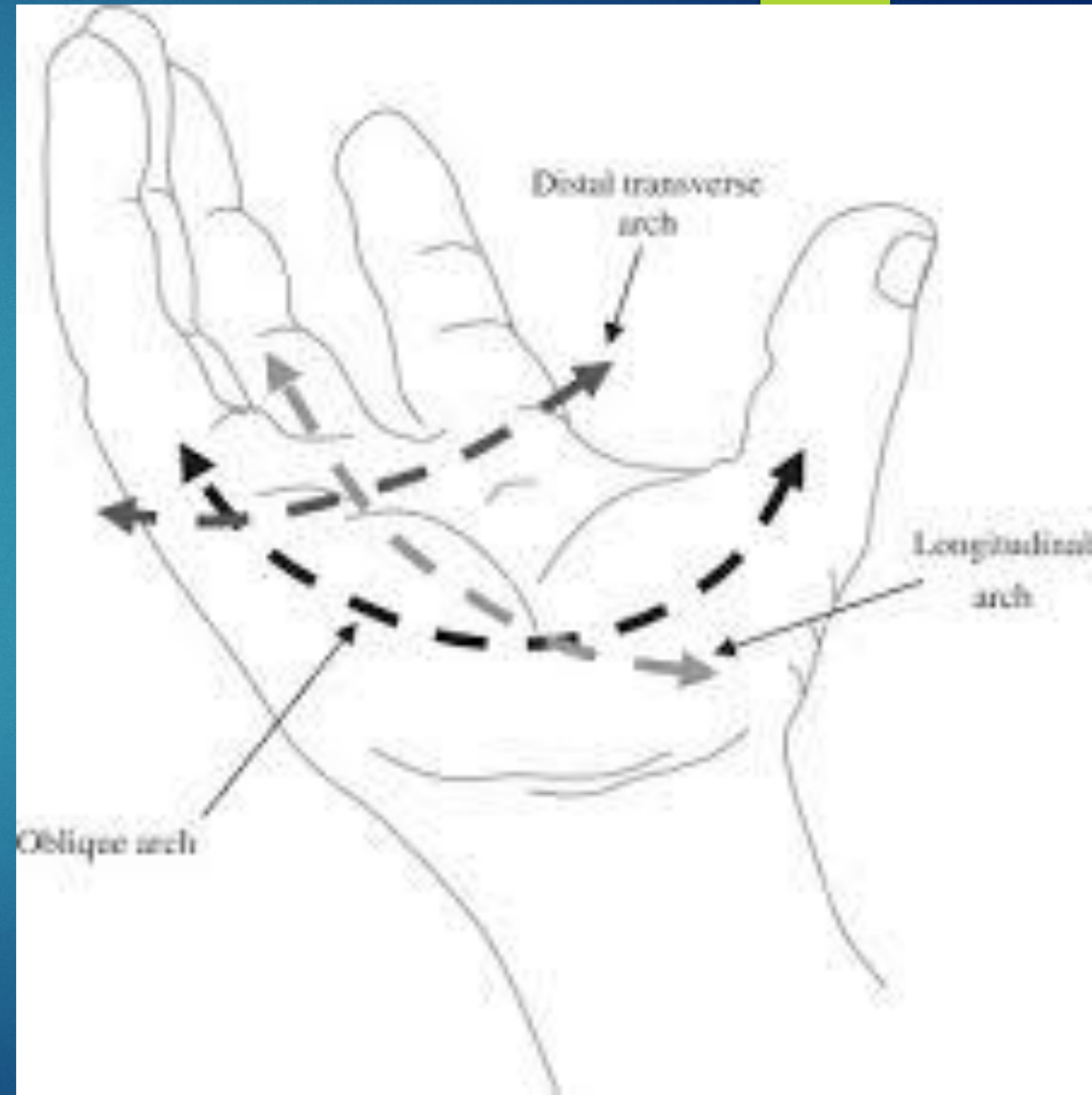
PRESENTED TO VCU SCHOOL OF MUSIC BY BRENDA JACKSON JANUARY 2019

Hand Arches

Distal Transverse Arch

Oblique Arch

Longitudinal Arch



Curved Hands without Muscle Tension



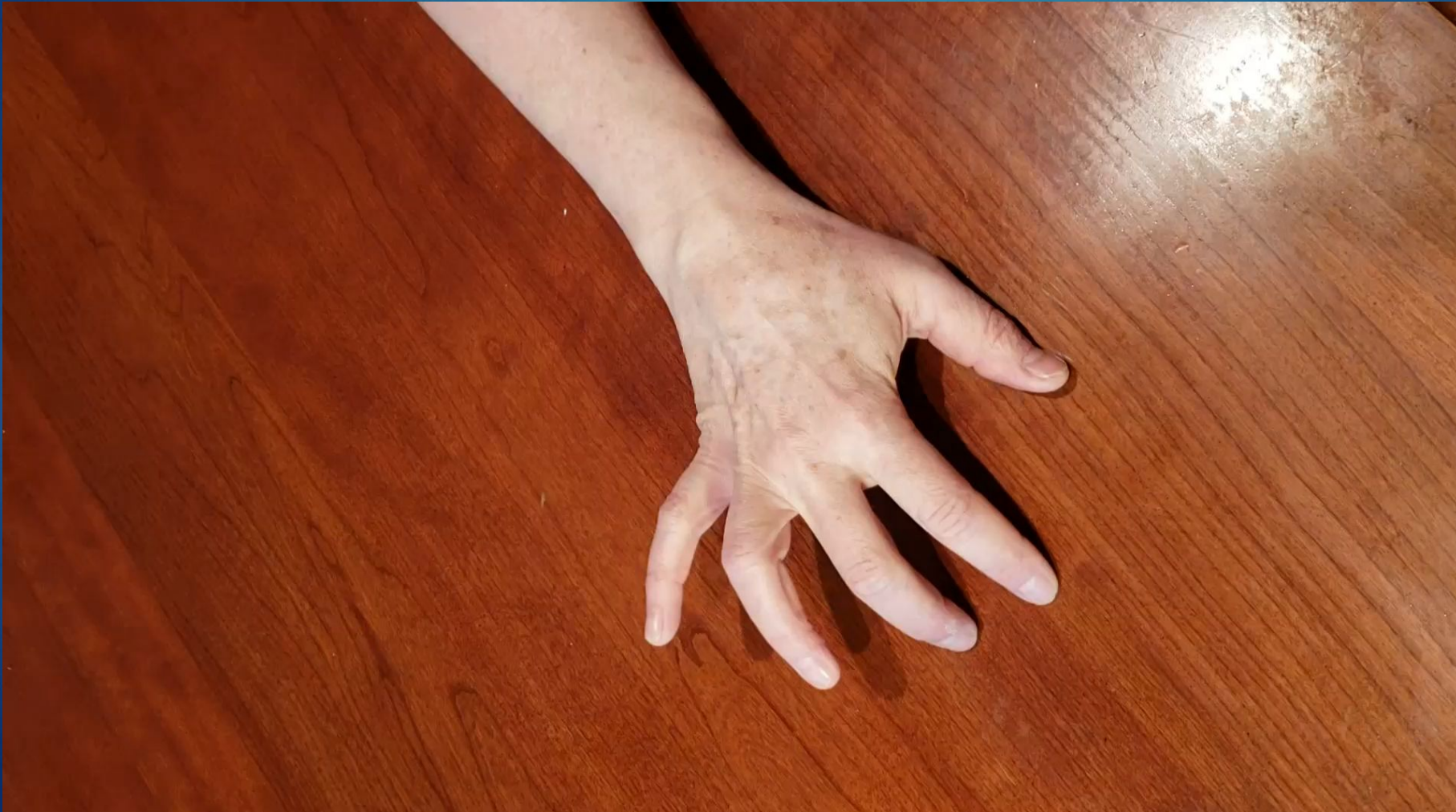
The Reference Position



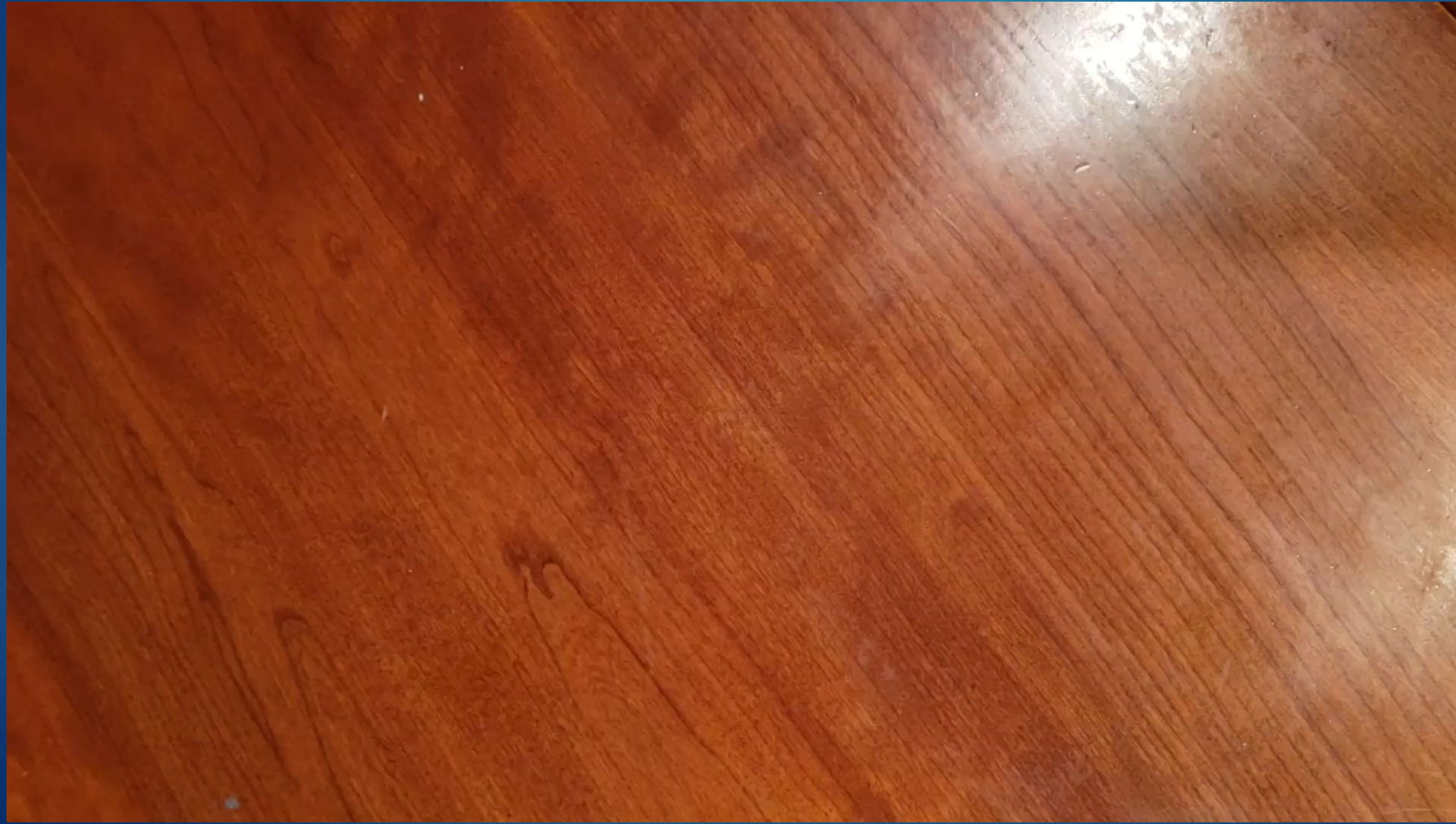
Wrist Flexion and Extension affect Hand and Finger Curves



Individual Finger Movements without wrist or forearm motion



Forearm Rotation Raises and Lowers Finger Tips Naturally



Comparison: Neutral Hand to Sunken Hand Positions

Neutral Wrist & Curved Hand

Sunken Hand/ Adds Pressure through forearm



Passive Finger Flexion

Neutral Wrist and Hand

Slightly Curled over the
Finger Nail



Passive Digit Flexion from nail to distal phalanx and middle phalanx



Passive Flexion onto Proximal Phalanx

- From the reference position, move the heel of your hand forward slowly until you are resting on the proximal phalanx and the back of your hand is vertical.
- Move your wrist back and forth for a self massage.





Left Fingers Pressing on Digits (Arch Struts)

Press through your second finger in various places.

Keep the muscles in your wrist and hand relaxed.

Apply pressure to the middle finger and see what happens, does it collapse?

Try to find the dome posture that stays arched with the Pressure.

This is the hand skeleton dome position of power.



Finger Tip Flexion from the long finger flexor muscles in the forearm

- From a flattened hand position, pull your finger tips towards your palm.
- Do you notice strain or tension in your forearm?



Straighten your fingers with the Lumbricals and Interossei

- Draw the arch of the palm up ward by cupping your palm
- Continue this until your fingers are straight and close to one another.
- This activity is using the small muscles in your hand to empower your arch



Reference Position

- ▶ Notice your hand dome
- ▶ Is your hand more relaxed?
- ▶ When you return to your instruments, try to remember the feeling of relaxed, arched hands.
- ▶ Playing your instrument from an arched hand with balanced movements from the intrinsic and extrinsic muscles is the goal.

