

WARM-UP EXERCISES FOR STRING PLAYERS

By Ronald Mutchnik

FLOOR:

Body Rock – Lie flat on a covered surface on the floor with arms by your side and your feet resting on the floor with bent knees. Push the trunk of your body towards your head so that the small of your back is flat with the floor then push in the opposite direction to create a curve in the small of your back. When making these movements, rock forward and back, do not slide. Repeat 10x slowly.

Pelvic Lift – With the same position as the body rock in which the small of your back is curved, lift the center of your body up gently from the hips and hold for 5 seconds then gently come back down. Repeat 4x slowly.

Clock – Lying flat on the floor, arms stretched out beside you, trace one arm on the floor and beyond your head and around to the other side drawing a circle clockwise and then counterclockwise. Do 4x, then repeat with the other arm.

UPRIGHT:

Vertical and Horizontal Head Nod – Moving the head from the base of the brain (not where the neck meets your back) gently nod your head up-and-down 5x, then side-to-side 5x.

Shoulder Roll – Roll both shoulders forward and backward 10x, then reverse direction.

Arm Shakes – Shake your arms in front of you. Allow your shoulders and hands to dangle about loosely.

Clock – Placing your feet perpendicular to each other (L-shaped), lift one arm up, drawing a circle clockwise and then counterclockwise. Do 5x, then repeat with the other arm.

Swim Strokes – Extend one arm while the other arm moves backward, imitating a front crawl swim stroke. Do 10x.

Backside Slaps – Allow your arms to twist around to one hip and then the other gently hitting your backside. Do 10x.

Criss-Cross Shoulder Taps – Resting your arms by your side, lift them up while crossing one hand and arm over the other, letting the right hand touch the left shoulder and the left hand touch the right shoulder. Do 10x.

FINGERS:

Fist and Fingers – Close your fingers quickly in a fist and release quickly. Do 15x.

Finger Flicks – Place the tip of your index fingers on the nail side against your thumbs and flick. Do 10x, then repeat in turn with the other fingers.

Knuckle Rubbing – Bring the knuckles of your nail joints together and rub them quickly back and forth generating heat. Repeat this process with the middle joint knuckles and then the base joint knuckles.

Nail Joint Flex – Place your right thumb (nail facing down, pad facing up) near eye level and take the tip of the index finger of your left hand and roll it back and forth on the surface of the thumb without moving the right arm or hand. Do 20x. Repeat with the other fingertips of your left hand.