

## **EXERCISES FOR FIDDLE PLAYERS** (To keep you 'fit for a fiddle'!)

This is a brief summary of the exercises demonstrated by Stewart Hardy at the TFA workshop on 29/3/2018. The summary is intended as a 'memory jogger' for those who were present. All exercises are carried out sitting upright on a kitchen chair. They should take about 10 mins. DO NOT FORCE IF PAINFUL. If in doubt, or concerned, seek medical advice.

1.     **Hands - warm up**  
Clap hands hard and rub the backs, palms, and fingers. Interlock fingers, both ways, rub palms. Repeat several times.
2.     **Arms - warm up**  
Make right hand fist, use inside of fist to knock outside of left arm up to shoulder and down, then inside, up to and including the chest. Repeat several times then do the other side.
3.     **Arms and Fingers - loosen**  
Dangle arms loosely by side. Wiggle, in order, ends of fingers (if you can!), 2nd finger joints, knuckles, wrists, elbows, shoulders. Wiggle as floppily as possible.
4.     **Fingers and thumbs - flexibility**  
Hold right hand up and out in front. Run finger tips across thumb, pinky first to index then roll wrist. Then in reverse, index first. Do same for left hand.
5.     **Shoulders - loosen**
  - 5.1    Small rolling movements forward, then gradually larger until shoulder blades almost meet. Repeat in reverse, stretching chest.
  - 5.2    Dangle arms by side, holding imaginary heavy weights. Breathe in and slowly lift shoulders, arms stay straight. Count 3, breathe out and then suddenly let drop. Repeat several times.
6.     **Neck - stretch**  
With chin retracted (tucked into neck), head upright, turn to left. Slowly breath in and out then stretch further. Repeat to right.
7.     **Shoulders - mobility and stretch**  
Place right hand over left shoulder, towards neck. Feel and massage muscle. Put left hand over right elbow, push down and back. Repeat other side.
8.     **Neck - finger massage**  
Put hands behind upper neck, fingers bent, finger tips just to side of midline. Work fingers up and down between main ligaments from neck to head.
9.     **Arm and shoulder - flexibility**
  - 9.1    Right arm out to right, thumb uppermost, swing across chest into crook of left arm. Hook left arm over right elbow and pull down, gently breathing in and out. Repeat on other side.
  - 9.2    Hold arms straight out in front, hands facing upwards ('Oliver'). Brings hands towards face, still touching, down between arms, backs of hands together, then straight out again, facing down ('Superman'). Reverse and repeat several times.
10.    **Neck and Arm - stretch**  
Sit square, head upright with retracted chin, right hand over top of head to left ear, pull gently to right. Use left hand to try to lift seat of chair. Repeat other way round.
11.    **Finger and arm - stretch**  
Arms bent, fists near shoulder, thumbs innermost. Straighten arms forwards and splay fingers into stars, palms facing away (jazz hands). Repeat several times.