



Stretches for Harpists

Body Stretches

3 Simple Body Stretches:

1. Because your head is usually turned towards the music stand, slightly downward, she suggests rotating your neck and stretching as you look over your right shoulder.
2. Because your arms are extended in front of you, and you might have lifted your shoulders (though good technique will prevent that), do the backstroke with your arms.
3. Because you've often been sitting with your weight unequally balanced on your left hip, shift your weight onto the right hip and reach down to the floor with your right hand.

Hand Stretches

Hand Exercise #1: Palm Stretch

Stretches the small muscles in the hand; permitting more flexibility in the hand.



Hand Exercise #2: Web Stretch

Stretches the small muscles in the hand and between the ligaments in the hands.



Hand Exercise #3: Finger Stretch

Stretches the fingers and allows for more flexibility in the joints.



Exercise #4: Forearm Stretch

Stretches the small and long muscles in the forearm for flexibility, and releasing tension.

