

HAND & BODY BASICS FOR CELLO

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OUTLINE

ANATOMY

- **NERVES**

 - Median

 - Ulnar

 - Radial

- **MUSCLES**

 - EXTRINSIC

 - Flexors (palm up)

 - 2 sets

 - Small finger

 - Extensors (back of hand/arm)

 - INTRINSIC (positioning/stability)

 - Claw vs. Duckbill

 - THUMB

 - Stability-intrinsic vs extrinsic

 - Thumb position

- **DIFFERENCES**

 - Thumb

 - Long flexors

 - Awareness & patterns of use (biceps vs intrinsics)

MOVEMENT

- Connected, supported, not isolated (importance of feet)
- Relax between each movement
- On vs. Off
- Differences in muscle use
- Awareness & intentionality

TREATMENT

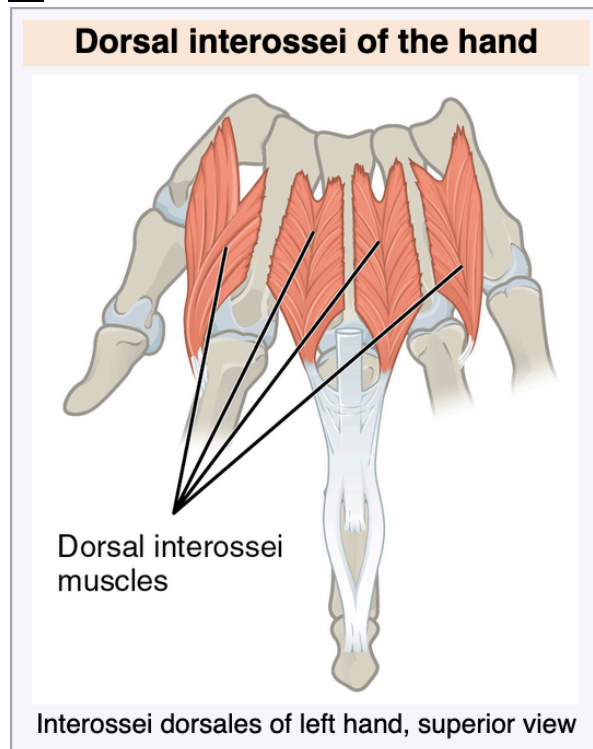
- Awareness & intentionality
- Rest, 2 weeks for inflammation (RICE)
- Muscle length-stretching, gentle (time vs. intensity)
- Conditioning (use of timer, progression)

PICTURES

Dorsal Interossei Muscles

https://en.wikipedia.org/wiki/Dorsal_interossei_of_the_hand

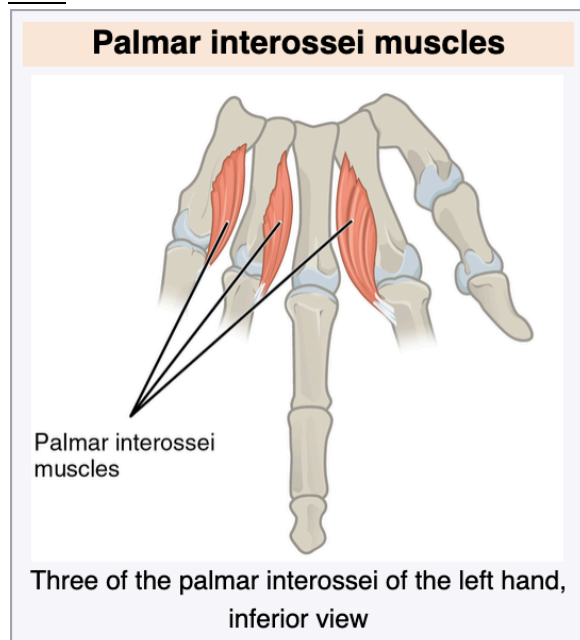
ABDUCTORS



Palmar Interossei Muscles

https://en.wikipedia.org/wiki/Palmar_interossei_muscles

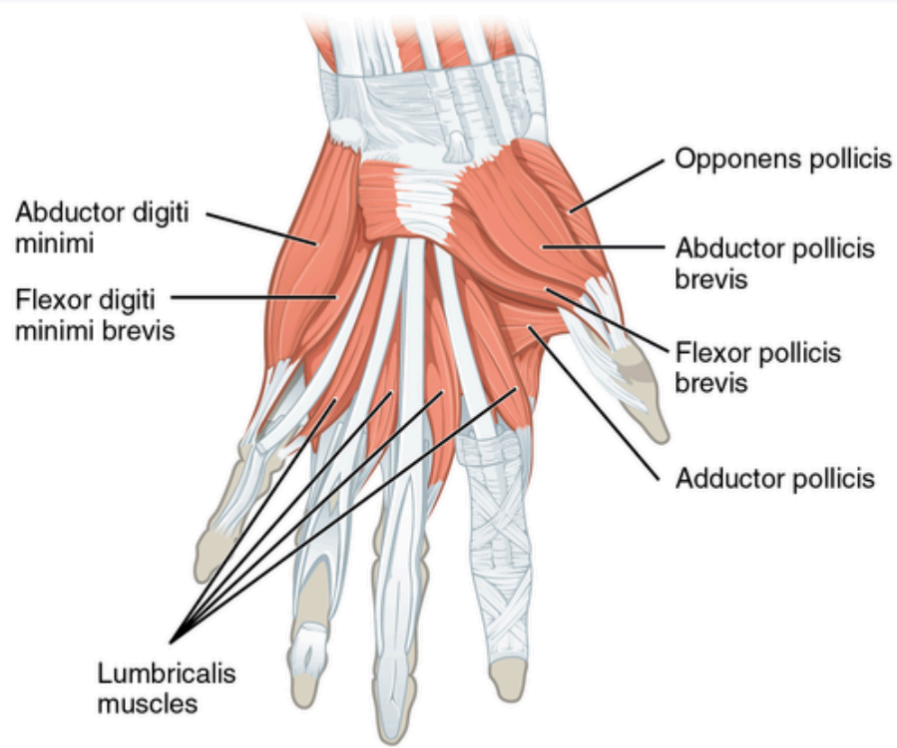
ADDUCTORS



Muscles of the hand (Palmar view)

https://en.wikipedia.org/wiki/Adductor_pollicis_muscle

Adductor pollicis muscle



The superficial muscles of the left hand.

Palmar view

Adductor pollicis is labelled at bottom right.