



# Band Virtual Learning

# 8th Grade Percussion

April 27th, 2020



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### **Objective/Learning Target:**

Students will learn about proper stretching before playing percussion instruments and the potential for physical injury such as carpal tunnel syndrome.



# Introduction:





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Imagine life without the use of your hands. We use our hands so instinctively in our day-to-day life (especially as percussionists) that it is natural to sometimes take their health for granted. But because they are made up of a complex structure of muscles, bones, ligaments, tendons, and nerves, your hands are prone to damaging conditions such as repetitive stress injury, carpal tunnel syndrome, and tendonitis.



## CTS and RSI:

The inside of the wrist contains tunnels, called carpal tunnels, through which the major nerves median, ulnar, and radial pass. This “median” nerve, which controls motor and sensory distribution in the hands and fingers, is sometimes compressed. Constant pressure on the carpal tunnel can obstruct proper blood flow and nerve transmissions to the hands and fingers causing numbness and tingling. This condition is referred to as **Carpal Tunnel Syndrome (CTS)**. Compression of the median nerve can be caused by tendonitis or a combination of flexed wrist with significant grip force requirements and repetitive movements - the same types of motions we use as percussionists. These stresses are commonly associated with cumulative trauma disorders of the hand and wrist, known as **Repetitive Stress Injury (RSI)**.

# Stretching:



1. Shoulder and Hand Stretch: Lace your fingers together and turn your palms away from your body as you extend your arms forward at chest level, keeping your shoulders back and down. Hold for 10 seconds, then lower your arms to your sides and repeat 5 times. *Stretches the shoulders, forearms, and fingers.*

# Stretching:

2. Overhead Stretch: Lace your fingers together and turn your palms away from your body [A], then extend your arms overhead, allowing your elbows to bend slightly [B]. Hold for 10 seconds, then lower your arms and repeat 5 times. *Stretches the upper torso, shoulders, and fingers.*



# Stretching:



3. Arm Stretch: Hold your right arm straight out in front of you and bring it across your chest toward your left shoulder. With your left hand, grab behind your right elbow and stretch your arm across your chest. Hold for 10 seconds, lower your arms, and repeat on the opposite side. Repeat 5 times. *Stretches the back of the arms and shoulders.*



# Stretching:

4. Wrist Warm-up: Sit with your arms at your sides and your elbows bent to 90 degrees. Without moving your upper arms, turn your hands so your palms face upward toward the ceiling [A], then downward, toward the floor [B]. Repeat 5 times. *Gently warms up the wrists and forearms.*



# Stretching:

5. Advanced Wrist Warm-up: Extend your arms in front of you, turn your hands so your palms face the ceiling, turning your elbows as far as they can go [A], then in the opposite direction, so that your palms are facing opposing walls [B]. *Stretches the wrists, elbows, forearms, and shoulders.*



# Stretching:



6. Wrist Stretch: Extend your right arm in front of you and bend your wrist back. With your left hand, reach across and grab the tips of your fingers on your right hand. Gently pull the fingers back toward your body. Hold for 10 seconds, lower your arms and repeat on the opposite side. Repeat 5 times. *Stretches the wrists, forearms, and fingers.*

# Stretching:

7. Hand Warm-up: Raise your arms to chest level, elbows slightly bent. Make a fist with both hands [A], then extend your fingers, spreading them out and apart without strain [B]. *Gently warms up the hands and fingers.*





## Additional Warm Up Thoughts:

Try completing these stretches before you start your warm-up routine to ensure that you don't end up with serious long-term effects from playing!

Keep working to play with the BEST technique possible!

Try your best to set aside time EVERY DAY for at least 15 minutes of practice. The skills we have learned will be lost if we don't continue working and refining them!!