

healthy hands for traverso

Safe Practice Protocol

WARM-UP

Video Series 1:

1. "Hooks" 1 min per exercise
or 20–30 slow reps
2. "Beaks"
3. "Fists"

FLUTE PRACTICE

maximum 30 minutes

MUSCLE STRETCHING BREAK

Video Series 2:

1. Finger flexor muscles stretching 1 min per exercise
or 20–30 slow reps
2. Finger extensor muscles stretching
3. Hand intrinsic muscles stretching
4. Thumb stretching

COOL-DOWN

Video Series 2 + Video Series 3:

1. Median nerve stretching +
neurogliding 1 min per exercise
or 20–30 slow reps
2. Ulnar nerve s. + n.
3. Radial nerve s. + n.

IF DISCOMFORT APPEARS

DO	Pause intensive practice - Consult a hand specialist
DON'T	Avoid DIY treatments - Do not evoke pain - Do not fixate on symptoms

Developed by **Dr. Camilla Refice**, Hand therapist & professional flutist.

Use preventively, not only when pain appears.

www.traversopractice.net/practice-pill-healthy-hands.html

