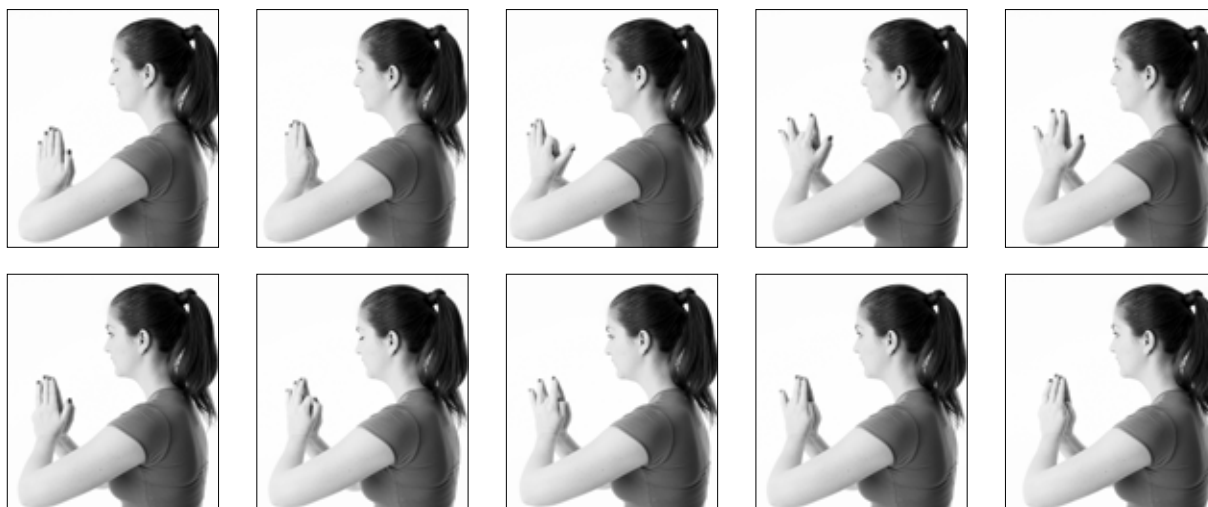


Church piano fingers



Purpose

- // Mobilisation of the nerves and fascia in the upper limb.
- // Strengthen the flexors of the forearm.
- // Increase mind-body awareness, concentration and focus

Particularly good for

- // Clients with arthritis and difficulties with concentration and memory. Also good for those people who have diseases such as Raynaud's phenomenon or other conditions that affect the peripheral nervous system.
- // Those clients are about to undertake or are undertaking chemotherapy, as it can affect the peripheral nervous system and it is important to try and keep the neural pathways working.
- // This exercise is also helpful for those with increased neural and fascial tension in the upper limb.

Exercise

This exercise can be done standing or in a seated position. Ensure that the person is in an aligned spinal position. It also helps if this exercise is performed in a quiet environment to help with focus.

1. Palms come together with the fingers spread and in prayer position at chest height (at the sternum). Ensure that the person has a sense of space of the humeral heads in the glenohumeral socket.

2. Start by flexing the thumbs in towards each other, while keeping the other fingers still and the fingers and palms retaining contact. Bring the thumbs back to the starting position.
3. Continue by progressively tucking in the fingers of the hands that you work through by tucking the equivalent finger on each hand down and inside the prayer shaped hands. You move onto the index, middle, ring and pinkie fingers. Then reverse directions.
4. Once you have tucked each finger in you then add the following pattern:
 - a. Tuck the thumbs in then the second fingers
 - b. Tuck the thumbs in then the third fingers
 - c. Tuck the thumbs in then the fourth fingers
 - d. Tuck the thumbs in then the pinkie finger
 - e. Keep the thumb out and tuck in the second fingers and third fingers
 - f. Tuck in the second fingers and the fourth fingers
 - g. Tuck in the second fingers and the pinkie fingers
 - h. Tuck in the third fingers and the fourth fingers
 - i. Tuck in the third fingers and the pinkie finger
 - j. Tuck in the fourth fingers and the pinkie finger



Precautions

This can irritate those people prone to neck pain and tension.