

Hand Health for Dulcimer Players

Ken Hulme

Try these five stretches/exercises to increase your manual dexterity and general hand health



Part 1

Step 1

Elbow bent 90 degrees with wrist bent 90 degrees



Part 1

Step 2

Rotate little finger up to touch your nose



Part 2

Step 1

Rotate hand away and around



Part 2

Step 2

Press against back of hand



Part 3

Prop elbow on hip. Pull blade hand down. For extra workout do each finger individually.