

## Small Hands: Positions and Movements to Avoid

[Tactile feedback—discomfort, awkwardness, stiffening, slackening of tempo]

Tight wrist/shoulders

Pushed-down wrist and/or bridge

Downward-tilted wrist and playing on side of fingers

Splayed hand position with fingers angled outward

Stiffness—holding tension

Grabbing

Keybedding

Swivelling/twisting

Abrupt or exaggerated gestures

Reaching for keys with the fingers

Excessive reliance on finger legato

Holding keys down longer than necessary

Abrupt/unnecessary forward/backward motions