

HANDS - NAILS

- Teach how to turn head from side to side by tracing a semi-circle on the floor with chin.
- To find which hand to work on: lie on your stomach and notice which side your head naturally lies and which arm your nose points towards. Then turn to the other side. Choose most comfortable side.

TEST:

On back, BK with soles of feet on floor, place both arms out sideways and play the piano on the floor with first one hand and then the other hand, fast and light.

1. Place the palm up of the hand you're working with and press all five nails toward the floor. Feel the extra effort in your face, in your jaw, and in your eyes. Press and let go several times. How difficult is it to do this with your thumb?
2. (Establish names of each finger now: little finger, middle finger, ring finger, pointing finger)
 - a. Press the nail of your little finger and hold it and release several times. Is it harder or easier than the whole hand? Are you shortening your arm to press? Can elongate arm instead? Let go of any strain in the shoulder. Continue with:
 - b. Ring finger
 - c. Middle finger
 - d. Pointing finger
 - e. Thumb. Can you feel the connection with your back?

REST on back. Feel the difference between the R arm and the L arm.

3. Repeat 1. Repress all five nails. Is that different? Easier?
4. Make a light fist and:
 - a. Press only your thumb nail into the floor. Keep the rest of the fingers in a light fist. What happens to your back, chest, shoulders?
 - b. Press the nail of your little finger into the floor. Is that more or less difficult than the thumb?
 - c. Press your ring finger into the floor.
 - d. Press your middle finger into the floor.
 - e. Press your pointing finger into the floor.
 - f. Repress all five fingers into the floor.
5. Lie on your stomach with your working arm sideways and your leg on that same side slightly bent with the inside of your foot lying on the floor. Place the palm of your hand on the floor and become aware of the cushions of the palm of your hand located around the edges of your palm just below where the fingers start. Lift your fingers several times. Now don't allow the cushions of the hand to come up off the floor as you lift the fingers and notice how much more information you receive when the cushions of the palm remain on the floor.
 - a. Lift your thumb several times (notice the difference when you press into the floor before you lift... How is that different... What is different in the initiating of that movement from the lifting movement?
 - b. Lift your pointing finger several times

- c. Lift your middle finger several times.
 - d. Lift your ring finger several times.
 - e. Lift your little finger several times. Can straighten elbow easier now?
- 6.
- a. Lift your thumb and your little finger.
 - b. Lift your thumb and your ring finger.
 - c. Lift your thumb and your middle finger
 - d. Find some other combination of your fingers not using your thumb.
7. Lift all five fingers several times. Then keeping your wrist on the floor, lift your palm. Are you contracting, are you shortening the muscles or lengthening? How much can you flex back at the wrist easily? Is it becoming clearer how to do this?
- 8.
- a. Lift first all five fingers.
 - b. Then your palm and
 - c. Then your arm sequentially.
- Again, explore lengthening instead of shortening. Are you contracting something in your neck? Can you let go of doing that? Is it getting easier now? Does the arm lift require a slightly different angle? Can you slide your shoulder blade some toward spine and still lengthen the arm? (Hands-on to show more possibility - this is an “auxiliary movement”)
9. Gently turn your head to the other side tracing a semi-circle on the floor with your chin and reverse the position of your knees so now the other one bends out to the side and continue working with the same arm.
- a. Lifting all five fingers then
 - b. Lifting the palm then
 - c. Lifting the arm several times.
10. Return your head and knee to the original position and lift first your fingers, then your palm and then your arm. How does it feel to lift your whole arm now? Is it easier?
- a. Roll on your back and rest and compare both sides of your chest, your legs and your pelvis. Roll your head from side to side.
- TEST
- b. Play the piano with the hand that has been worked on. Then the other hand.
 - c. Roll to sitting and then stand and compare both sides of your body. Compare the length of your arms and how released is the shoulder that you worked on?
 - d. Lift both arms above your head and notice that the arm that has been worked with may be closer to the head than the other.
 - e. Reach with worked hand toward ceiling, then try other.
11. Lie down and TRANSFER. Do a P.L. Do the tests again.

TRANSFER

- 12. Play piano again.
- 13. Stand. Lift one arm and then other, and reach. Walk around. Explore new abilities.