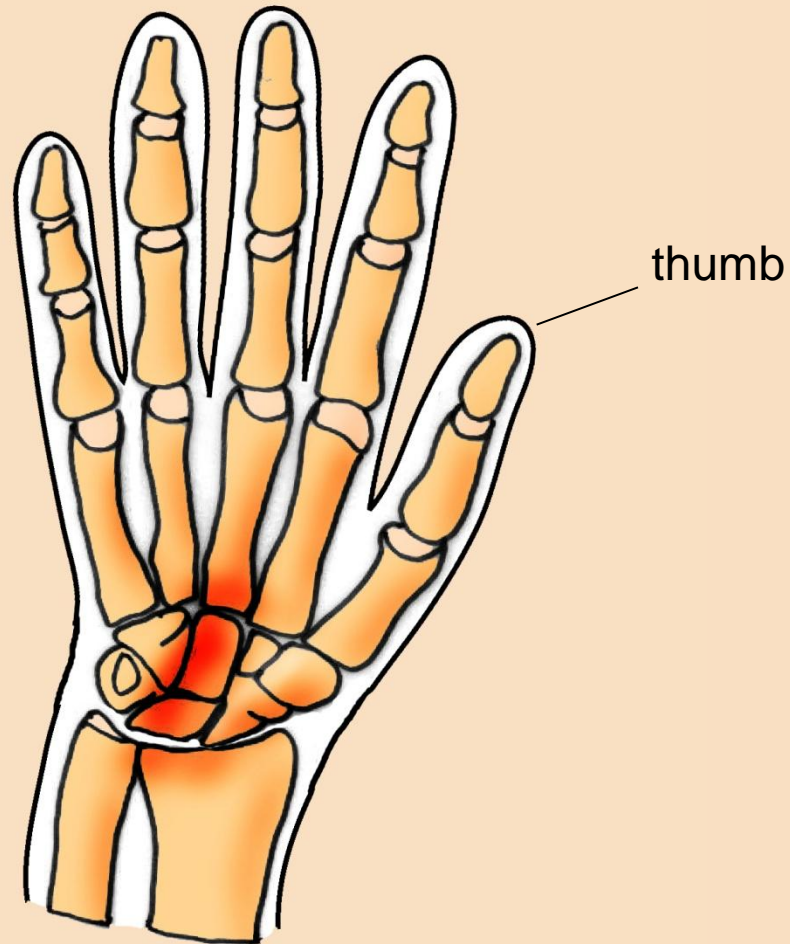


# Wrist position during instrumental performance

## Right hand viewed from the palmar side

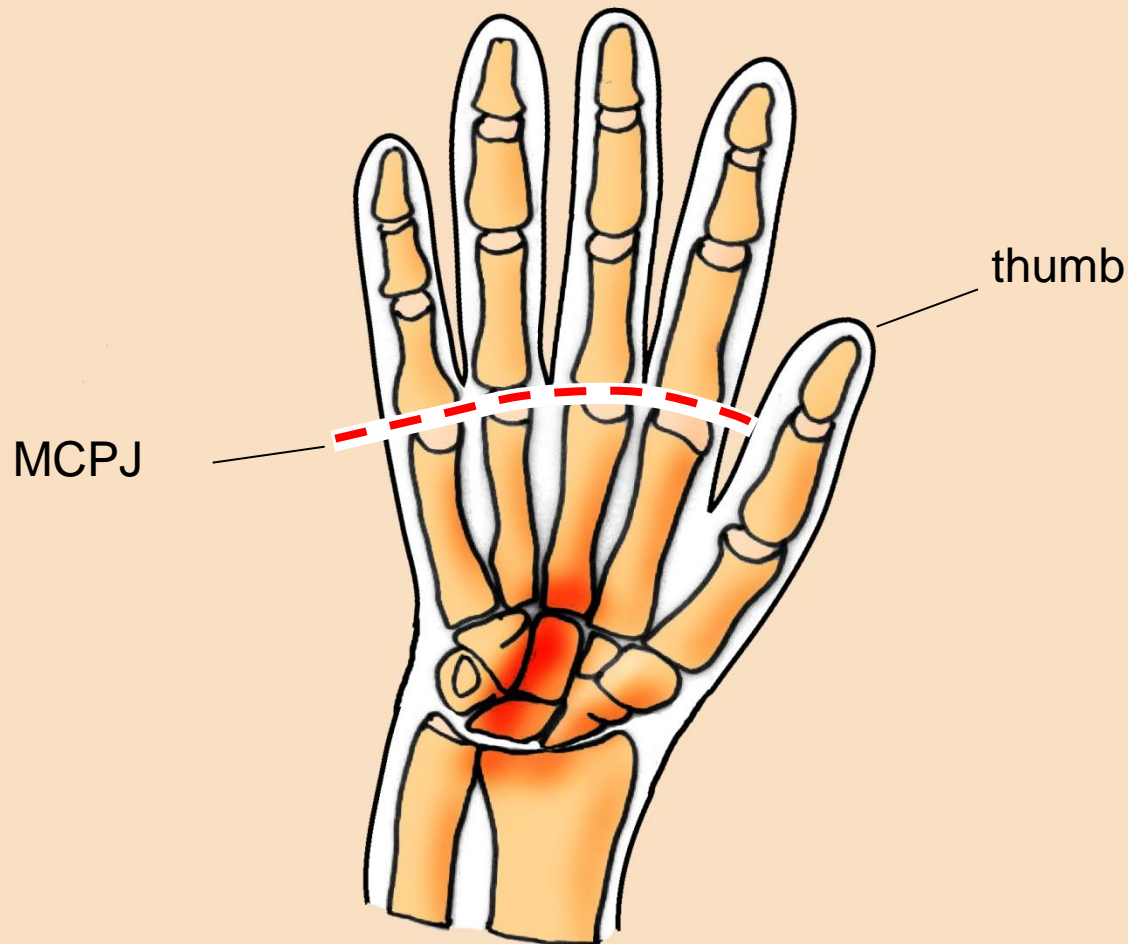
Dr Alan Watson



**These are the important structures for this animation**

## Right hand viewed from the palmar side

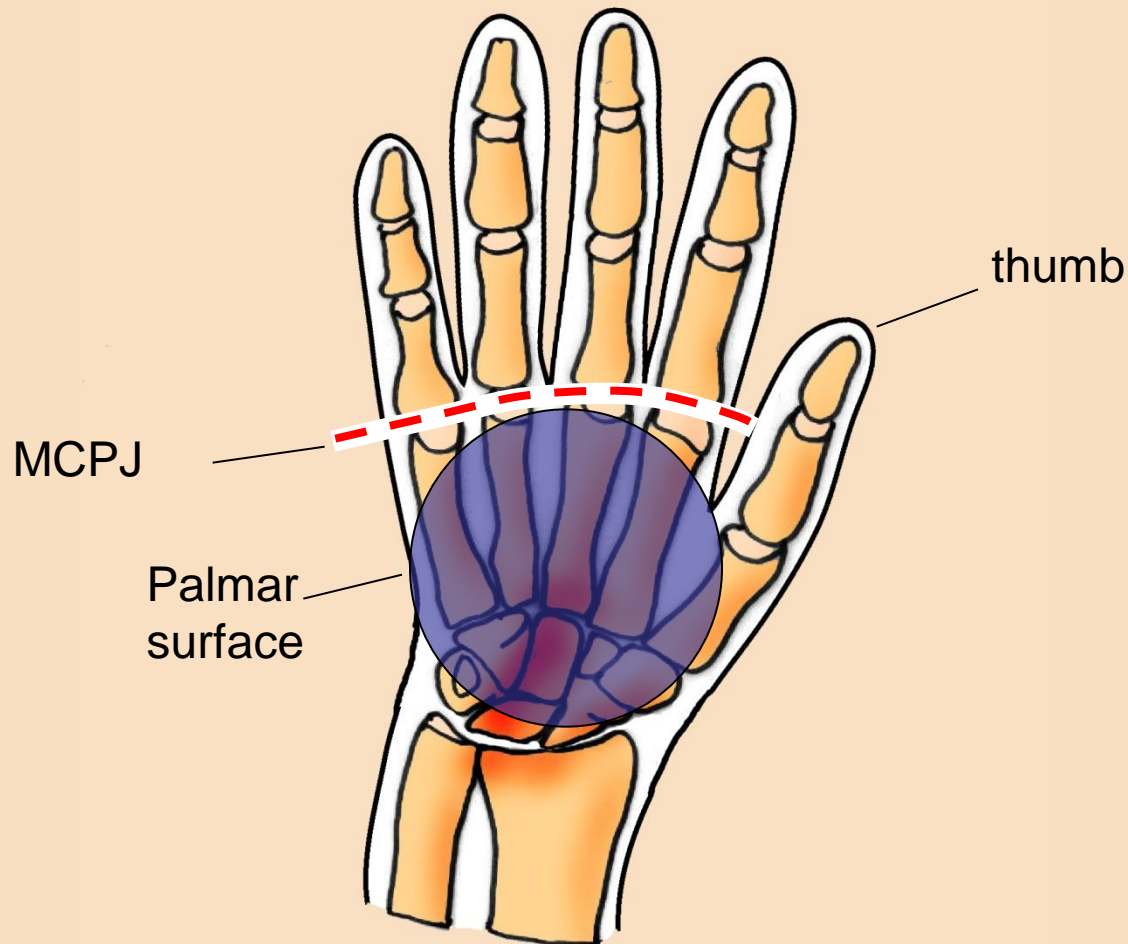
Dr Alan Watson



**These are the important structures for this animation**

## Right hand viewed from the palmar side

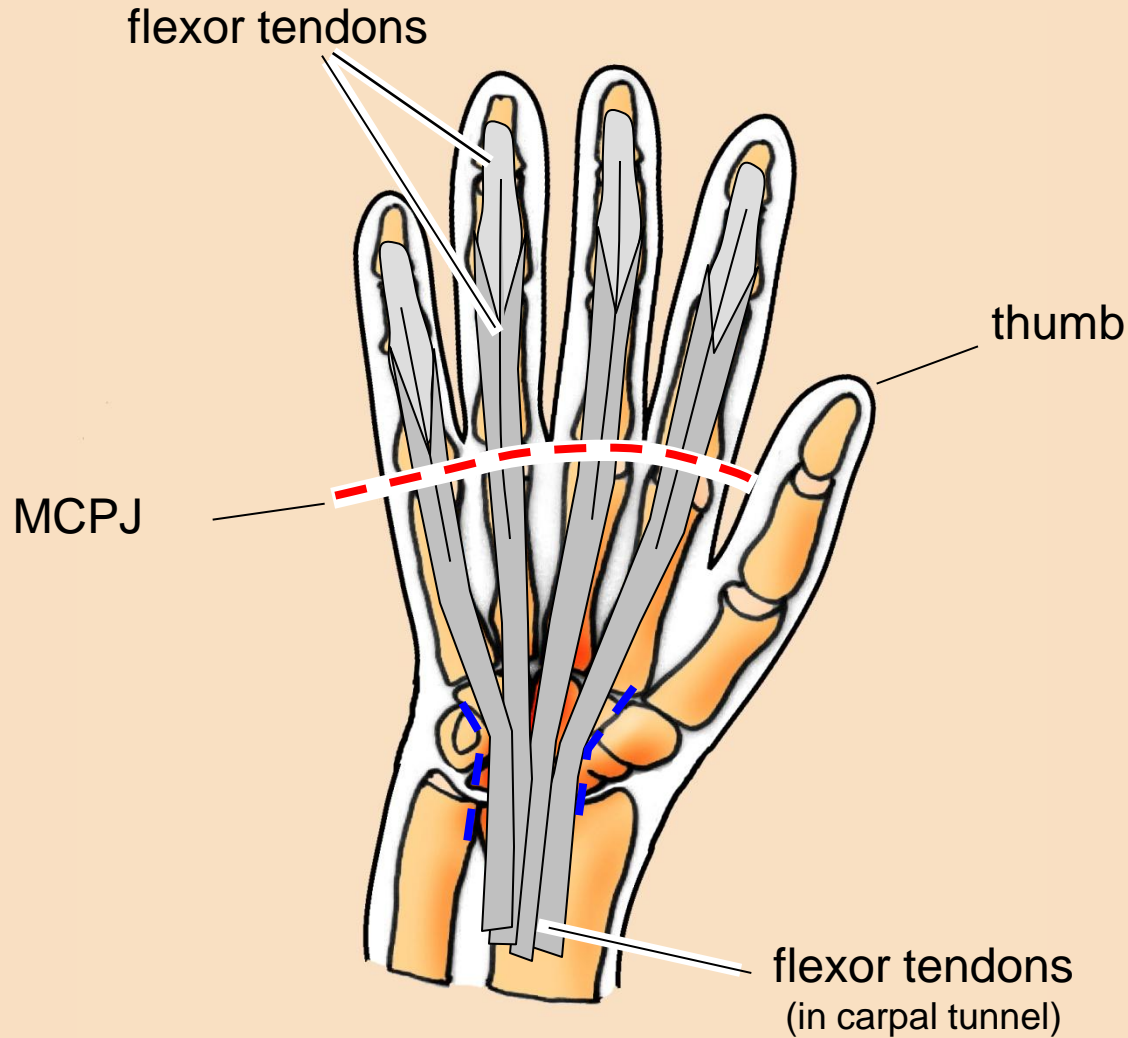
Dr Alan Watson



**These are the important structures for this animation**

## Right hand viewed from the palmar side

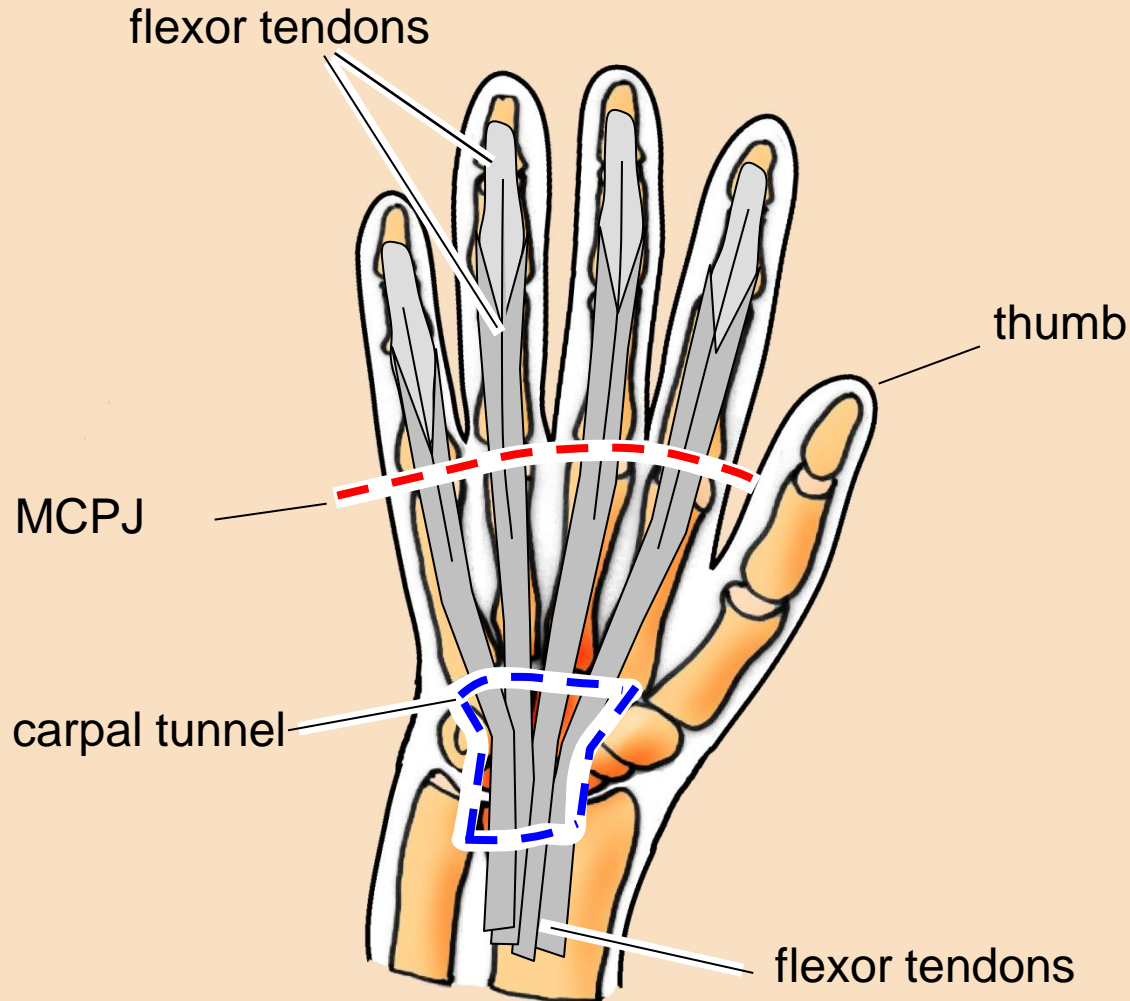
Dr Alan Watson



**These are the important structures for this animation**

## Right hand viewed from the palmar side

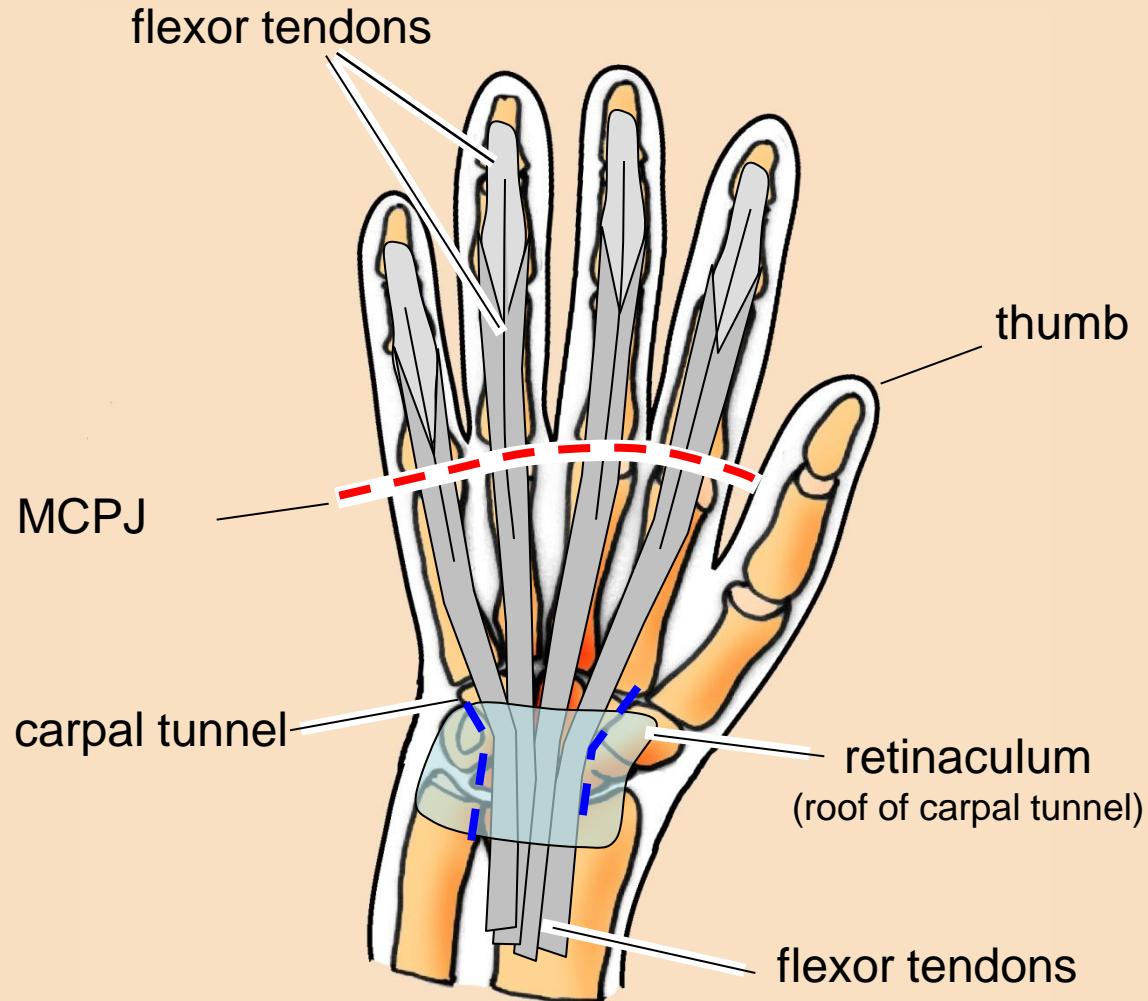
Dr Alan Watson



**These are the important structures for this animation**

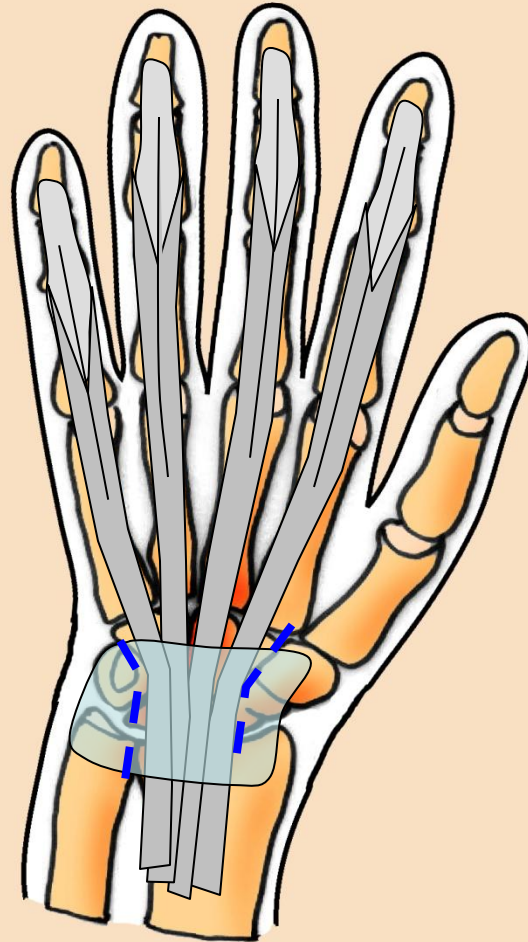
## Right hand viewed from the palmar side

Dr Alan Watson



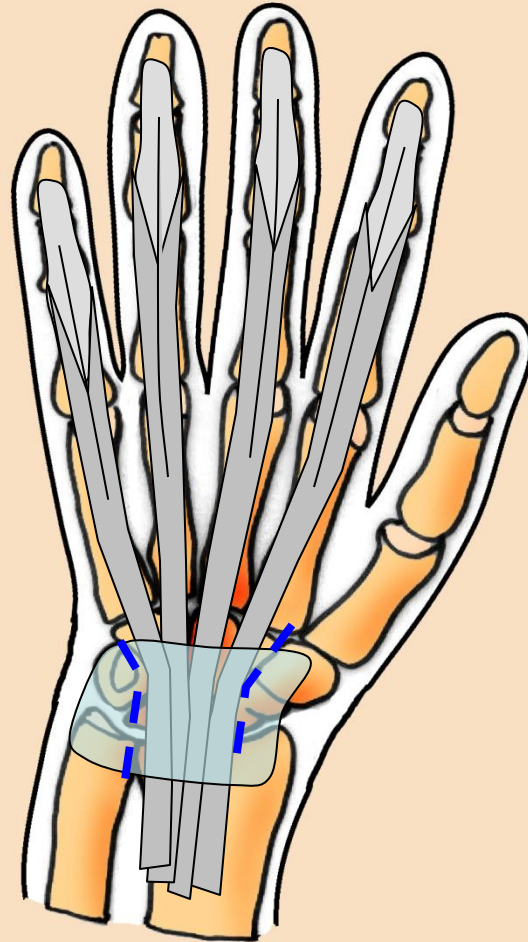
**These are the important structures for this animation**

## The neutral position.

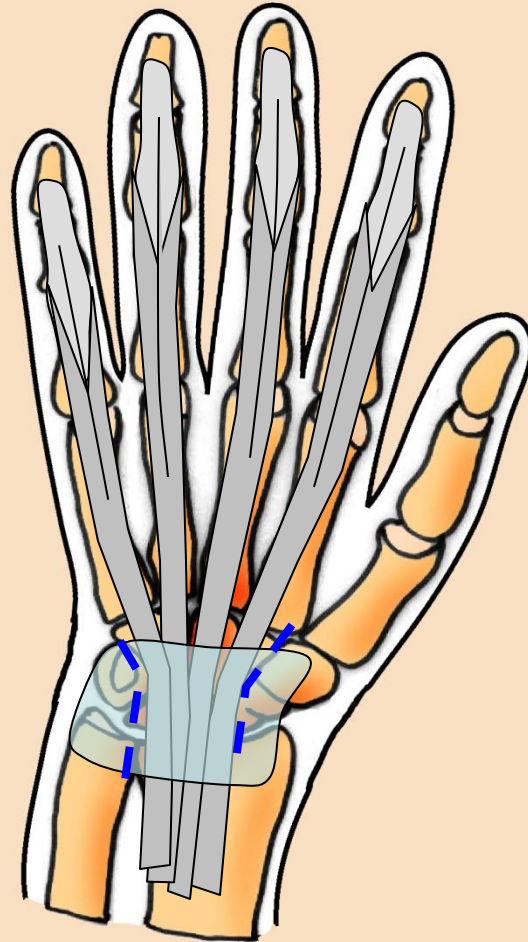




## The neutral position.



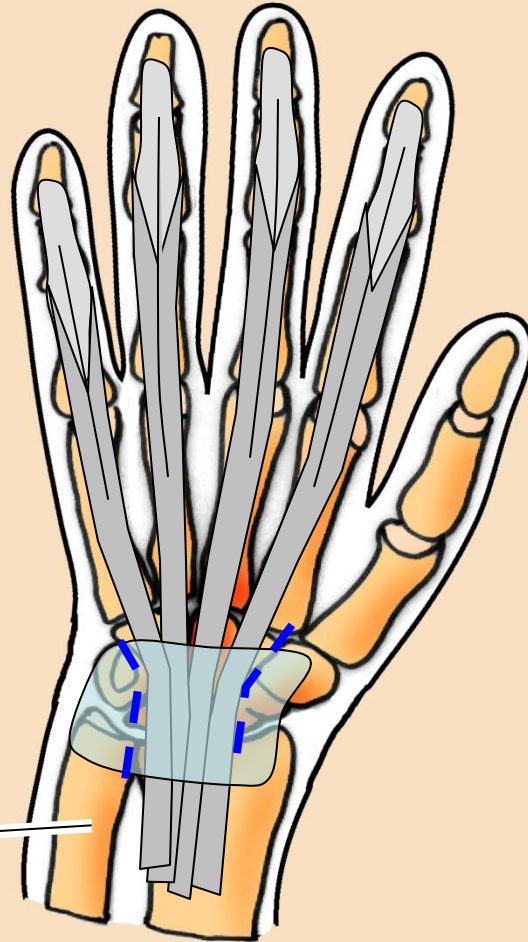
## The neutral position.



ulnar deviation



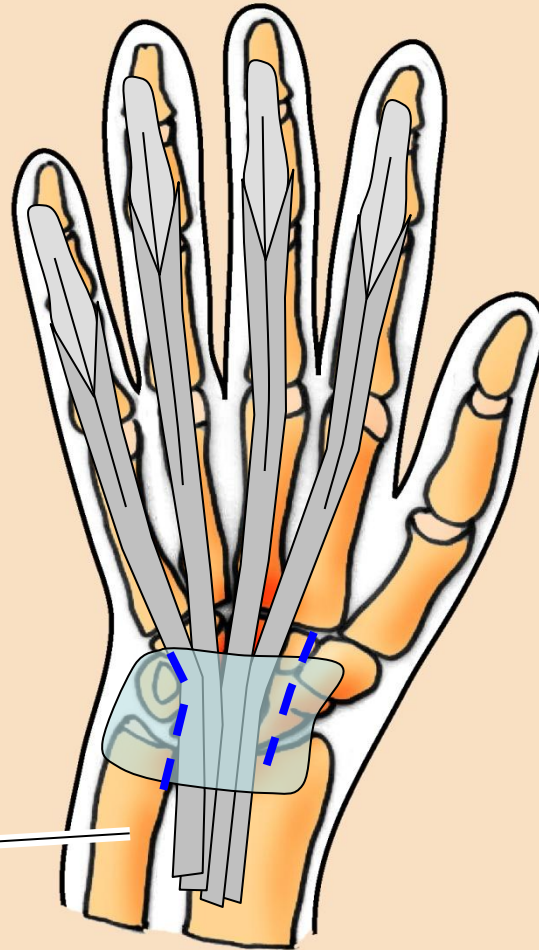
ulna



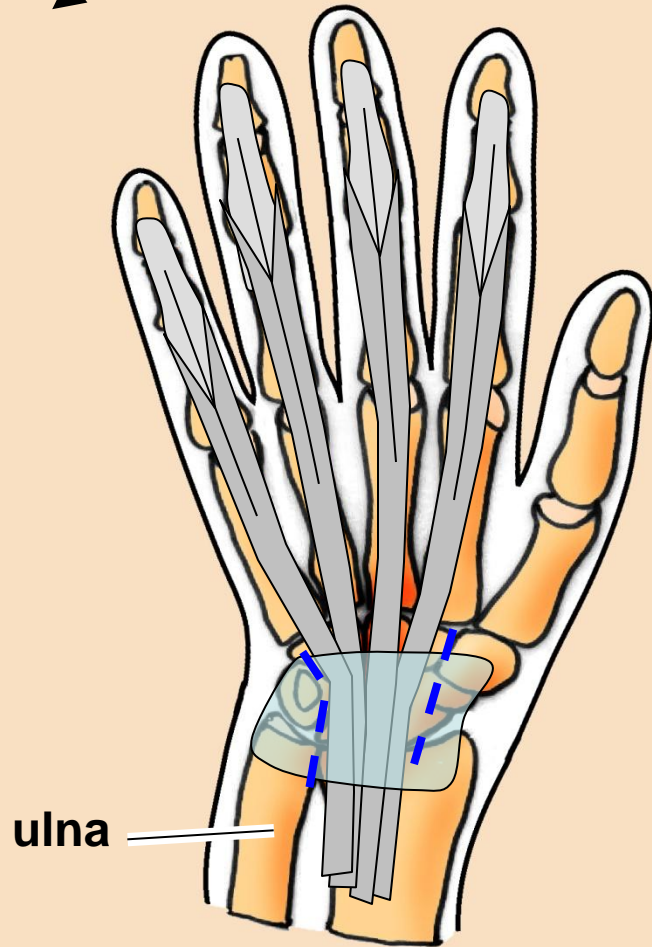
# ulnar deviation



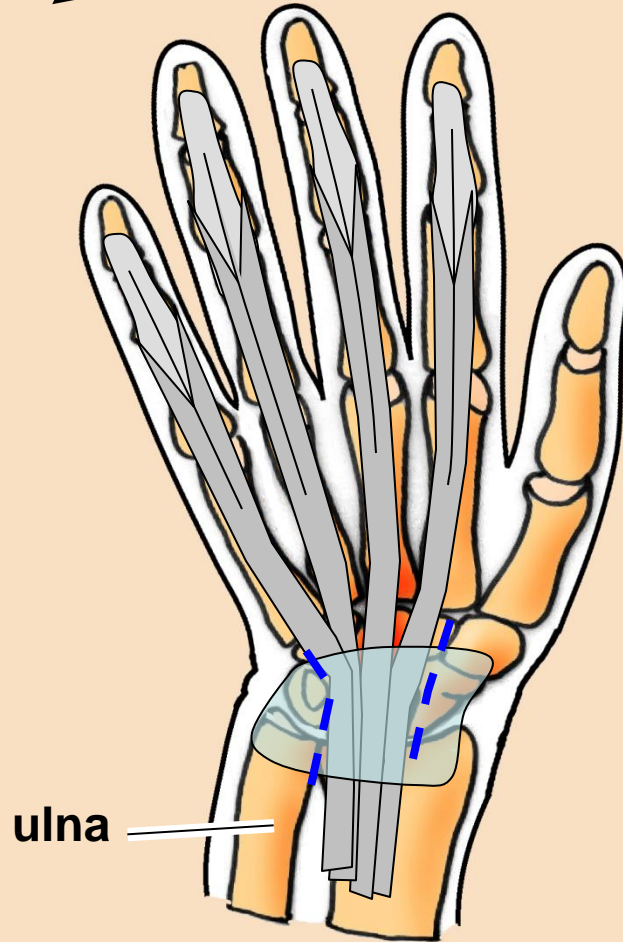
ulna



# ulnar deviation

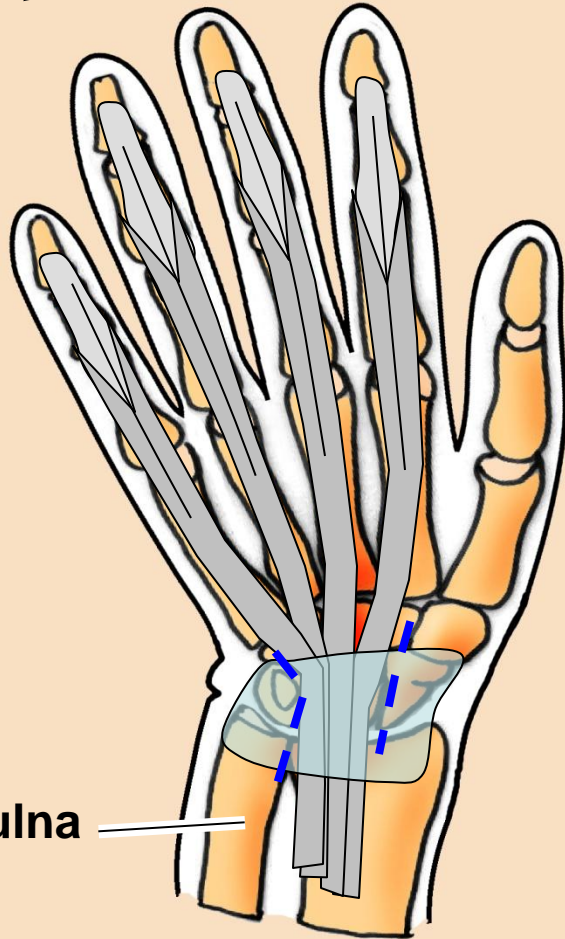


# ulnar deviation



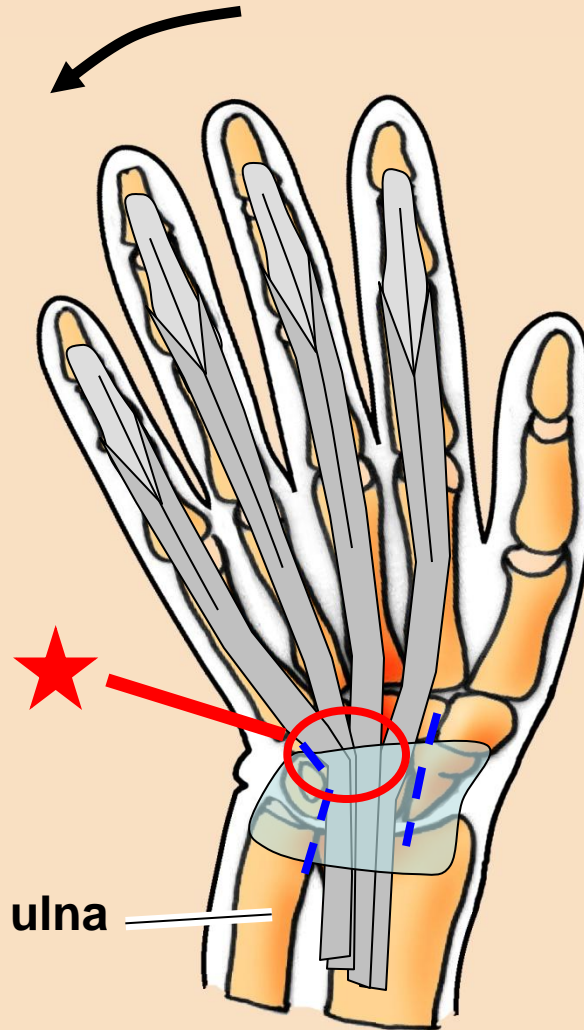
ulna

# ulnar deviation



ulna

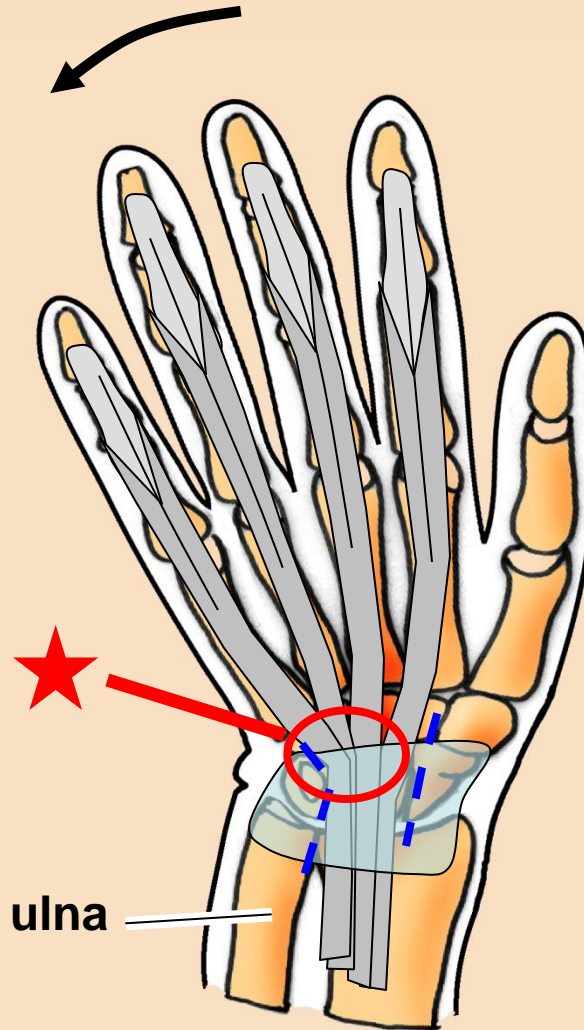
ulnar deviation



**The carpal tunnel has become narrower and the tendons of several fingers are pushed together on the ulnar side**

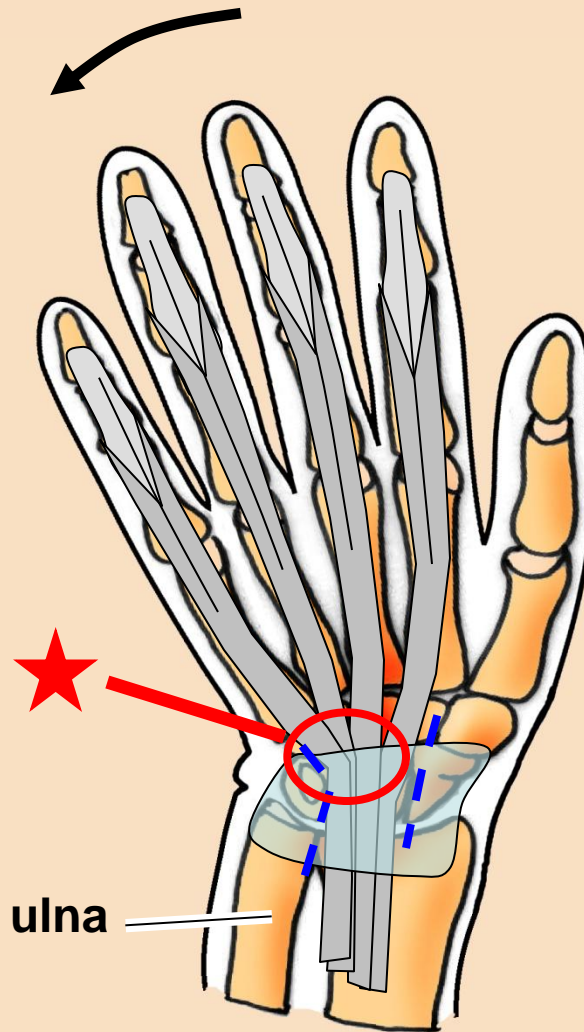


ulnar deviation



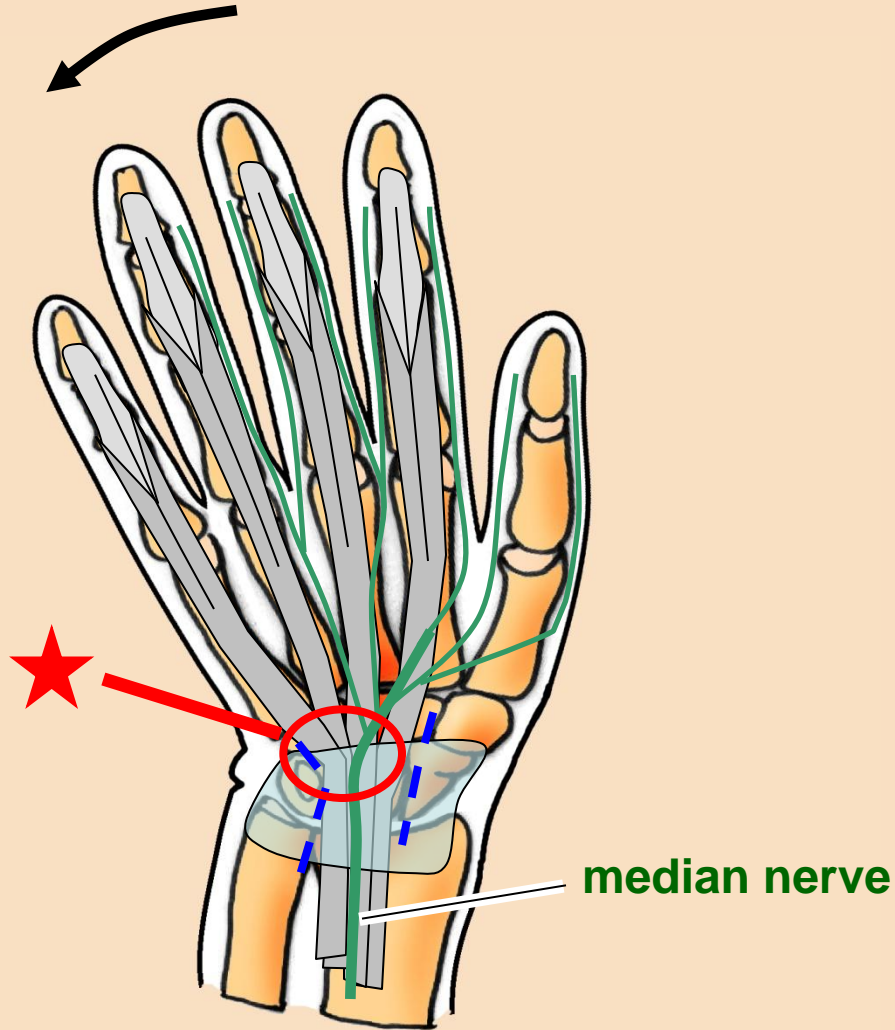
**When the fingers move, the tendons rub against the walls of the carpal tunnel and against each other**

ulnar deviation

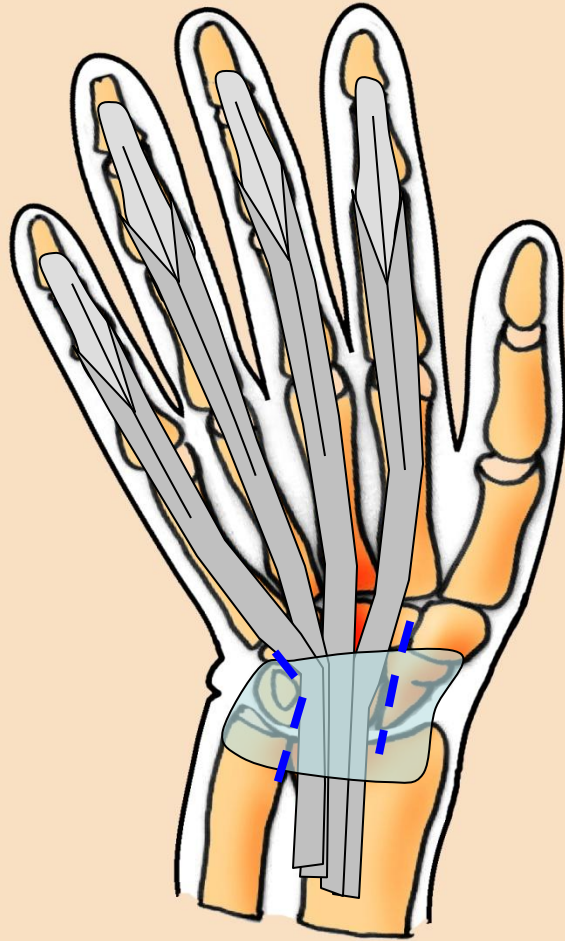


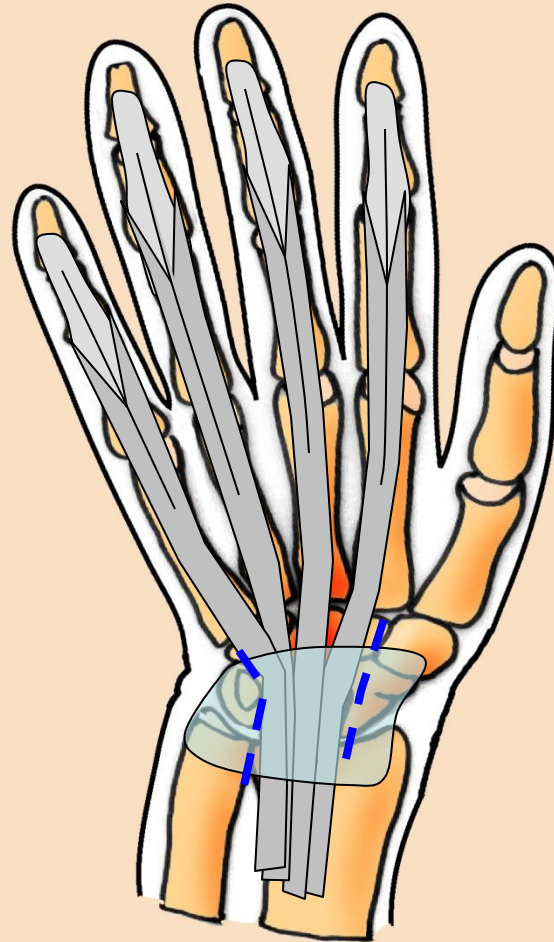
When the fingers move, the tendons rub against the walls of the carpal tunnel and against each other – this can cause inflammation and pain

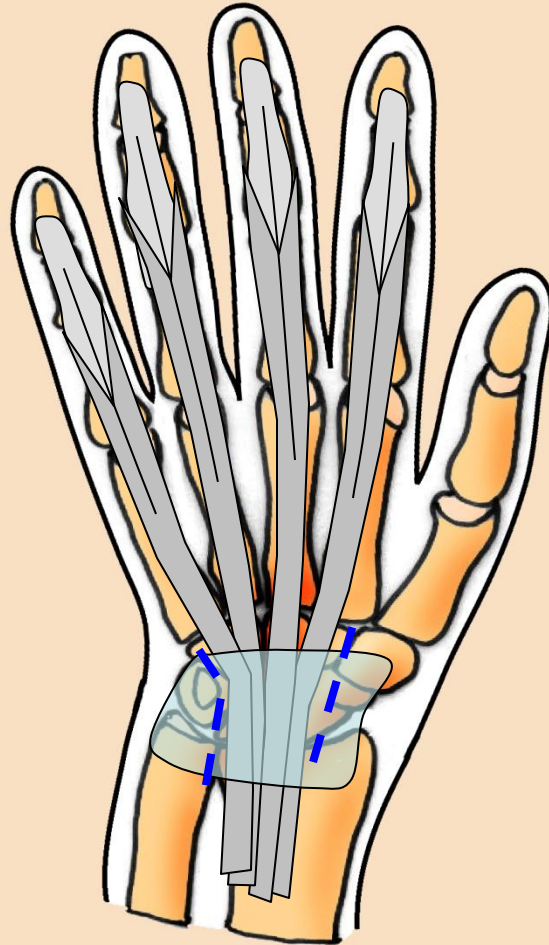
ulnar deviation

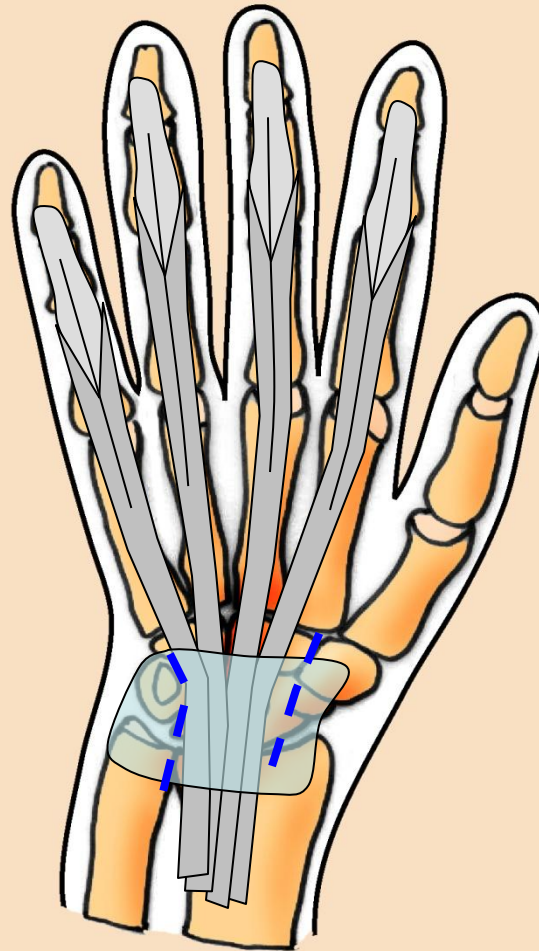


The swollen tendons may also compress the median nerve to cause  
“carpal tunnel syndrome”



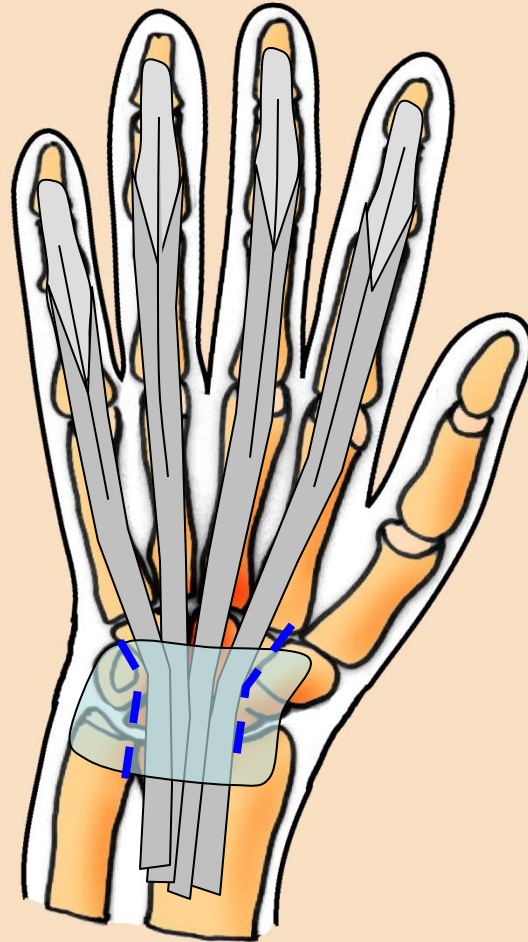






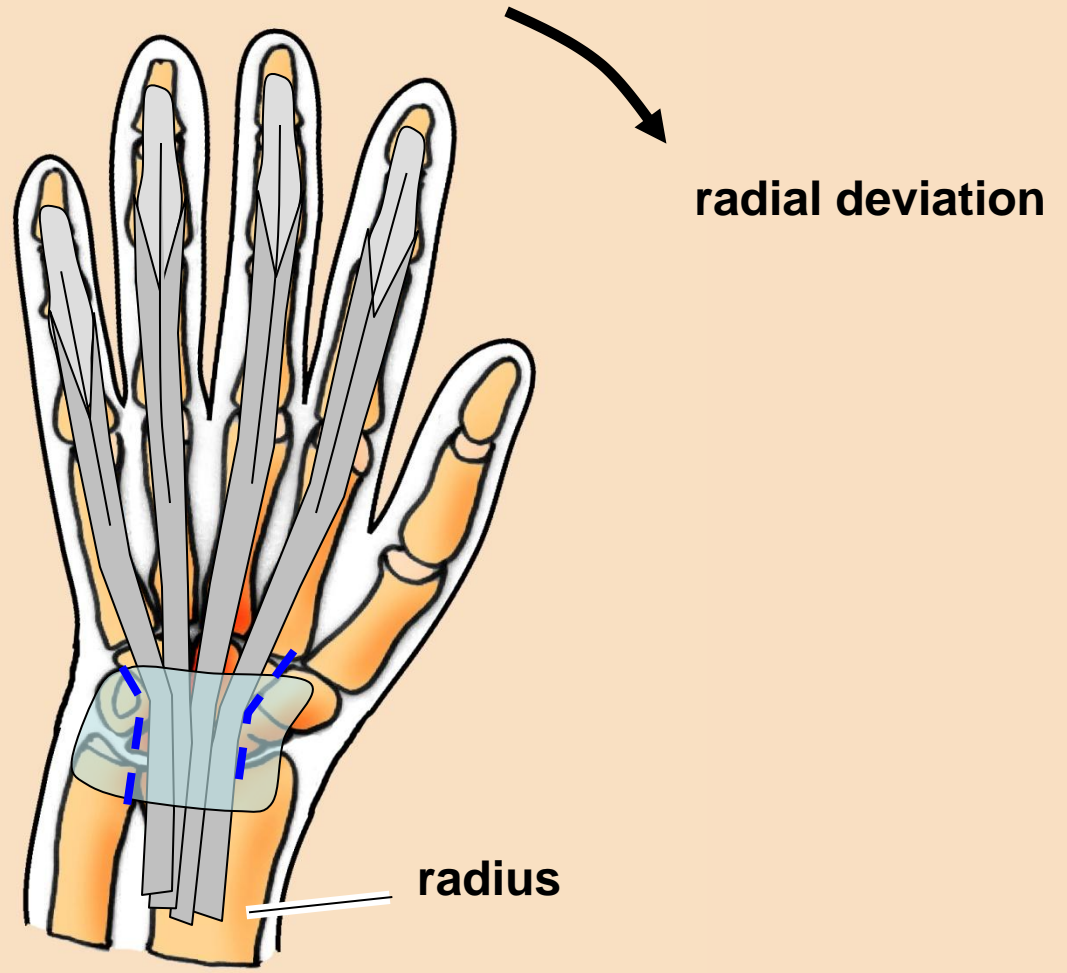
neutral position

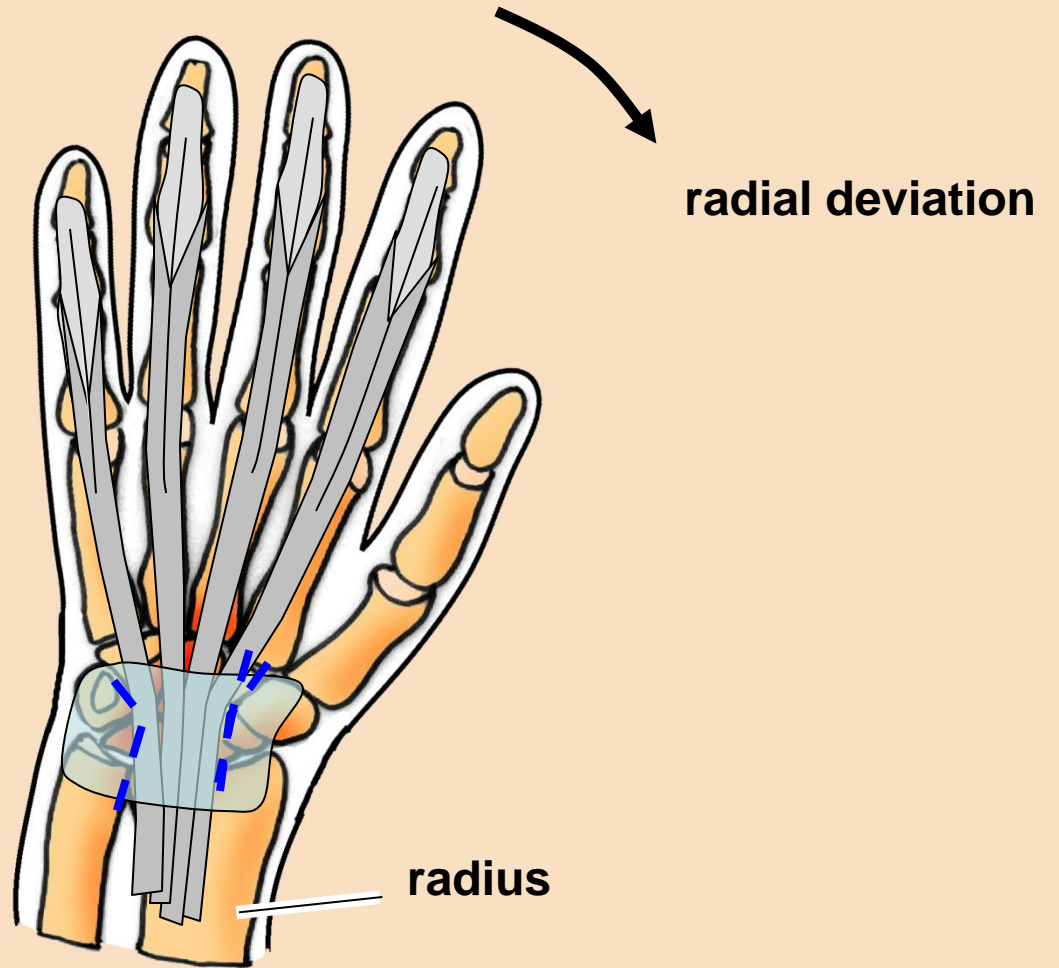
Dr Alan Watson

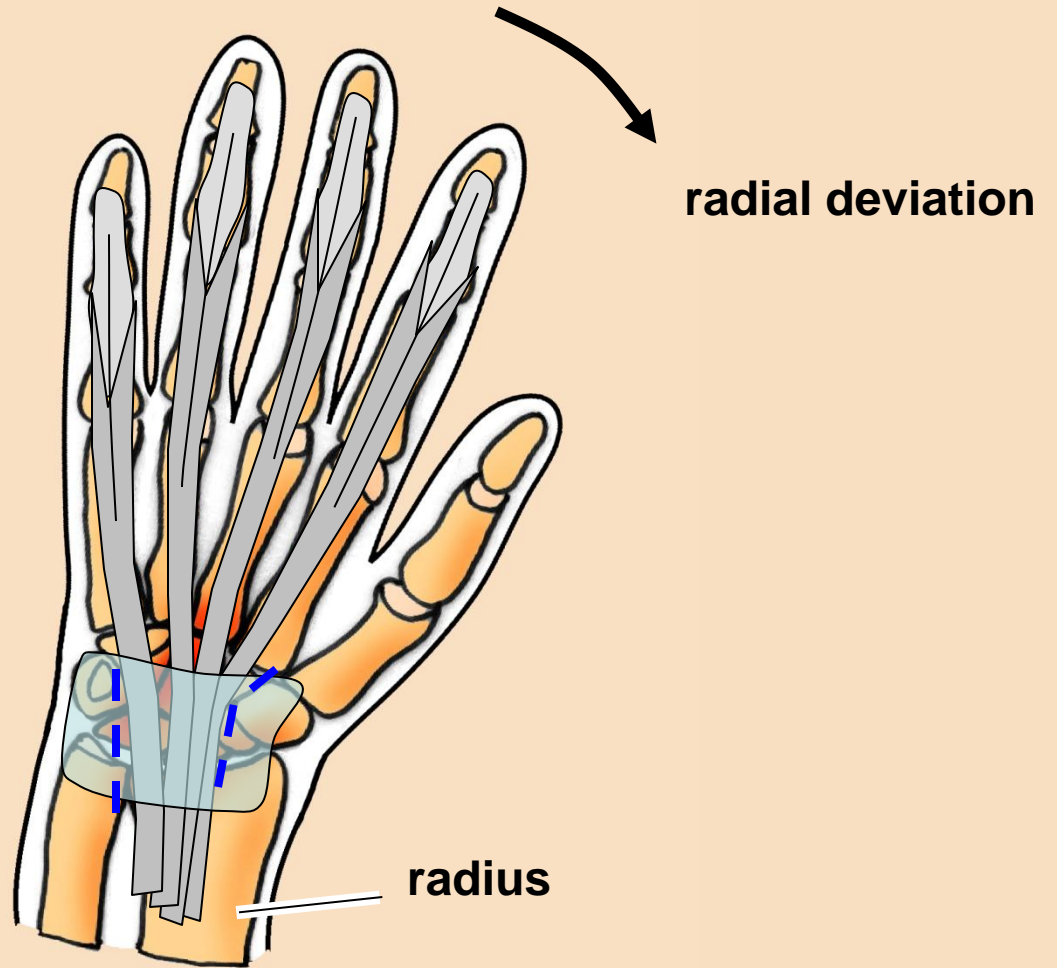


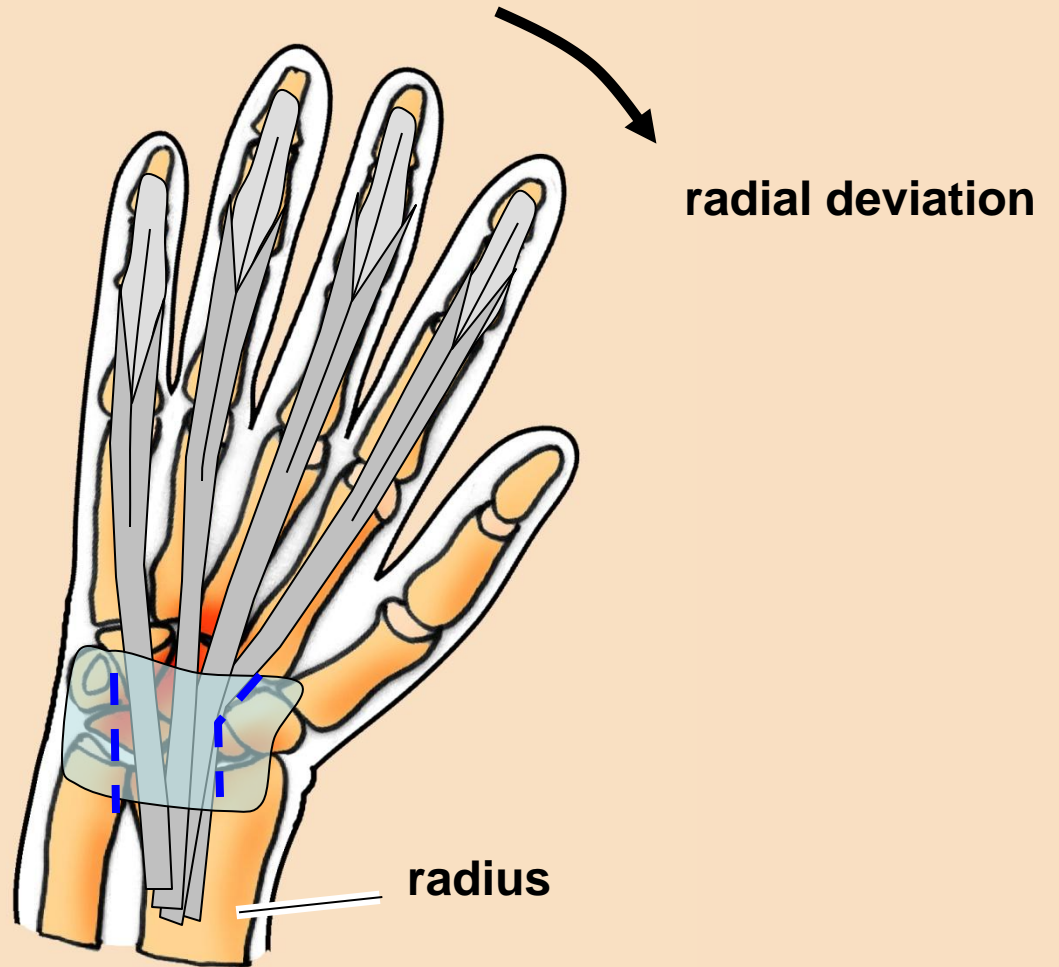


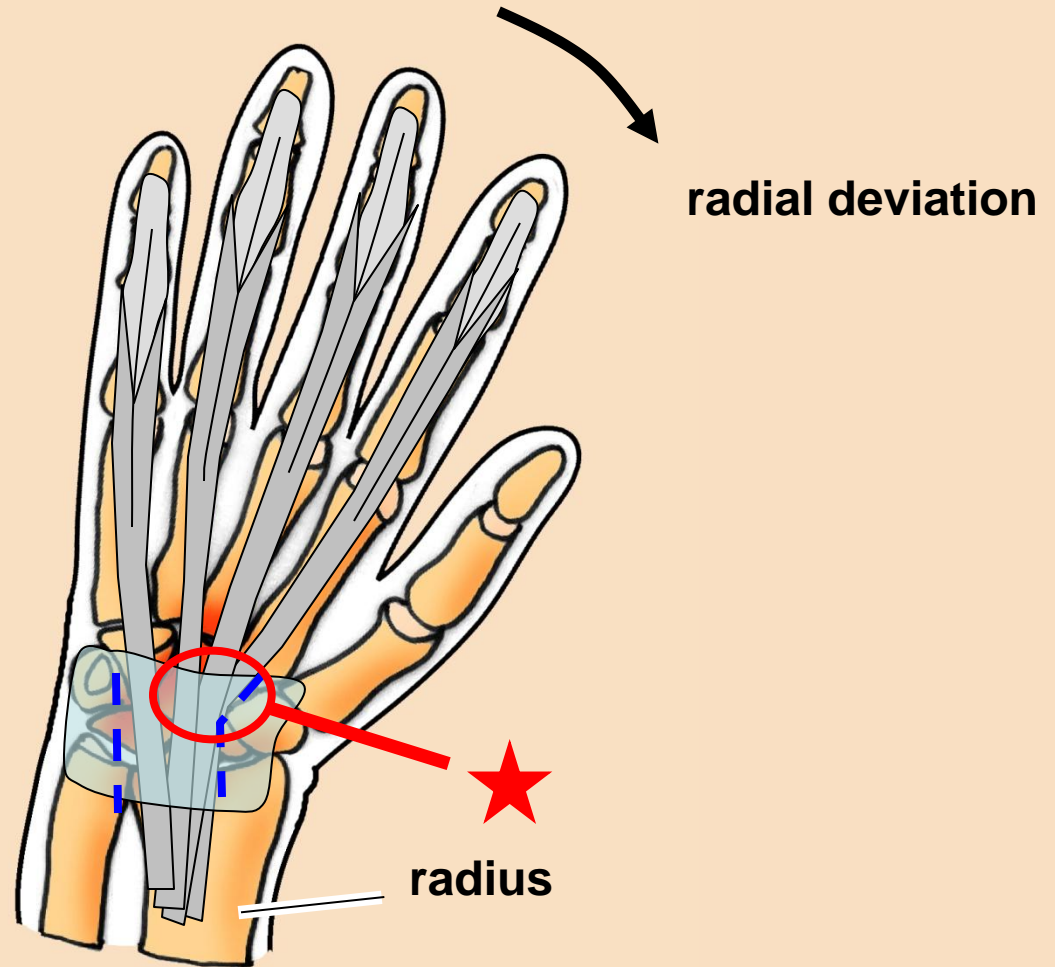
neutral position



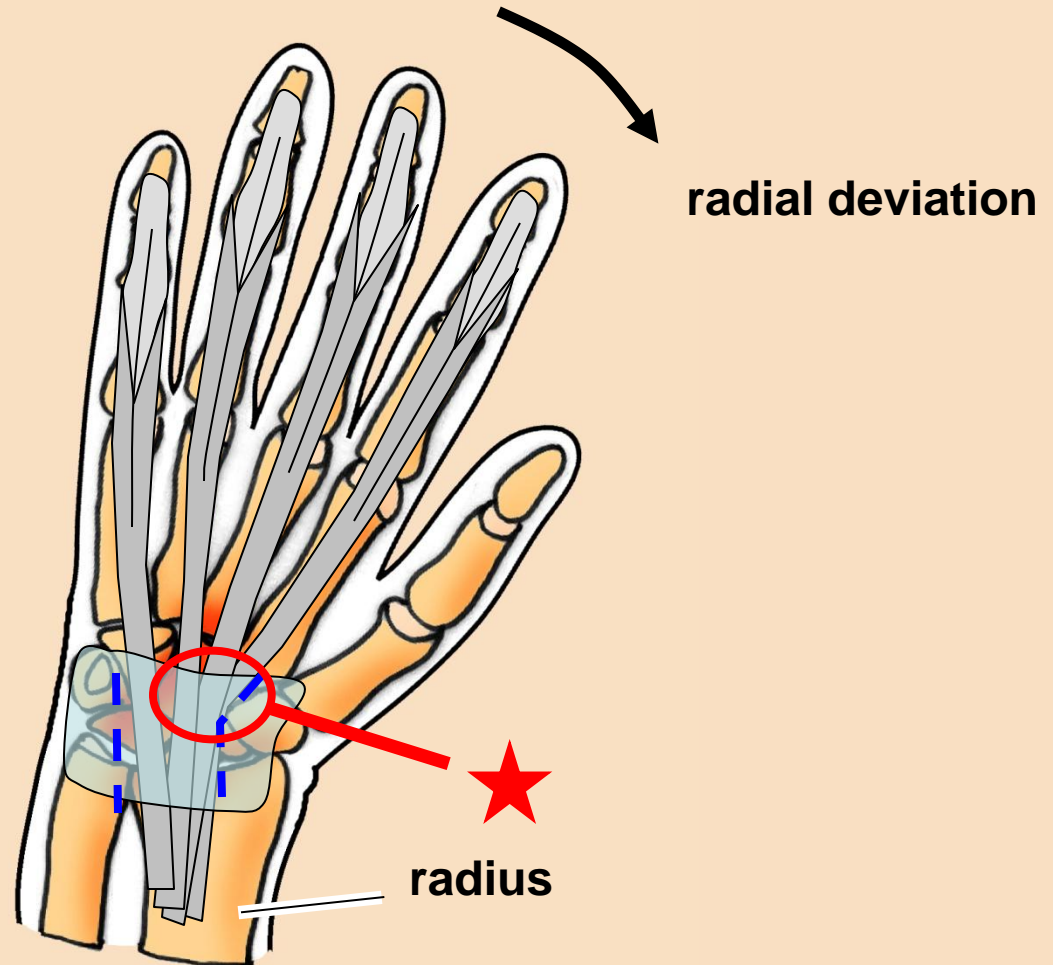




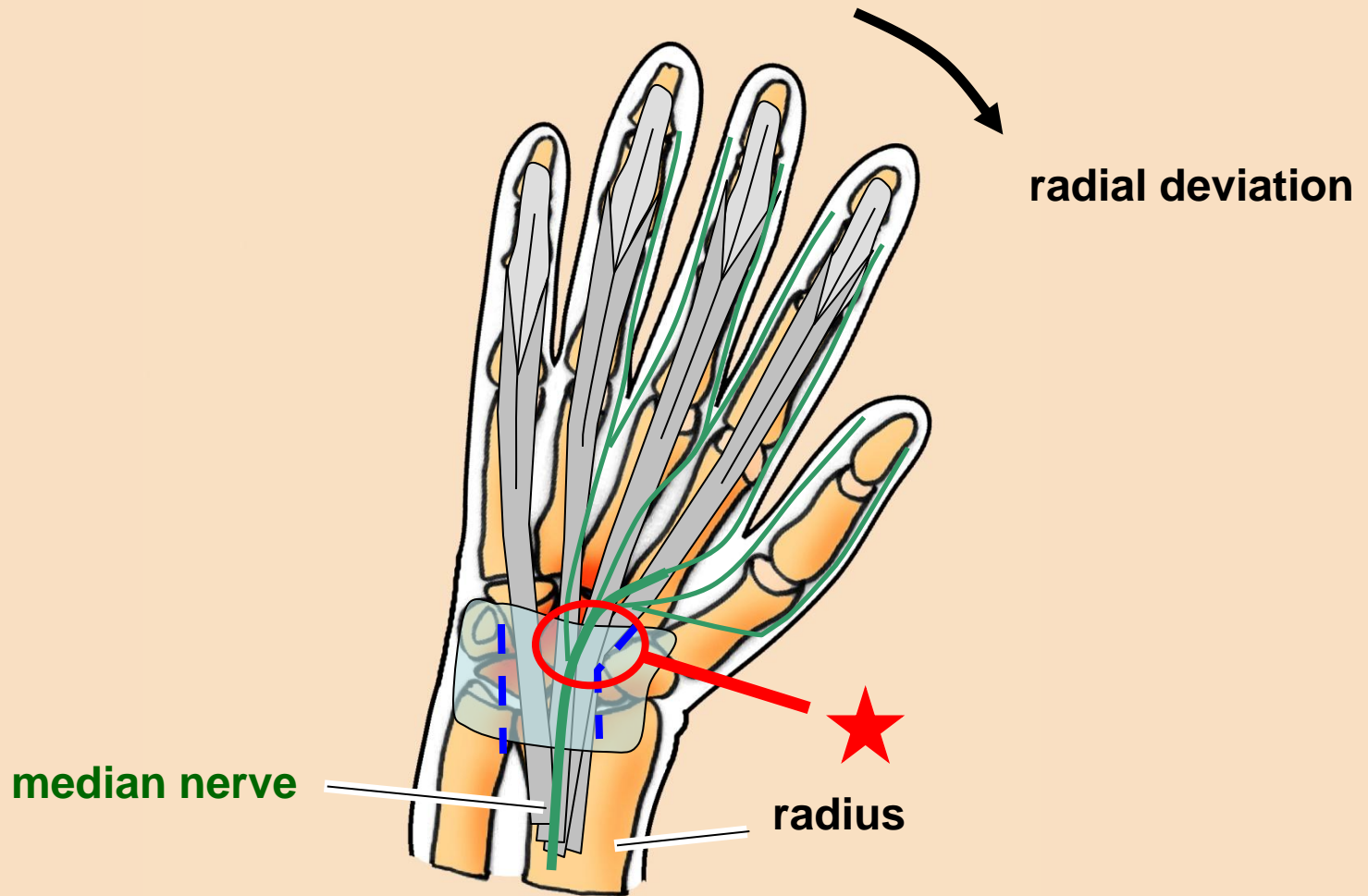




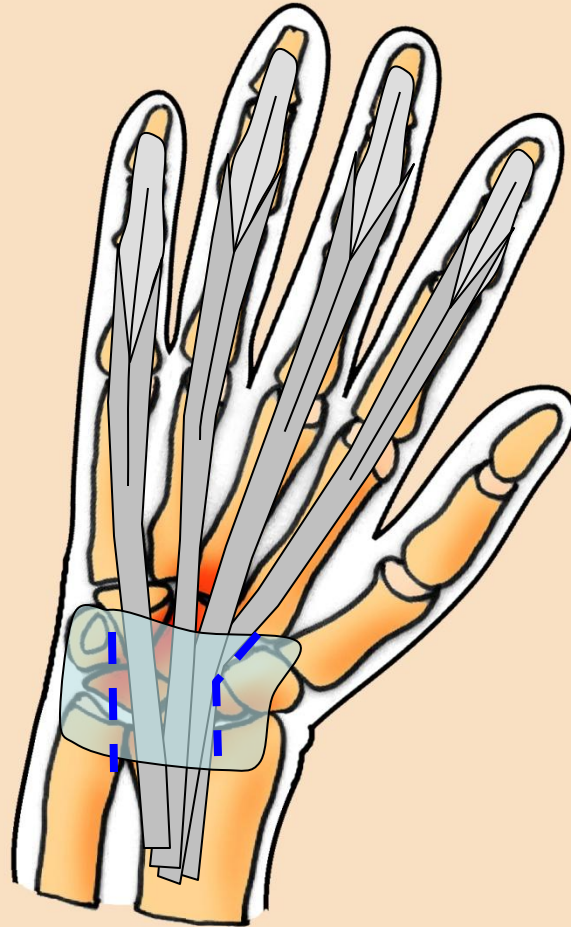
**The carpal tunnel has again become narrower and the tendons of several fingers are pushed together on the radial side**



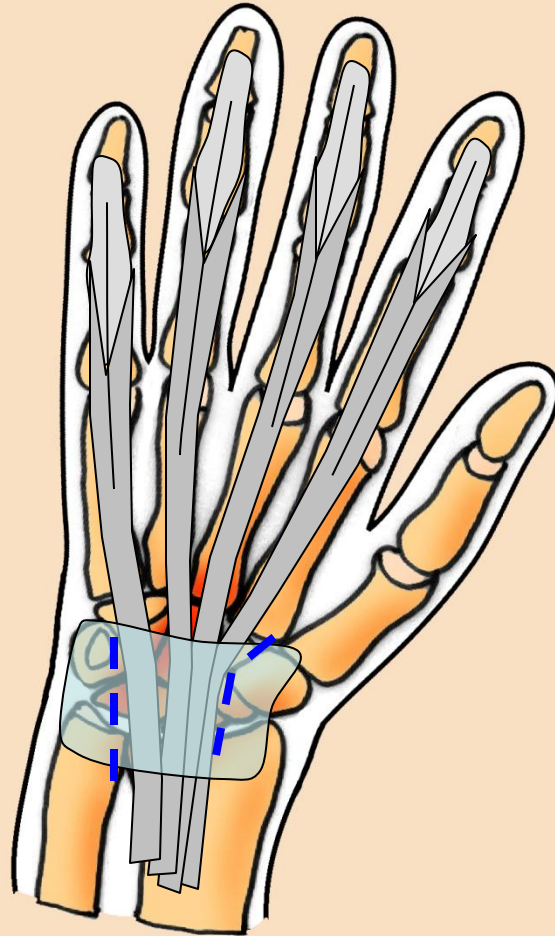
When the fingers move, the tendons rub against the walls of the carpal tunnel and against each other – **this can cause inflammation and pain**

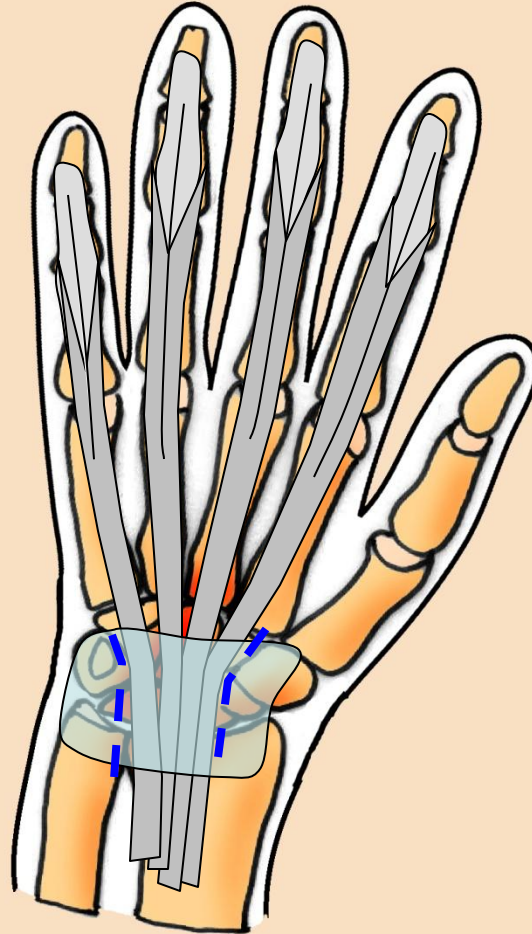


When the fingers move, the tendons rub against the walls of the carpal tunnel and against each other – this can cause inflammation and pain – and compress the median nerve

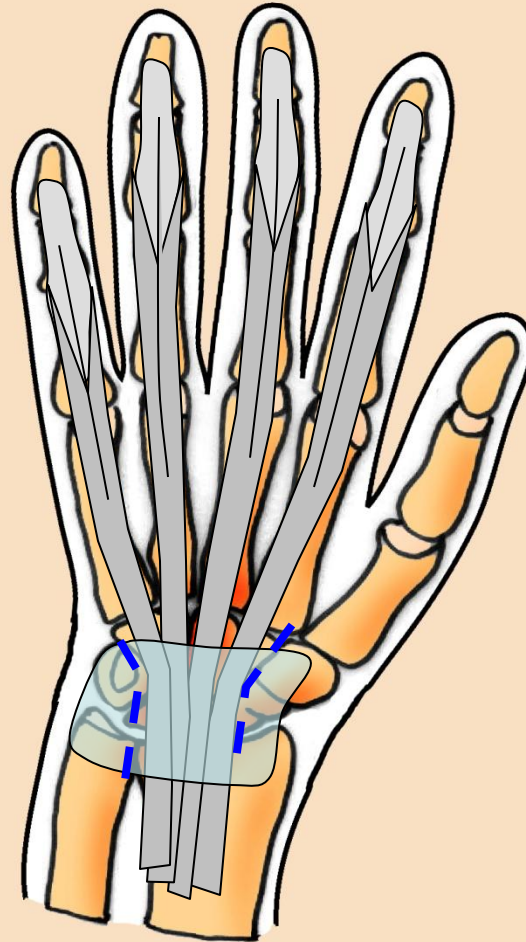








## neutral position



**The chances of developing carpal tunnel syndrome are reduced if the wrist is kept close to the neutral position during playing**

**The End**