Wrist position during instrumental performance
Right hand viewed from the palmar side

These are the important structures for this animation
Right hand viewed from the palmar side

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Right hand viewed from the palmar side

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

- MCPJ
- flexor tendons
- thumb
- flexor tendons (in carpal tunnel)
These are the important structures for this animation
Right hand viewed from the palmar side

- flexor tendons
- thumb
- MCPJ
- carpal tunnel
- retinaculum (roof of carpal tunnel)
- flexor tendons

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

ulna
ulnar deviation

ulna
The carpal tunnel has become narrower and the tendons of several fingers are pushed together on the ulnar side.
When the fingers move, the tendons rub against the walls of the carpal tunnel and against each other.
When the fingers move, the tendons rub against the walls of the carpal tunnel and against each other – **this can cause inflammation and pain**
The swollen tendons may also compress the median nerve to cause "carpal tunnel syndrome"
neutral position
neutral position

radial deviation

radius
radial deviation

radius
radial deviation

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