

Piano Posture Points

Correct posture helps you gain proficiency of movement over the keyboard as you progress, and it will help avoid repetitive strain injuries.

1. Position your seat or bench in a way so that you are not cramped too close to the keyboard, just far enough so that you don't have to extend your arms to reach the keys.
2. Make sure your piano bench is the right height by adjusting it up or down for your height. You can prop yourself up with a pillow if necessary.
3. Relax your shoulders.
4. Sit up straight, don't slouch.
5. Curve your fingers so that you press the keys with your fingertips. No straight fingers please.
6. Move your elbows slightly away from your body so that your wrists are approximately flat. (Adjust your bench to help accommodate this point.)