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Checklist for Healthy Piano Playing

1. ___ keep fingers close to keys
2. ___ keep fingers firm, slightly curved and relaxed
3. ___ keep thumbs very loose and relaxed
4. ___ wrist feels weightless
5. ___ wrist can easily rotate
6. ___ elbows are loose and not cramped too close to the body
7. ___ weight is dropped from the shoulders and upper arms
8. ___ good sitting posture to the best of one's ability

