TOP 10 Tips for good piano posture

1. Keep your fingers curved and relaxed
2. Keep thumbs straight but relaxed
3. Align head, shoulders, and hips for balance
4. Rest your feet on the floor or a footstool
5. Keep fingers curved out, don’t buckle in
6. Use the weight of your arm to press the keys
7. Keep your wrist flexible
8. Align pinky finger, wrist, and elbow
9. When reaching for notes, lean side to side rather than scooting on the bench
10. Play pinky finger near the tip

Sound, look, and feel your best by following these 10 expert tips for good piano posture.

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