

# Exercises in recovery

Ex.1 for a solid frame

Eleanor Turner

Ex.2 opening the hands

extend further if comfortable...

Try using left OR right hand, then alternating hands

Ex.3 finding the centre

Also try this exercise 'the other way round' with the right hand jumping from bass to treble

Ex.4 coordination of hands

etc.

Fingerings here are just some suggestions, stick to your own choice of fingerings for at least a few reps before changing it up and trying something different.