

60 Day Pinky Rehab

Tips on Pinky Form:

- SLANT your knuckles
- Avoid bow-legged pinky
- Place pinky on the inner corner
- Activate pinky from the base knuckle, and in fact, using the forearm and heel of hand
- Take as much time as necessary to PREPARE pinky for proper placement
- If necessary, place in sharp position, drag pinky down, using friction to correct bow-legged pinky
- Rotate your arm under violin for G string, un-rotate for E string
- Maintain a straight wrist: many people bend wrist outwards thinking it helps; it makes it worse; when in doubt bring your wrist INWARDS

Exercises:

1-Tetrachords:

0 1 2³ 4
0 1² 3 4
0 1 2 3⁴

Tetrachords should be worked on all 4 strings, in every position you know; choose one a week

- Tetrachords using Detache' in 4 Reps, 3 Reps, 2 Reps, 1 Rep
- Tetrachords using Compressions (1 whole note per bow, 2 half notes per bow, 4 quarter notes per bow)
- Tetrachords using silent "pings", or "hammer-ons" (teaching fingers to "strike", not squeeze)

2-The Three Stooges Pinky Builders (Credit to Allen Lieb)

Remember to slant your knuckles

- Start slow, with half steps; speed up
- Next do whole steps slowly; speed up
- Finally, do 1 ½ step (minor 3rd) slowly; speed up

3-Pinky Vibrato:

Pinky should emulate and imitate the vibrato of your best fingers

- Tetrachords: 2 reps, half notes, fat lush vibrato
- Tetrachords: 2 reps, staccato, with fast stinger vibrato
- Tetrachord Reps 4, 3, 2, 1
- Tetrachord Compressions 1 note per bow, 2 notes per bow, 4 notes per bow

4-Finger Independence Exercises (Speed goal: Quarter=100-120, then Half =60-80)

- No Extraneous Movement!
- Maintain perfect form
- Perfect Relaxation
- Good articulation