



STRETCHING and WARM-UPS

The drums are the most physical of all musical instruments as they require the use of both the large and small muscle groups. They also require a certain level of endurance. This means that the body must be loose in order for blood to properly flow to the muscles. Most professional drummers do special warm-up exercises before performing. Many of them have developed their own pre-show rituals. Proper posture is also very important for drummers. These physical preparations help to create a synergy between the mind and body and allow the drummer to play safely and comfortably. Remember that a healthy drummer is a happy drummer!

[Adult:] If students are familiar with body stretching exercises from their school's physical education program, please encourage them to use these routines as well. The following exercises represent drummer-specific stretches and warm-ups:

Wrist Stretch

Some simple stretching exercises can be done using a pair of drumsticks:

1. With both hands, grasp and hold both drumsticks straight out in front of you (as if you were holding onto a roller coaster's safety bar or a flat railing). Gently bend your wrists down – then up – down – then up. (Repeat)
2. Now bend each wrist separately. First the right – then the left. (Repeat)

Hand Stretch

1. Extend your arm straight out in front of you with your palm facing away and your fingers pointing up. Gently pull your fingertips back toward you with your other hand. (Repeat for both hands.)
2. Now extend your arm straight out in front of you with your palm facing toward you and your fingers pointing down. Gently pull your fingertips toward you with your other hand. (Repeat for both hands.)

Shoulder Stretch

1. Hold both drumsticks in one hand. Put them up over your shoulder so they are resting straight down the middle of your back. Reach behind with your free hand and grab the sticks behind your back. Now gently stretch by pulling the sticks upward. (Repeat for both arms.) Repeat the process, but pulling down instead of up.

