

physioVIOLIN
NOT adjustable chin rest

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Handmade in Slovenia

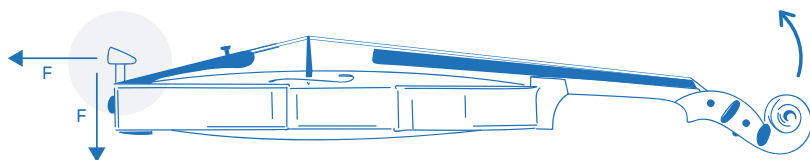


www.godalkanje.org/physioviolin

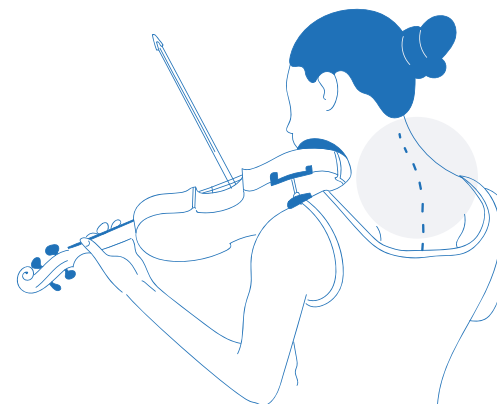
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Great masters of the violin achieve outstanding results with different techniques of controlling their instrument. Each production of music is technically correct if it does not harm the body. The Physioviolin chin rest is designed to help the user learn a safer yet technically perfected posture that reduces the harmful effects of a forced posture and is most effective in the stage of acquiring the right playing technique. Instead of trying to find the most comfortable position on the chin rest, it is better to use the head correctly only when necessary. The chin rest is not a sofa. A beginner will not hold the violin in the same way as would a prominent violinist. The violin may rest too high on the shoulder* and the angle of strings may be too horizontal,** but these problems are easily corrected once the right body posture is acquired. Later on, we can decide to use any high-quality product on the market, to play with a shoulder rest or to continue to use the Physioviolin chin rest.



*The Physioviolin chin rest is designed so that it lies closer to the head.
By adding weight with the head, the violin gets lighter.*



Pain in the neck and muscle tension are the main reasons when violinists seek professional help of physical therapists.

The majority of violinists that seek professional help of physical therapists complain of pain in the neck, muscle tension and sometimes even of a tingling sensation or pain in the arm. When we wish to maintain a good posture, the position of the head is very important, since it is with the head that we begin to correct the posture. If the head moves forward or sideways from the centre of gravity, muscle tension occurs. The forces on the intervertebral discs are best distributed when the physiological neck curve is maintained. When the violin is held with the chin, vertebrae bend in the opposite direction of the physiological position of the neck curve. When this position is maintained statically over long periods of time, tension in the neck muscles increases and forces on intervertebral discs are distributed unevenly. That is why it is very important to only hold the violin with the chin when necessary and to maintain the head in a relaxed position aligned with the body. This prevents muscle tension and serious deformations of the spine. An adjusted chin rest moves the violin closer to the neck and prevents the musician from moving his head forward from the centre of gravity. By supporting the violin with the clavicle only, he also takes pressure off the shoulder joint. The muscles of the neck and shoulder region are thereby much more relaxed, and so is the posture.

Melita Gole Kordiš, Physical Therapist, Cyriax Therapist

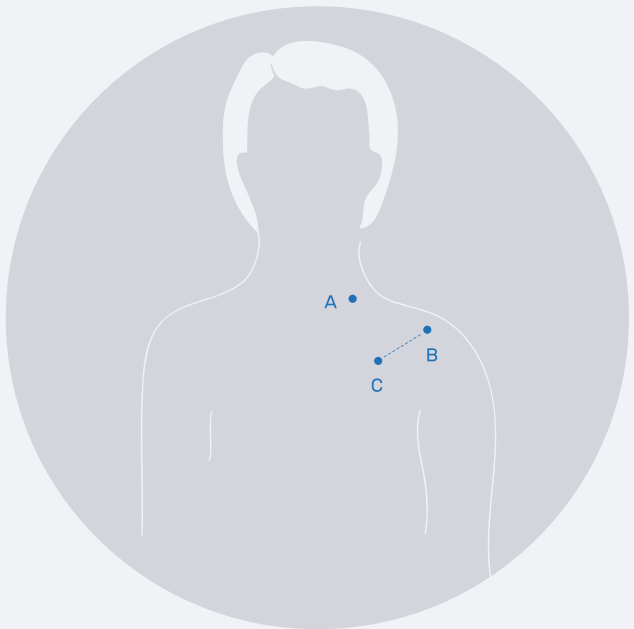
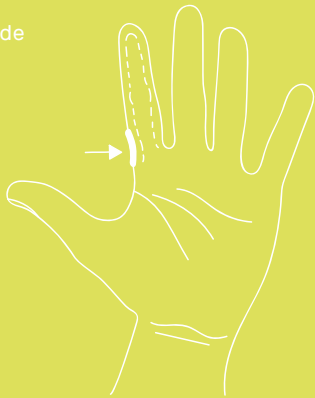
Stage 1

PLAYING WITHOUT HOLDING
THE VIOLIN WITH THE HEAD

- Playing without the shoulder and chin rest.
- The violin is only supported in point A, allowing the musician to move his left arm freely while playing.
- The violin should gently touch the neck to provide better stability.

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In order to maintain a natural body posture while playing, we must first learn to hold the violin gently with the left hand. We can later decide to no longer touch the neck of the violin with the inner side of the index finger.



A - CLAVICLE B - SHOULDER C - BODY

Stage 2

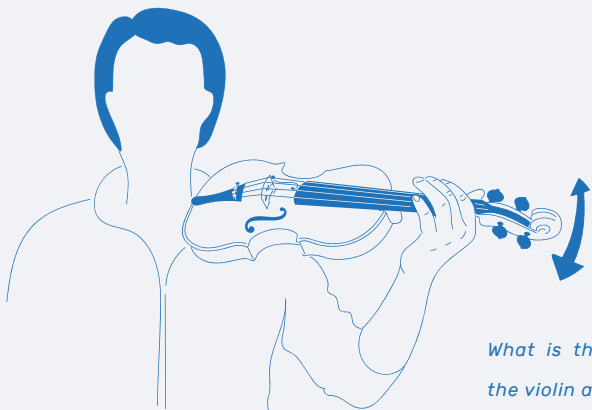
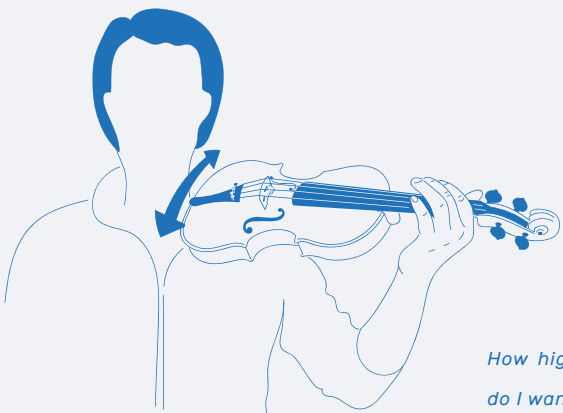
PLAYING BY HOLDING THE VIOLIN WITH
THE HEAD AS LITTLE AS POSSIBLE

- Playing violin using the Pyhsioviolin chin rest and without a shoulder rest.
- The violin is only supported in point A, allowing the musician to move his left arm freely while playing.
- Learning to hold the violin with the head as little as possible.
- The violin is still gently held in the left hand and the head offers occasional support (when changing the position downwards, vibrato, tuning, etc.).
- The head always moves back to its natural position.

By holding the violin gently in the left hand, it is possible to perform both a relaxed vibrato and correct position changes to position 4. In this way, we first develop control and relax the whole body (shoulders, joints, pelvis, etc.).

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In this stage we decide how we want to hold the violin:



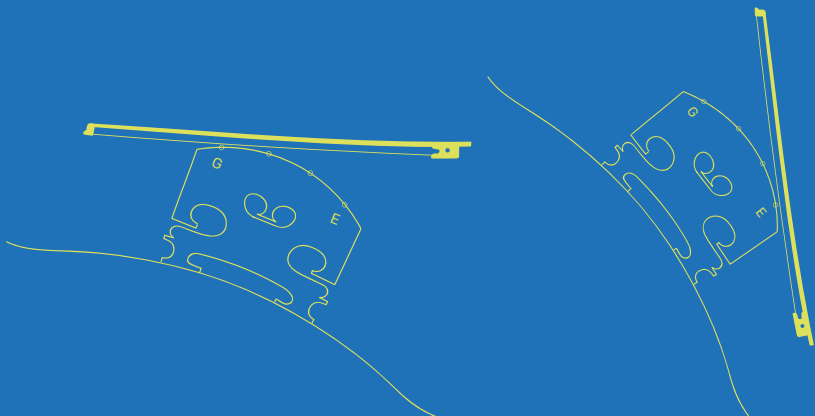
Stage 3

DEVELOPING INDIVIDUAL
PLAYING TECHNIQUE

In this stage we can perform virtuous literature. Due to the flexible nature of the first two stages, it is much easier to choose the most appropriate playing technique. A stable posture is sustained and excessive tensions are corrected. The head is used as necessary with respect to the technique of holding the violin with the left hand. If we decide to use a shoulder rest, it will be easier to control the angle of the violin.

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What is the desired angle of the violin?



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When playing with a shoulder rest, the violin can come in contact with the body in different ways:

- The violin is supported in points A and B, giving the musician limited space to change its position.
- The violin is supported in points B and C, giving the musician limited space to change its position.
- The violin is supported in points A, B and C and its position cannot be changed a great deal.

The musician can compensate for his long neck by using a chin rest and for the slope of his shoulders by using a shoulder rest. The shoulder rest can only be used to compensate for a long neck if the violin is not supported in point A.