



Stance & Violin Position

Should I Use a Shoulder Rest?

- Find a way to hold your violin without raising your left shoulder.
- Measure the distance between your collar bone and your chin. It must be equal to the combined height of shoulder rest (if needed), violin, and chin rest. This measurement is different for each person, as are the solutions.
- The weight of your head should hold the violin in place without using your neck muscles to squeeze and without an extreme left turn of your neck.
- The violin should stay horizontal without the support of your left hand, otherwise it will have a negative effect on the ease of your shifts, especially during downward double stop passages.