

Hands on Stamps: Musician's Hand

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FIGURE 1: Musician's hands, Germany. 450th anniversary of the Saxony State Orchestra, Dresden, Scott Catalog # 2022. Day of issue: November 12, 1998. Value: 300 pfennig.



FIGURE 2: Liszt's hand, French sculpture. East Germany. 150th anniversary of the birth of Franz Liszt (1811–1886), composer. Scott Catalog # 571. Issued: 1961. Value: 10 pfennig.

Musicians are a particular group that needs perfect and unhampered control, orientations, and movements of the upper limb for dexterity and performance at the highest levels (Fig. 1). Musicians' hands mandate precision of force and timing of joint flexion, extension, and rotation. However, musicians may develop upper limb problems because of repet-

itive motions, awkward positions, and long hours of intense practice. The hands, wrists, and forearms are the most problematic part of the body in musicians.¹

Figure 2 depicts a French sculpture of Franz Liszt's (1811–1886) left hand. He was probably the greatest pianist of all time; he played the piano with the wide finger technique.^{1,2}

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