

Proper Adjustment of the Piano Bench

In order to use your body with maximum ease and efficiency, the way you sit at the piano must be optimum for your unique body.

1. Proper seating upon the bench

Make sure the seat you have chosen is sturdy enough to support you sitting on 1/2 or less of the base. The idea is to have your sit bones comfortably situated, but not too much of your legs resting on the bench. Place feet flat on floor at all times for stability, and sit tall, but comfortably and naturally.

2. Adjust distance from bench to piano keyboard

Remain seated on 1/2 or less of the bench during this adjustment. If needed, move the bench, not your body. While sitting tall with feet flat on floor, make gentle fists and reach forward to touch them on the piano fall board (See image A). **If you do not have a fall board**, use the elbow-check method described below.

You should be able to reach the fall board with **straight arms**. If you notice any over-reaching (your torso pulls forward as you reach toward the fall board) you are too far away, move the bench closer. If you notice your torso is being pushed backwards as you reach towards the fall board, you are too close, move the bench away from the piano.

Elbow Check: Now release your hands to place them on the keyboard as if you are about to play (Image B). Check your elbows to make sure they are not locked at your side or behind your torso. Your elbows should be slightly in front of your torso as you see in the image.



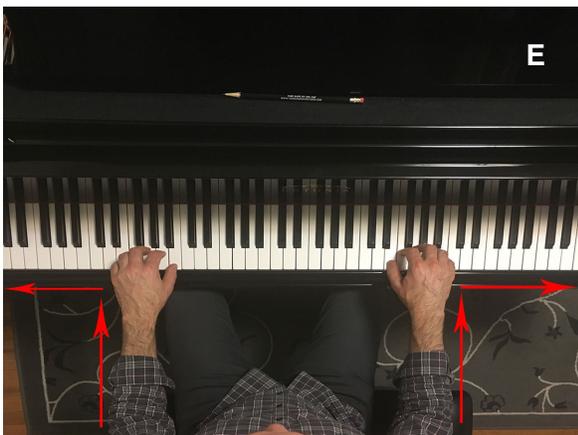
3. Measure the distance from the floor to the tops of the white keys



You will need to be down on the floor and at eye level to the white keys to get an accurate measurement. (Image C)

4. Adjust height of bench (Someone must do this for you)

While maintaining proper positioning on bench, place both hands on the white keys with properly curved fingers and wrists at the same level as bridge knuckles (Image D).



While maintaining this neutral wrist position (Be careful not to let them sag or be higher than your bridge knuckles during measurement), place your hands on the piano so that both arms (forearms) form right angles to the keyboard (Image E).

Breathe naturally and hold your position as someone measures up from the floor to the bottom of your right elbow. ***The distance from the floor to your elbow should be the same distance you measured from the floor to the white keys in step 3 (See image F).***



Measuring can take quite a few minutes to get accurate and you will have to get up often to adjust the height of the bench. If you don't have an adjustable bench, you can use cushions or anything that will provide a stable seat at the correct height.

Each time you get up to adjust the bench, remember to reset yourself to the correct position following all the steps above. Continue in this manner until the correct height is achieved.

NOTE: When measuring it is important to be down on the floor at eye level for the measurement to be correct.

For more information, help, or to ask any questions you might have, please send me an e-mail via my [contact form](#), or call me at 917-595-7137.

This valuable information was taught to me by my great teacher, Madeline Bruser. I recommend buying and reading her book: [The Art of Practicing: Making Music From The Heart](#)

For benches, I recommend Jansen Artists Benches. You can find out more on their website: www.jansenpianobenches.com

May all your efforts be filled with joy.

Louis Yungling

www.yunglingpianostudio.com