

Flamenco Guitarist

Most Stressed Muscles in Flamenco Guitarists

Flamenco guitar demands rapid, percussive, and intense movements, leading to specific muscle overuse patterns. These differ from classical or electric guitar due to techniques like **rasgueo**, **picado**, **tremolo**, and **golpe**.

□ Right Hand (Strumming & Percussion Techniques)

Extensor digitorum

- Used in **rasgueos** (explosive finger extension).
- Prone to **extensor fatigue** and **lateral epicondylitis** ("tennis elbow").

****Flexor carpi radialis / ulnaris****

- Stabilizes wrist during **arpeggios** and **golpe**.
- Chronic tension can cause **wrist pain** and **tendinitis**.

****Lumbricals and Interossei****

- Control finger independence for **picado** and **tremolo**.
- High demand for **precision and endurance**.

****Thenar and Hypothenar Eminence****

- Active during **thumb rasgueos** and percussive tapping.
- Risk of **De Quervain's syndrome** with overuse.

□ Left Hand (Fretting, Cejuela/Barre Chords)

****Flexor digitorum profundus / superficialis****

- Major role in **fret pressure**, especially in **barre chords**.
- Easily fatigued in repetitive chord transitions.

****Adductor pollicis****

- Responsible for **thumb pressure** behind the neck during barré.
- Highly stressed in flamenco due to tight grip on fast progressions.

****Pronator teres****

- Controls **forearm rotation** during left-hand shifts.
- Active in constant repositioning on the neck.

⚠ Common Injuries in Flamenco Guitarists

Injury	Cause	Muscles Involved
Lateral epicondylitis	Repetitive rasgueos	Extensor digitorum
Flexor tendinitis	Arpeggios, tremolo	FDP, FCR
Thenar pain/hypothenar pain	Thumb strumming, golpes	Opponens pollicis, ADM
Wrist strain	Excessive wrist flexion	FCU, FCR
Thumb fatigue	Constant barré chords	Adductor pollicis

Tip: Warm-up routines and posture correction can significantly reduce muscle strain. Consider alternating intense pieces with lighter ones during practice sessions.

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