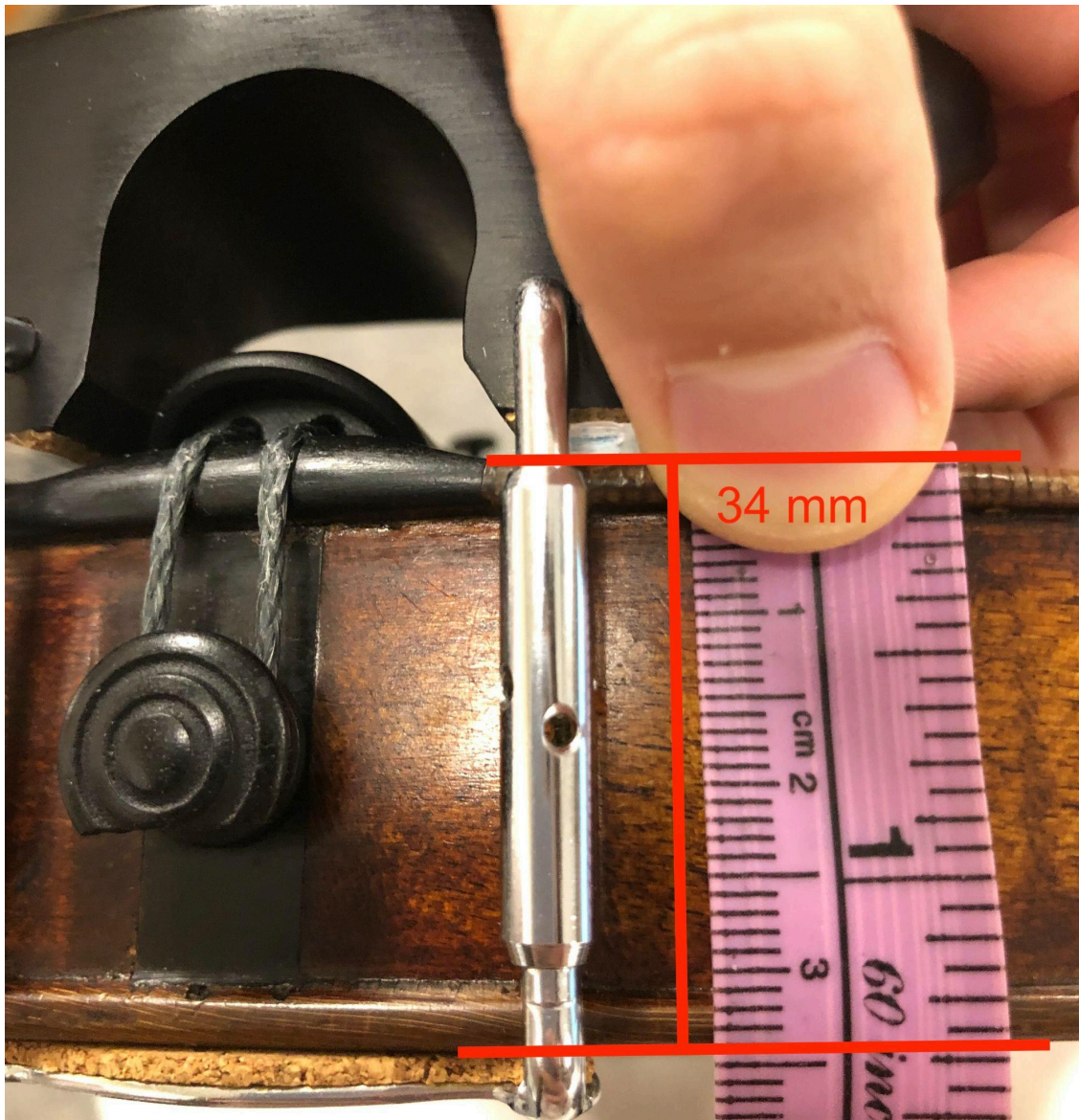


# How to find a well-fitting chin rest

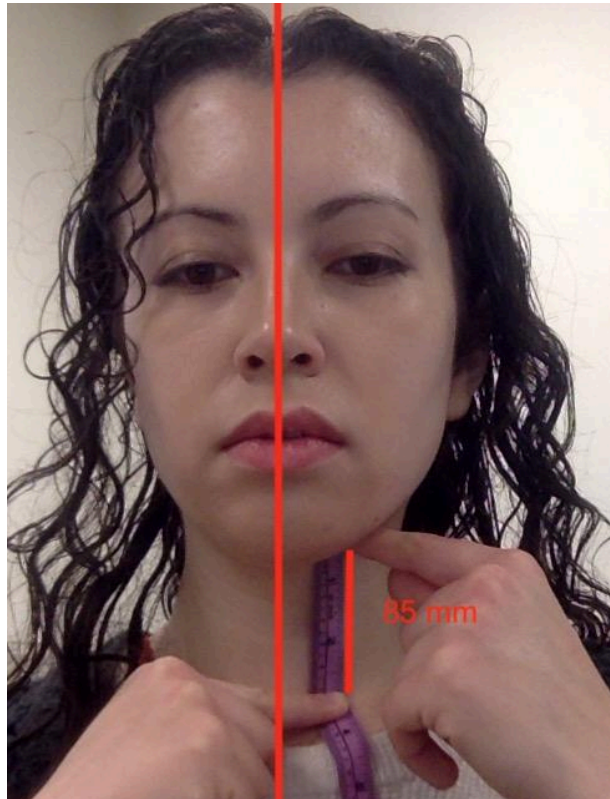
## Step 1

**Measure the width of your instrument's ribs (from the top plate to the bottom plate) in millimeters, and write this number down. The width of my violin's ribs is 34 mm.**



## Step 2

**Measure the distance between the center side of your collarbone (clavicle) and the bottom of your jaw/chin with a measuring tape. You will want to keep the measuring tape vertical and parallel to the surface of your neck, not slanted in any direction. Make sure to not lift up your chin as you do this. Write down the length of your neck in millimeters. The length of my neck is roughly 85 mm.**



## Step 3

**Subtract the width of your instrument's ribs from the length of your neck. For my violin: 85 mm - 34 mm = 51 mm.**

## Step 4

**From the difference between the length of your neck and the width of the instrument's ribs, subtract an additional 15 mm. For my violin: 51 mm - 15 mm = 36 mm.**

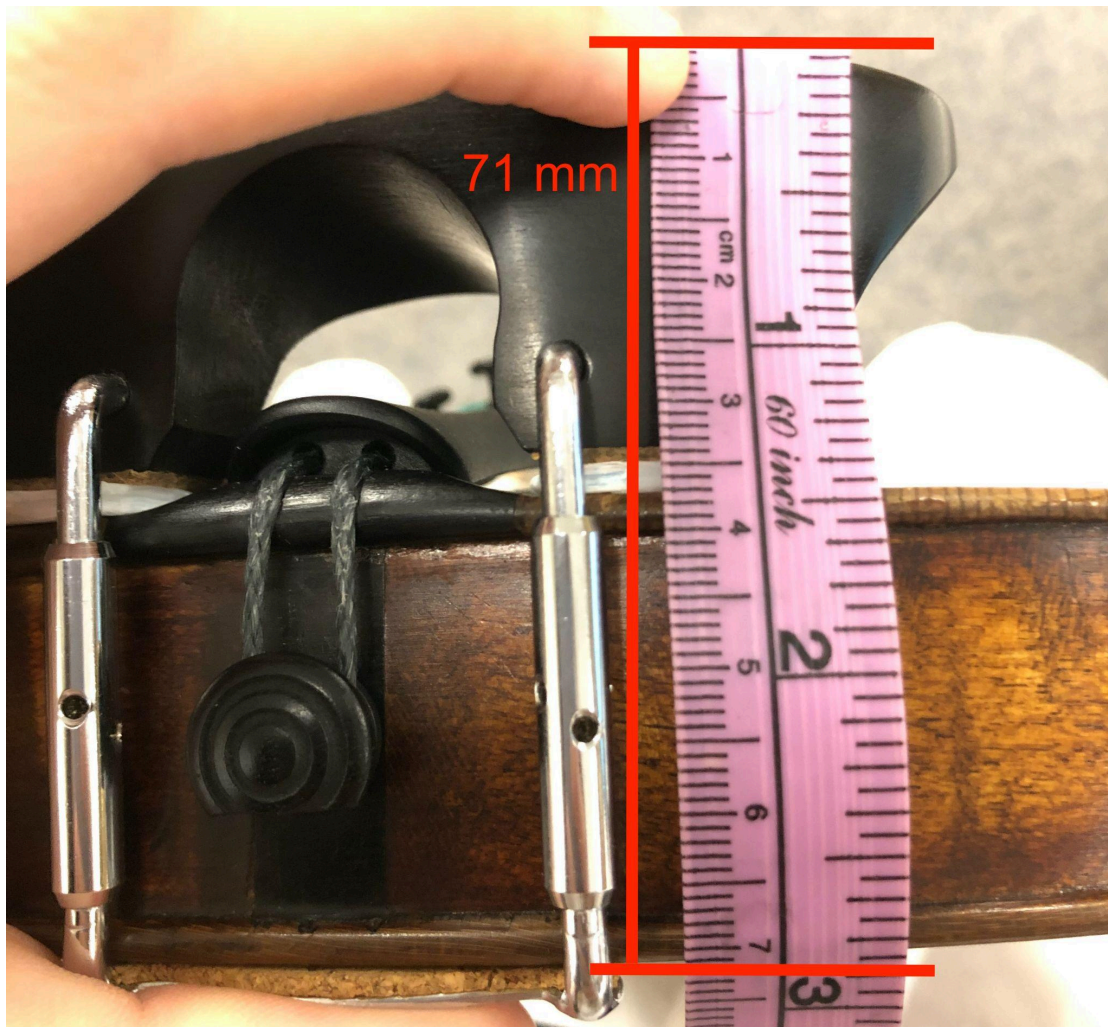
## Step 5

**Round to the nearest 10 mm. If the result of Step 4 ends in a 5 for you, then round down. For my violin, 36 mm is closest to 40 mm. 45 mm would be rounded down to 40.**



## Step 6

**This is the height of chin rest you need! In general, it is good to err on the short side when buying a chin rest**, especially if the seller doesn't accept returns. You can see in the photo below that the total height from the bottom plate of my violin to the top of my chin rest is about 71 mm, so 14 mm less than the measured length of my neck which is 85 mm. Included in this height are the wedges of paper I put underneath the feet of the chin rest, which is something that I should clarify that I do not recommend doing. My violin has slightly narrow ribs, so regular chin rest barrels don't fit on my violin, so I needed to put something between the chin rest and the top plate of the instrument. If this is the case for your instrument, I recommend taking the chin rest to a luthier and having them put cork on the bottom of the feet of the chin rest so that there's no gap.



[This video](#) shows how to hold the violin/viola correctly, and how it ideally will look if you have a well-fitting chin rest.

## Step 7

Find a chin rest that is the height of Step 6 (or slightly shorter)! Many chin rests come in 30 mm, 40 mm, or 50 mm options. Such options are available here on [Fiddlershop](#) and [Concord Music](#); some retailers on [Etsy](#) and [eBay](#) also sell tall chin rests. You can also convert millimeters to inches and do a search with those search terms. Chin rests generally come with chin rest keys that can be used to take off existing chin rests and put on new ones.