

Posture and movement therapy for musicians

Playing a musical instrument at an elite level is a highly complex motor skill. The regular daily training loads resulting from practice, rehearsals and performances place great demands on the neuromusculoskeletal systems of the body. As a consequence, performance-related musculoskeletal disorders (PRMDs) are globally recognized as common phenomena amongst professional orchestral musicians.

Posture and movement therapy for musicians is developed for musicians and perform artists.

Valerie Tillie is specialized in the treatment of musicians, (complex) problems of the neck, shoulder and arm, treatment after acquired brain injury (ABI).

Posture, motor skills, behavior on and off the stage, everything is important for a musician. Do you experience a problem, we can treat it. You learn to be your own therapist.

Motor Research of musicians consists of:

- Motor test of basic motor skills and balance, gross, fine, sensory motor skills
- Hand-eye-ear coordination and spatial coordination.
- Performance postural analysis
- Checking the breath support, tension of the muscles and flexibility of the joints.
- Checking your coping style, perfectionism, stresslevel, learning strategy

Some common requests for therapy:

- Difficulty in playing the musical instrument
- Finger Speed freezes
- Stage fright
- Posture problems
- Pain in muscles or joints
- Hypermobility
- Rehabilitation
- Problems with writing or typing
- Concentration Difficulties
- Afraid to move or play
- Difficulty with left-handedness,
- Awkwardness
- Spasmodic posture
- Orthopedic or neurological conditions such as scoliosis, herniated, carpal tunnel syndrome
- Scheduling problems and energy loss

Posture and movement therapy musicians focuses on:

- Posture and movement adjustments with and without the musical instrument
- Training proper posture while playing
- Warm-up and cooling down exercises
- Relaxed play and music performance biomechanics feedback.
- Learn to responsibly study, health education
- Breathing and breath support
- Coping with stress and perfectionism
- Concert preparations
- Ergonomics
- Learning different coping styles
- Psychomotorial coaching

