

Preventive posture and movement therapy can help you to obtain an improved sound coloring, controlled breath support, play longer and more relaxed.

Beside individual treatments the following workshops are available:

- Playing music in a healthy way
- Breath support for wind players

Teachers courses:

- Motor skills and music
- Behavior and music

Rates and Fees

Individual posture and movement therapy (method Cesar) is reimbursed by the Dutch health insurance if you have supplementary insurance for this. Check your health insurance.

No health insurance? Interested in a workshop? For the current rates, check the website.

Our vision

Care should be personal and professional. Attention to and craftsmanship for you and your problem.

For more information about posture and movement therapy for musicians and our practice www.cesartherapie-tilburg.nl , www.abc-tilburg.nl

Advies- en BewegingsCentrum Tilburg

Valerie Tillie

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Opening hours

See website for opening hours.

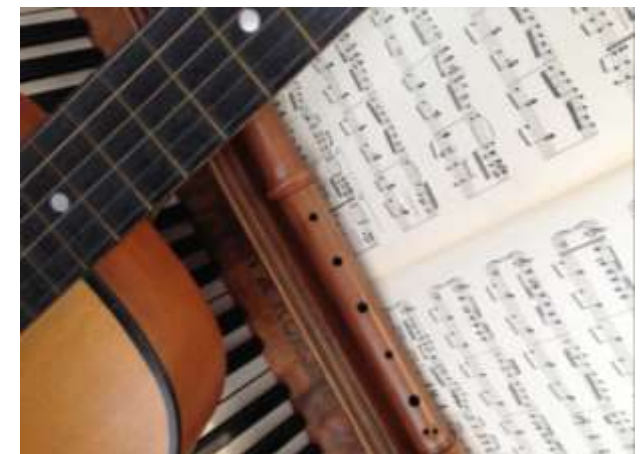
All treatments by appointment.



Valerie is member of NVDMG and VVOCM.



Posture and movement therapy for musicians



Passion meets Craftsmanship

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

