



ISABELLE DUCHESNE PHYSIOTHERAPIST, B.Sc., FCAMT

Member of the Canadian Academy of Manipulative Therapy, Canadian Society of Hand Therapists, and Performing Arts Medicine Association
The only physiotherapist in Quebec certified in Médecine des Arts Europe© and Plaisir de Jouer© (Paris)

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EXPERT PHYSIOTHERAPIST FOR MUSICIANS

Prevention & Treatment of occupational injuries for musicians

Optimization of musical performance.

- Advanced orthopedic manual therapy & physiotherapy dry needling.
- Prevention of functional disorders in musicians & solutions for muscle strain.
- Optimization of posture, movement, and muscle support for playing an instrument.
- Rehabilitation of the hand and upper limb in accordance with functional anatomy and instrumental movements.
- Treatment of temporomandibular disorders and ear problems.
- Rehabilitation of the hand and upper limb in accordance with functional anatomy and instrumental movement.
- Treatment of temporomandibular disorders and somatosensory tinnitus.
- Rehabilitation of the musician's mask and embouchure (orofacial region).
- Fundamental physical preparation exercises including the mask and embouchure.
- Optimization of detachés and attacks for precision through effective use of the tongue.
- Optimization of posture, movement, and muscular support for the instrument.
- Adjustment of shoulder straps, harnesses, and straps: ergonomics for the instrument.

INDIVIDUAL OR GROUP LESSONS (IN WORKSHOPS)

- Pain prevention through understanding and intergration of the functional anatomy used by musicians.
- Optimization of head and spine posture.
- How to energize and achieve independence of the arms through effective shoulder movement!
- How to free your fingers to achieve optimal flexibility and precision.

- Optimizing breathing and muscle support for wind instrument players and singers through physiological breathing, which is essential for playing.
- Integration of the functional anatomy necessary to achieve fluid breathing and optimal breath.
- Deepening knowledge of the bucco-facial region for a flexible and stable mask
- How to play for several hours and increase the power and endurance of your hands.
- How to free your hands without affecting your technique by optimizing the use of the muscles in your hands, forearms, shoulders, and neck.
- Active preparation for performance through dynamic warm-ups and post-performance recovery through active recovery with fundamental exercises specific to instrumental practice.

TRAINING

- **Advanced Physiotherapy Puncture with Dry Needles**
OPPQ Ordre Professionnel de la Physiothérapie (Professional Order of Physiotherapy), Basic and Advanced Courses
February 2023-February 2024
- **European Diploma in Arts Medicine ©**
Musician and Musical Performance Clinic (Paris)
October 2013-July 2022
- **Plaisir de Jouer© Diploma**
Trainer Marc Papillon, physiotherapist (individual training)
Musician and Musical Performance Clinic (Paris)
October 2013-July 2014
Optimization of Movement & Musical Performance
- **Advanced Orthopedic Manual and Manipulative Physiotherapy Diploma**, FCAMPT Level
Canadian Physiotherapy Association (CPA)
September 1992-April 2000

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