

MARC PAPILLON

www.marcpapillon.com

Creator of Coaching-Vidéos for Professional Musicians
Co-founder of «la Clinique du Musicien» - Paris



Professional Career History

PHYSICAL, TECHNICAL, STRATEGIC AND MENTAL COACHING

Individual and Group Coaching - Europe - Canada – United States – South America - Asia

- . Concert preparation, succeed a competition, prepare your next recording
- . Gesture optimization - Hands - Lips - Tongue - Mask - Shoulders - Back – Lower extremities
- . Respiration et emotion management – Clear your anxiety / negative stress / stage fright
- . Getting out of functional dystonia – Performance without dependence – The quest for excellence
- . Technical advice for progressive resumption of regular physical activity - re-athletisation.
- . Co-animation with other educational musicians : masterclasses.
- . Balneotherapy work - Apnea – Swimming strokes - Dances – Fear management – Body language

ERGONOMICS AND PERFORMANCE

Ergonomics - Innovation – Functionality - Esthetics

- . Musical instrument design : Optimization of instruments and their interfaces.
- . Design and production of working and rest orthotics.
- . Utilization of digital feedback (photo, video and heart monitoring)

DANCE AND MOTION ANALYSIS

Individual and Group Coaching

- . Workshops “Develop the resources needed for artistic expression”.
- . Workshops Dance Contact Improvisation in Asia and Paris.

PUBLICATION OF BOOKS AND ARTICLES AND VIDEO-WORKSHOPS

Writer of several books

- . « La main du pianiste » “The pianist’s hand”(2001) Alexitère Publications
- . « Prévention des pathologies des musiciens » “Prevention of pathologies of musicians” (2007) Alexitère Publications (collective work under Professor Tubiana’s direction)
- . « La main du guitariste » “ The guitarist’s hand “ (2011) Alexitère Publications
- . « The Joy of Playing» (2012) More than 80 Training videos for professional musicians
- . « Anatomie du Musicien» “The Musician’s Anatomy” Series of books currently being written, Self editing

REHABILITATION AND PERFORMANCE - 1999-2014

Physiotherapist and Coach at “Clinique du Musicien et de la Performance Musicale”

- . Postural rehabilitation and prevention of functional injuries for musicians,
- . Expertise in rehabilitation of functional dystonia of the hand and of the mouth and facial areas of musicians. Rehabilitation of the hand and the upper arm.
- . Rehabilitation of Musculoskeletal injuries.
- . Ergonomics, movement and posture for musicians.

EDUCATION AND PERFORMANCE - 2004-2014

Trainer for “Médecine des Arts”[®] (“Medicine for the Arts”)

- . Conferences and lessons in instrumental didactic for professional musicians,
- . Preparation for the teaching profession within Academies, Universities (Paris - Brussels - Montreal), “CEFEDM”, “CNFPT”, and private organizations.
- . Supervisor for University Degree and Physiotherapy School theses.

MULTIDISCIPLINARY CONSULTATION FOR MUSICIANS - 2004-2014

Consultant with Professors Tubiana, Rondeau and Philippe Chamagne,

- . Hand Surgeons, Neurologists, Rheumatologists, Pediatricians, Doctors in the workplace and specialized physiotherapists, with Professor Tubiana, Professor Rondeau and Professor Philippe Chamagne, at the Institut de la Main – the Clinique Jouvenet, and at the Clinique du Musicien in Paris.

Training and Education History

- 2016-2018 **TRAINING Lower extremities – CLINALLIANCE – PARIS, FRANCE**
Lower extremities - Feet - Knees – Hips - Balneotherapy
- 2014-2016 **DANCE IN DEEP WATERS – EGYPT - ISRAEL- INDONESIA – THAILAND – INDIA**
Body Awareness - Relaxation - Meditation - Apnea – Joy of dancing
- 2010-2013 **FORMATION VIDEO EDITING – WRITING – SELF EDITING online**
Project of studies: Creation of the first online video-coaching for professional musicians
- 2009-2010 **TRAINING IN BEHAVIORAL AND COGNITIVE THERAPY – IFFORTHECC**
Institut Francophone de Formation et de Recherche en Thérapie Comportementale et Cognitive(French Institute for Training and Research in Behavioral and Cognitive Therapy)
Doctor Jean Cottraux, Scientific Director and Doctor Charly Cungi, Teaching Director
Degree of Fundamentals in Behavioral and Cognitive Therapy (2010)
- 2008-2010 **TRAINING IN IMPROVISATION CONTACT DANCE - Stéphanie Auberville**
Improvisation Contract Dance plays with the laws of physics and human relationships through expansion gravity, altruism and resistance, inertia and impulse, acceptance and refusal, and such like, many different sorts of opposing data or data that can be resolved through dance.
- 1997-2018 **COURSES AND TRAINING IN PSYCHO-BODILY TECHNIQUES**
Massage - Respiration - Meditation - Acroyoga - Yoga - Fly Yoga - Relaxation - Pilates
Muscle Strengthening- Stretching - Alexander Technique – Feldenkrais Method.
- 2004-2006 **CONSERVATORY OF THE 11TH DISTRICT OF PARIS, FRANCE**
Marie-Christine Dacqui's class- double bass.
- 2000-2005 **ÉCOLE FRANÇAISE D'ORTHOPÉDIE ET DE MASSAGE (EFOM) - Boris Dolto**
(French School of Orthopedics and Massage)
Training in manual therapy. Relieving tension, Muscle chains, Posture and muscular organization of the spine, Manual approaches to the stomach, Movement of the spine, Muscle strains.
- 2003-2004 **ÉCOLE DIDIER LOCKWOOD (PARIS, FRANCE)**
Jazz school: Lessons in the Double Bass.
- 1997-2000 **EUROPEAN DIPLOMA OF “Medecine des Arts ®” “Medecine for the Arts”**
Training in partnership with the Higher National Academy of Music, Paris, exclusively orientated to the scientific medical aspects of instrumental practices : physiology, prevention, pathology, therapeutic, functional rehabilitation, stress, stage fright, ergonomics of movement.
Thesis: “Postural education of the hand at the piano while scoring”.
- 1998-1999 **MASTER IN SCIENCE AND TECHNOLOGY - Université de Technologie de Compiègne, FRANCE**
Diploma of Higher Scientific Education (DESS) - Industrial Design – Product Design
Project of Studies: design and ergonomics of musical instruments.
Course in design, product design and ergonomics.
- 1997-2007 **Continuous Training from Philippe Chamagne, Paris, FRANCE**
Precursory studies of physiotherapy in the field of functional rehabilitation of musicians.
- 1997-1998 **CENTRE D'INFORMATION MUSICALE (CIM), Jazz School, Paris, FRANCE.**
- 1993-1997 **HAUTE ÉCOLE LIBRE DE BRUXELLES. Degree in Physiotherapy, BELGIUM**
Approaches in instrumental dynamics. Educating the musical hand of the bassist.”
Participant in bass lessons, in the jazz section, at the Royal Academy of Brussels.
- 1979-2018 **EXPERIENCES AND PHYSICAL ACTIVITIES**
Football, rugby, Tennis, Table tennis, Handball, Volleyball, Beach volleyball, Basketball, Baseball, badminton, Squash, Golf, bowling, Long jump, High jump, Triple jump, Shot put, Racing, Orienteering, Half marathons, Marathons, Obstacle race in the mud (Mudday), French boxing, thai boxing, Wrestling, Wing chun, Qi gong, Capoeira, Paintball, Shooting, Archery, Scootering, Rollerskating, Bicross, cycling, Mountain biking, Scooter, trail bike, collection motorcycles, floor exercises, Rings, Horizontal bar, parallel bars, vaulting, Pommel horse, Mini trampoline, Grand trampoline, Tumbling, Butterfly stroke, back stroke, Breaststroke, Crawl, Optimist, windsurfing, Monohull, Catamaran, Kitesurfing, Sea surfing, Spearfishing, Water skiing, Wakeboarding, Paddle, Morey, jetski, Rowing, canoe-kayak, canoeing, canyoning, Luge, Skating, Downhill skiing, cross-country skiing, Monoskiing, Snowboarding, halfpipe, rock climbing, climbing, Hiking, Low mountain range, High montagne, snowshoes, dog sledges, Hiking horse, African dance, Contemporary dance, tango, Floor Barre, Stretching, Fitness, crossfit, Circus, Dance contact improvisation, Yoga, Tantra, Respiration, Relaxation, Meditation, Balancing, Acroyoga, Fly yoga, Fabrics, Trapeze, pilates, bodybuilding, Alexander, Feldenkreis, Thomatis, Body Percussion, Dance in deep waters, Apnea, Diving, Bungee jumping, Free fall...