



Osteopath D.O. since 2011, with a background in sport sciences (STAPS). A practice built on several disciplines: osteopathy, neuroscience and pain management, shiatsu and Chinese medicine, breathing science, micronutrition. Twenty years of experience supporting elite athletes.

QUALIFICATIONS

2019	University diploma (DUE) in micronutrition, nutrition, prevention and health Université Paris Descartes	2011	Osteopathy diploma, Master 2 level Recognised by the French Ministry of Health, CEESO Paris
2015	Master's in structural sports osteopathy Universidade Lusófona, Lisbon	2011	Inter-university diploma (DIU) in clinical anatomy applied to medical imaging Hôpital Ambroise-Paré
2015	Advanced training in Chinese medicine École Champenoise de Shiatsu, Michèle Mathaut	2006	Practitioner in shiatsu and Chinese medicine École Tourangelle de Shiatsu, Hervé Eugène
2012	"Sport Ostéo Pro" diploma INSEP, under the direction of Éric Robinson	2005	Master 1 in sport sciences (STAPS), Education and Motor Skills Université du Maine, Le Mans

AREAS OF PRACTICE

Elite sport

Club-based and individual care: prevention, preparation, recovery, injury management and season-long follow-up, in liaison with medical staff.

Chronic pain

Pelvic and perineal pain, persistent pain and complex situations, as a complement to medical follow-up.

Breathing and ENT

Assessment and optimisation of the breathing pattern, from infants to elite athletes. Support for singers and voice professionals.

Business and performance

Prevention of musculoskeletal disorders, stress management and recovery for leadership teams. Talks and workshops.

EXPERIENCE: SPORT AND PERFORMING ARTS

Since 2011	Osteopath to the FCF Juvisy women's football club, now Paris FC Season-long follow-up, preparation and recovery of the professional squad
2012 to 2013	French women's national football team Designated team osteopath, under head coach Bruno Bini
	French men's national basketball team and French Paralympic fencing team Designated team osteopath
	Compagnie DCA, Philippe Decouflé Coordinating osteopath for the dancers in several productions
Since 2000	Elite athletes, all sports Tennis, football, basketball, swimming, golf, martial arts, dance; in France and internationally

TEACHING, TALKS AND CONSULTING

Since 2007	Instructor in anatomy, biomechanics and physiology Shiatsu and Chinese medicine schools: Paris, Troyes, Tours
2022	Three-day intensive course: breathing optimisation Lausanne, Switzerland; programme for health and sport professionals
2021	Talk at the Olympic Museum, Lausanne Osteopathy for young athletes: prevention and the specific features of the growing body
Ongoing	Consulting for international groups Insurance, banking and hospitality: United States, West Africa, Central America
Ongoing	International assignments Europe, Latin America and Africa: elite athletes, executives and complex situations

CONTINUING PROFESSIONAL DEVELOPMENT

2026	Expertise in mitochondrial health Pain and perception neuroscience, and sports micronutrition	2019	Integrative approach to fertility in osteopathy Isabelle Tousch, Valérie Namer
2022	Osteopathy and dentistry, level 2 Isabelle Hue	2018	Western Medical Acupuncture José Kunzler
2022	(R)EVOLUTION: exploring the traditional heritage in the historical principles and practices of osteopathy through neuroscience Rafael Zegarra-Parodi, BMS Formation	2018	Neurological application of polyvagal theory Deborah Dana
2022	Neuroscience of pain and palpation	2017	Functional movement therapy Ben Cormack (Manchester United, Chelsea)
2021 to 2022	Advanced training in micronutrition Pr Castronovo	2017	Motor control, arthrokinematic manipulation and joint techniques Philipp Moulaert, Daryl Herbert, London
2021	"Inspire": optimising respiratory function Leonardo Pelagotti	2016	Osteopathy and dentistry: the temporomandibular joint Isabelle Hue, CFPCO
2021	Management of chronic and acute pain Series of continuing education courses	2015	Dry needling: update on the latest approaches CFPCO, M. Vlamynck
2020	Revisiting cranial, visceral and myofascial techniques in osteopathy with the neuroscience of perception Rafael Zegarra-Parodi, BMS Formation	2014	Neuroscience of pain
2020	Neuroscience of palpation, "NATIVE" Rafael Zegarra	2014	Osteopathic approach to pain CFPCO, P. Moulaert
2020	Functional anatomy of the vagus nerve and heart rate variability Pascal Grolaud	2014	Osteopathy and endocrinology CFPCO
Since 2011	Ongoing training with Pr Gilbert Versier Professor of orthopaedic surgery, medical consultant to the Tour de France	2013	Dry needling, osteopathy and endocrinology, osteopathy and pain CFPCO
2019	Minimum-leverage structural techniques (HVLA), spine and peripheral joints José Kunzler	2012	OSTEONAT training JM Briand, T. Leboursier, M. Barrot

SKILLS AND LANGUAGES

- Care of elite athletes: both individually and within organisations
- Support for singers and musicians: concerts, recordings, tours
- Musculoskeletal disorders: and occupational risk prevention
- Speaker and trainer: at vocational schools
- Languages: French, English (IELTS)