

Workshop 60 minutes

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Affiliations: sharing the latest help for preventing musicians injuries

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Abstract title: Senso Coaching as Support for Musicians' Health

## **Abstract:**

### **ABSTRACT for 60-Minute Workshop, Odense 2025**

**Erja Joukamo-Ampuja and Marko Siivonen**

#### **Senso Coaching as Support for Musicians' Health**

There are four basic types of nervous systems, and the details of each type's optimal posture (spinal curve, jaw position, arm placement, movement paths, center of gravity) are more individualized than what is typically taught in "basic ergonomics." The same instructions do not work equally well for everyone. Ignoring the individuality of the nervous system creates significant challenges for recovery and increases the risk of overuse injuries.

Functional neuroscience has been used in sports and corporate coaching since the 1990s to enhance performance and optimize recovery. In recent years, Finnish professional musicians and students have increasingly found support through Senso Coaching, a unique method based on functional neuroscience.

Erja Joukamo-Ampuja: In my work as a lecturer at the Sibelius Academy, I have found Senso Coaching to be a highly effective tool in guiding students. I've been able to use this new knowledge to help musicians find and refine their optimal playing posture, resulting in greater strength, lighter playing, effective support and relaxed breathing, improved sound, and better tactile contact. The risk of injury decreases when the physical strain from playing is reduced through more individualized posture, allowing for faster recovery.

Marko Siivonen: Through coaching and treatments based on functional neuroscience, I have helped clients suffering from chronic under-recovery return to their professional activities.

In the workshop we will explore the interaction between the senses, brain, spine, and neuromuscular system, how to approach it playing in an individualized way. The workshop provides insights into why and how understanding the individual nervous system is essential for musicians, educators, and healthcare professionals.

We also aim to demonstrate how different innate nervous system types affect playing, in collaboration with students from Danish Academy of Music, Odense.

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BIO

**Erja Joukamo-Ampuja**, musician

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Senior Lecturer of Sibelius Academy, Finland

Honorary member of Finnish Music Medicine Association

She is an active researcher and teacher in Music Medicine, helping injured musicians to recover and be back in shape with this new knowledge of Senso Coaching.

**Marko Siivonen**, Professional Specialists in functional neuroscience

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- Instructor and Professional sport coach
- Healthcare therapist in Functional Neuroscience; Finland, Netherland, Switzerland
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Helsinki 30.5.2025

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