

**Matthieu GALLOU-GUYOT, PhD**

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☎: *on request*

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Citizenship: French

Age: 32 (1992/12/25)

French: mother tongue

English: full professional



I am a French researcher with a keen interest in both sports science and neuroscience to promote active ageing. As a physical therapist, I have a background in clinical research and have since shifted my focus towards data-driven research. In my role as lecturer, I emphasize the value of active learning and hands-on, project-based education. Curious and mobile, I have lived and worked in France and Japan.

## 【Curriculum Vitae】

### 【Professional Experience】

Period	Institution, affiliation, position
2024/04 ~ On-going	The University of Tokyo, Department of Applied Biological Chemistry, Tokyo, Japan → Postdoctoral Researcher ( <a href="#">link</a> )
2023/03 ~ 2024/04	Japan Society for the Promotion of Science – <i>affiliated to Physical Behavior Assessment Team, Ochanomizu University, Tokyo, Japan</i> → Postdoctoral Researcher Fellow ( <a href="#">link</a> )
2021/10 ~ 2023/02	URPS-MK (regional union of health professionals - physiotherapists), Nouvelle Aquitaine, France → Scientific Expert Consultant ( <a href="#">link</a> )
2019/04 ~ 2022/06	Municipality of Limoges, Limoges, France – <i>affiliated to HAVAE Laboratory, Limoges University, Limoges, France</i> → Research Project Manager ( <a href="#">link</a> )
2019/01 ~ 2019/04	HAVAE laboratory, Limoges University, Limoges, France → Research Engineer
2018/09 ~ 2023/02	French physiotherapy institutes, Paris and Limoges, France → Lecturer and Academic Coordinator ( <a href="#">link</a> )
2016/06 ~ 2019/01	Private practice, Sceaux, France → Physiotherapist ( <a href="#">link</a> / <a href="#">link</a> )

## 【Degrees and Certifications】

Title	Institution, country	Date
State Certified Lecturer in Neuroscience (69), Sports Science (74), and Rehabilitation (91) ( <a href="#">link</a> )	French National Council of Universities (CNU), France	2023/03
PhD in Sports Science ( <a href="#">link</a> )	Sports Science Graduate School, Limoges University, Limoges, France	2022/06
Certificate of Good Clinical Practices ( <a href="#">link</a> )	GIRCI-SOHO institute, France	2020/12
Master's degree in Exercise and Health Sciences ( <a href="#">link</a> )	Sports Science Graduate School, Paris-Est University, France	2018/06
Certificate in Spinal Manual Therapy ( <a href="#">link</a> )	KPTEN institute, France	2017/06
State Certified Sports Instructor ( <a href="#">link</a> )	Ministry of Sports, France	2016/06
Bachelor's degree in Physiotherapy ( <a href="#">link</a> )	National French Physiotherapy Institute (ENKRE), Paris-Sud University, France	2016/06

## 【Research Achievements】

### 【Peer-Reviewed Publications】

#### REFEREED JOURNAL PAPERS

- Total number of papers: 16

- [1] **Gallou-Guyot, M.**, Bruyneel, A.-V., Mandigout, S., & Perrochon, A. (2025). Using dual-task effect for cognitive-motor change profiling – the Dual-Task Progress model. *European Rehabilitation Journal*, 5(1), Article 1. <https://doi.org/10.52057/erj.v5i1.58>
- [2] Grosboillot, N., **Gallou-Guyot, M.**, Lamontagne, A., Bonnyaud, C., Perrot, A., Allali, G., & Perrochon, A. (2024). Towards a Comprehensive Framework for Complex Walking tasks: Characterization, Behavioral Adaptations, and Clinical Implications in Ageing and Neurological Populations. *Ageing Research Reviews*, 102458. <https://doi.org/10.1016/j.arr.2024.102458>
- [3] Deneuve JP, **Gallou-Guyot M.**, Guémann M. (2024). Analysis of the reliability of the evaluation and scoring process for abstract submissions for the “Journées Francophones de la Kinésithérapie 2023.” *European Rehabilitation Journal*. <http://dx.doi.org/10.52057/erj.v4i1.46>
- [4] **Gallou-Guyot, M.**, Rousseau C., & Perrochon A. (2024) Les limites des revues systématiques de la littérature – quand le trop d’information devient délétère. *Kinésithérapie, la Revue*. 24, 267 : 60–65. <https://doi.org/10.1016/j.kine.2023.11.004>.
- [5] Brika, M., Maguet, C., Desramault, F., Duveau Hoarau, M., Cagnard, A., Mourey, F., & **Gallou-Guyot, M.** (2023). Soutien ou maintien à domicile des personnes âgées. *EMC - Kinésithérapie-Médecine Physique-Réadaptation*. [https://doi.org/10.1016/S1283-0887\(23\)69392-2](https://doi.org/10.1016/S1283-0887(23)69392-2)
- [6] Laplaud, N., Perrochon, A., **Gallou-Guyot, M.**, Moens, M., Goudman, L., David, R., Rigoard, P., & Billot, M. (2023). Management of post-traumatic stress disorder symptoms by yoga: An overview. *BMC Complementary Medicine and Therapies*, 23(1), 258. <https://doi.org/10.1186/s12906-023-04074-w>
- [7] **Gallou-Guyot M.**, Mandigout S., Marie R., Robin L., Daviet J.-C., & Perrochon A. (2023). Feasibility and potential cognitive impact of a cognitive-motor dual-task training program using a custom exergame in older adults – a pilot study. *Frontiers in Aging Neuroscience*. <https://doi.org/10.3389/fnagi.2023.1046676>
- [8] **Gallou-Guyot M.**, Perrochon, A., Marie, R., Bourgeois, M., Mandigout S. (2023). Measured and perceived exercise intensity during the performance of single-task, cognitive-motor dual-task and exergame training: a transversal study. *JMIR Serious Games*. <https://doi.org/10.2196/36126>
- [9] **Gallou-Guyot M.**, Mandigout S., Almeida-Prado P.S., Marie R., Daviet J.C., Perrochon A. (2022). Exergame and cognitive-motor dual-task training in the healthy elderly (INCOME): a study protocol. *European Rehabilitation Journal*. <https://doi.org/10.52057/erj.v2i1.8>
- [10] **Gallou-Guyot, M.**, Nuic, D., Mandigout, S., Compagnat, M., Welter, M.-L., Daviet, J.-C., & Perrochon, A. (2022). Effectiveness of home-based rehabilitation using active video games on quality of life, cognitive and motor functions in people with Parkinson’s disease: a systematic review. *Disability and Rehabilitation*. <https://doi.org/10.1080/09638288.2021.2022780>
- [11] **Gallou-Guyot M.**, Perrochon A., Thomas F., Mandigout S. (2021). Réentraîner les séniors à faire deux choses à la fois : le projet INCOME. *Revue TraHs n°11*. <https://doi.org/10.25965/TRAHS.3945>

- [12] Dalmazane, M., **Gallou-Guyot, M.**, Compagnat, M., Magy, L., Montcuquet, A., Daviet, J.-C., & Perrochon, A. (2021). Effects on gait and balance of home-based active video game interventions in persons with multiple sclerosis: A systematic review. *Multiple Sclerosis and Related Disorders*. <https://doi.org/10.1016/j.msard.2021.102928>
- [13] Kronovsek, T. Hermand, E., Berthoz, A., Castilla, A., **Gallou-Guyot, M.**, Daviet, J.-C., & Perrochon, A. (2020). Age-related decline in visuo-spatial working memory is reflected by dorsolateral prefrontal activation and cognitive capabilities. *Behavioural Brain Research*. <https://doi.org/10.1016/j.bbr.2020.112981>
- [14] **Gallou-Guyot, M.**, Mandigout, S., Combourieu-Donnezan, L., Bherer, L. & Perrochon, A. (2020). Cognitive and physical impact of cognitive-motor dual-task in cognitively impaired older adults: an overview. *Neurophysiologie Clinique / Clinical Neurophysiology*. <https://doi.org/10.1016/j.neucli.2020.10.010>
- [15] **Gallou-Guyot, M.**, Mandigout, S., Bherer, L., & Perrochon, A. (2020). Effects of exergames and cognitive-motor dual-task training on cognitive, physical and dual-task functions in cognitively healthy older adults: An overview. *Ageing Research Reviews*. <https://doi.org/10.1016/j.arr.2020.101135>
- [16] **Gallou-Guyot, M.**, Mandigout, S., Lacroix, J., Ricard, D., Buffat, S., Archambeau, D., Guéguin, G., & Perrochon, A. (2020). Biopsychosocial determinants of visuospatial memory performance according to different spaces. *Neuroscience Research*. <https://doi.org/10.1016/j.neures.2020.07.012>

#### REFEREED CONFERENCE PROCEEDINGS

•Total number of proceedings: 5

- [17] **Gallou-Guyot, M.**, Miyachi M. Physical activity volume and intensity may not be associated with vaso-occlusive crises in sickle cell anemia patients. Kyoto: *J-Stage*; 2023. [https://doi.org/10.20693/jspehssconf.73.0\\_463](https://doi.org/10.20693/jspehssconf.73.0_463)
- [18] **Gallou-Guyot, M.**, Mandigout, S., Almeida Prado, P. S., & Perrochon, A. (2022). Participants' characteristics of an exergaming training program: The INCOME project. *The Journal of the International Society of Physical and Rehabilitation Medicine*, 5(2), 249–250. <https://doi.org/10.4103/2349-7904.351394>
- [19] **Gallou-Guyot, M.**, Lacroix, J., Goyat, V., Mandigout, S., & Perrochon, A. (2019). Effets d'un programme d'activité physique en double-tâche sur différentes composantes de double-tâche. *Neurophysiologie Clinique / Clinical Neurophysiology*, 49(6), 422. <https://doi.org/10.1016/j.neucli.2019.10.045>
- [20] **Gallou-Guyot, M.**, Mandigout, S., Lacroix, J., Buffat, S., Archambeau, D., Guéguin, G., & Perrochon, A. (2019). Déterminants biopsychosociaux des performances de mémoire visuospatiale selon l'espace. *Neurophysiologie Clinique / Clinical Neurophysiology*, 49(6), 436. <https://doi.org/10.1016/j.neucli.2019.10.082>
- [21] **Gallou-Guyot M.**, Pallot A., Bissierier A. (2017) Evaluation fonctionnelle du patient BPCO en postopératoire immédiat: intérêt du test assis-debout. *Kinésithérapie, la Revue*, 17(184), 64-65. <https://doi.org/10.1016/j.kine.2017.02.066>

#### BOOKS CHAPTER

•Total number of chapters: 1

- [22] **Gallou-Guyot, M.**, & Quijoux, F. (2022). Neurophysiologie du vieillissement: Du cognitif à la chute. In A. Pallot (Ed.), *Rééducation en neurologie: Eléments pour une pratique clinique raisonnée* (Elsevier Masson, pp. 488–498). Elsevier Health Sciences. ISBN: [978-2-294-77123-1](https://doi.org/10.1016/j.elsevier.2022.100000)

## EDITORIALS

•Total number of editorials: 1

- [23] Quentin, J., Bozon-Verduraz, A., Cervantes, A., Deneuville, J.-P., **Gallou-Guyot, M.**, Martin, J., Saltarelli, O., & Guemann, M. (2023). Bienvenue au 9e congrès des JFK ! *Kinésithérapie, la Revue*. <https://doi.org/10.1016/j.kine.2022.12.176>

## THESIS

•Total number of theses: 1

- [24] **Gallou-Guyot, M.** (2022). Conception, développement et évaluation d'un exergame personnalisé sur les capacités cognitivo-motrices de séniors: le projet INCOME. Université de Limoges (Unilim), Limoges, FRA. <https://tel.archives-ouvertes.fr/tel-03715392>

## PREPRINTS

•Total number of preprints: 2

- [25] Laplaud, N., Perrochon, A., **Gallou-Guyot, M.**, Moens, M., Goudman, L., David, R., Rigoard, P., & Billot, M. (2022). Management of post-traumatic stress disorder symptoms by yoga: an overview. PREPRINT (Version 1) available at Research Square. <https://doi.org/10.21203/rs.3.rs-1834126/v1>
- [26] **Gallou-Guyot, M.**, Perrochon, A., Marie, R., Bourgeois, M., & Mandigout, S. (2022). *Measured and Perceived Exercise Intensity During the Performance of Single-Task, Cognitive-Motor Dual-Task, and Exergame Training: Transversal Study (Preprint)*. <https://doi.org/10.2196/preprints.36126>

## 【 Peer-reviewed Communications 】

### INTERNATIONAL CONFERENCE TALKS

•Total number of talks: 5

- [27] **Gallou-Guyot M.**, Mansigout S., Almeida Prado P.S., Perrochon A., (2022) Participant's characteristics of an exergaming training program: the INCOME project. *16<sup>th</sup> Congress of International Society of Physical and Rehabilitation Medicine ISPRM – Lisboa, Portugal* ([link](#))
- [28] **Gallou-Guyot M.**, Perrochon A., Marie R., Digbeu-Labbe E., Mandigout S. (2021) Dual-task training in elderly: the Limoges INCOME project. *4<sup>th</sup> congress of the international network Latin America, Africa, Europe, Caribbean ALEC - Limoges, France* ([link](#))
- [29] **Gallou-Guyot M.**, Perrochon A., Marie R., Digbeu-Labbe E., Mandigout S. (2021) Comparison of exercise intensity during exergame, dual-task or single-task training sessions: a pilot transversal study. *15<sup>th</sup> Congress of International Society of Physical and Rehabilitation Medicine ISPRM – online* ([link](#))
- [30] **Gallou-Guyot M.**, Mandigout S., Lacroix J., Archambeau D., Guéguin G., Perrochon A. (2019) Déterminants biopsychosociaux des performances de mémoire visuospatiale selon l'espace. *26<sup>th</sup> congress of the French society of postural control, balance, and locomotion SOFPEL – Montreal, Canada* ([link](#))
- [31] **Gallou-Guyot M.**, Lacroix J., Goyat V., Mandigout S, Perrochon A. (2019) Effets d'un programme d'activité physique en double tâche sur différentes composantes de double tâche. *26<sup>th</sup> congress of the French society of postural control, balance, and locomotion SOFPEL – Montreal, Canada* ([link](#))

## NATIONAL CONFERENCE TALKS

•Total number of talks: 5

- [32] Gallou-Guyot, M. (2023). Existe-t-il un lien temporel entre le volume d'activité physique vigoureuse et l'apparition de douleur chez les patients drépanocytaires? *Journée Francophone de la Recherche* – Tokyo, Japon ([link](#))
- [33] Gallou-Guyot, M., Motohiko M. (2023). Physical activity volume and intensity may not be associated with vaso-occlusive crises in sickle cell anemia patients - A new approach in sickle cell anemia patients physical activity management? *73rd Conference of the Japan Society of Physical Education, Health and Sport Sciences* – Kyoto, Japon ([link](#))
- [34] Rousseau, C., Demont, A., Rulleau, T., Duclos, N., Gallou-Guyot M., Kinésithérapie et doctorat (2020). *7<sup>ème</sup> congrès international francophone pour les étudiants en physiothérapie et kinésithérapie CIFEPK* - Bordeaux, France ([link](#))
- [35] Gallou-Guyot M., Mandigout S., Lacroix J., Archambeau D., Guéguin G., Perrochon A. (2019) Visuospatial memory in navigation is associated with physical activity level and psychosocial factors. *34<sup>ème</sup> congrès de la société française de médecine physique et de réhabilitation SOFMER* - Bordeaux, France ([link](#))
- [36] Gallou-Guyot M., Pallot A., Bissierier A. (2017) Evaluation fonctionnelle du patient BPCO en postopératoire immédiat : intérêt du test assis-debout. *34<sup>ème</sup> congrès des journées francophones en kinésithérapie JFK* - Paris, France ([link](#))

## INVITED TALKS

•Total number of talks: 4

- [37] Complex Systems approaches for Molecular Robotics (CSMR2023), Ashida Hakkano, Japan (December 2023) ([link](#))
- [38] 49th congrès of the French Sport Physiotherapy Society (SFMKS), Limoges, France (November 2022)
- [39] Active Aging 2.0 Chaire, Marseilles University, France (Mars 2022)
- [40] Physical Activity and Sports Sciences Seminar, Poitiers University, France (October 2021)

## 【Others】

## SOFTWARES – CODES – SCRIPTS

•Total number of sharing: 3

- [41] ActiWearCheck. (2025). <https://github.com/OchaUni-Physical-Activity-Measurement/ActiWearCheck>
- [42] Dual-Task Calculator. (2024). <https://dualtaskcalculator.streamlit.app/>
- [43] GPAQ-scoring. (2023). <https://github.com/MatthieuGG/GPAQ-scores>
- [44] SF36-scoring. (2023). <https://github.com/MatthieuGG/SF36-scores>

**DATABASE**

•Total number of databases: 1

**[45]Gallou-Guyot M.**, Perrochon A., Mandigout S. (2022). INCOME Research Project. OSF.  
<https://doi.org/10.17605/OSF.IO/KT54B>

## 【External Funds】

### FELLOWSHIPS

- Total acquired: 2
- Total amount awarded: ~74.000 USD

- [1] Name of the fund: Japan Society for the Promotion of Science - Postdoctoral Fellowship Short term program ([link](#))  
Project title: “Physical activity in patients with sickle cell disease: Effect on the vascular function, frequency of painful episodes and clinical course of the disease”  
Amount: 4.600.000¥ (~35.000 USD)  
Period of research: 2023/03 – 2024/03  
Role: Research collaborator – Postdoctoral researcher
- [2] Name of the fund: Industrial Convention for training through Research (CIFRE) – French National Technology Research Association (ANRT) ([link](#))  
Project title: “Interference Cognitivo-Motrice Exercise”  
Amount: 36.000 € (~39.000 USD)  
Period of research: 2019/04 – 2022/06  
Role: Research collaborator – Doctoral candidate

### GRANTS

- Total acquired: 4
- Total amount awarded: ~8.700 USD

- [3] Name of the fund: Japan Society for the Promotion of Science Research grant  
Project title: “Physical activity in patients with sickle cell disease: Effect on the vascular function, frequency of painful episodes and clinical course of the disease”  
Amount: 860.000¥ (~6.200 USD)  
Period of research: 2023/03 – 2024/03
- [4] Name of the fund: Limoges University International Mobility Grant ([link](#))  
Project: “Transfer of expertise on fall risk analysis using inertial sensors”  
Amount: 1.500 € (~1.600 USD)  
Period of research: 2022
- [5] Name of the fund: Limoges University International Mobility Grant  
Project: “Congress presentation”  
Amount: 350 € (~380 USD)  
Period of research: 2021
- [6] Name of the fund: French Physical Medicine Society (SOFMER) Transatlantic Mobility Grant  
Project: “Congress presentation”  
Amount: 500 € (~540 USD)  
Period of research: 2019



## PRICES

- Total acquired: 2

[7] Name of the price: Prix de these *finalist* ([link](#))

Project's title: "INCOME project"

Date: 2022

[8] Name of the price: Prix Territoria Argent ([link](#))

Project's title: "INCOME project"

Date: 2022

## 【Teaching Activities】

### 【Lectures】

Lectures, workshops and evaluation provided at university level. Hourly volumes (**212h in total**): ([link](#))

- 2024-2025: 8h
- 2023-2024: 4h
- 2022-2023: 110h
- 2021-2022: 22h
- 2020-2021: 39h
- 2019-2020: 29h

Field	Themes
Geriatric	<ul style="list-style-type: none"><li>• Cognitive aging: from physiopathology to treatment</li><li>• Link between cognition and motor skills – assessment &amp; rehabilitation</li><li>• Adapted physical activity, training, rehabilitation and re-athletics</li></ul>
Research methodology	<ul style="list-style-type: none"><li>• Establishment of a research protocol</li><li>• Integrity &amp; ethics - Regulations &amp; laws</li><li>• Scientific writing</li><li>• Bibliographic research</li><li>• Critical reading of articles</li><li>• Data analysis and processing, statistical analysis (Python)</li></ul>
Clinical practice	<ul style="list-style-type: none"><li>• The muscle-tendon complex: from assessment to treatment</li><li>• Passive and specific joint mobilizations</li><li>• Falls in older adults: assessment and physical activity rehabilitation program</li></ul>

### 【Thesis supervision】

Master's thesis supervision (**17 in total**):

- 2022-2023: 5
- 2021-2022: 4
- 2020-2021: 6
- 2019-2020: 2

The complete list and details are available at [this link](#).

## 【Scientific Implication】

### EDITOR ACTIVITIES

•Total number of roles: 1

[1] Peer Community In (PCI), Health and Movement Science – **recommender** ([link](#))

### PEER-REVIEWING ACTIVITIES

•Total number of reviewing: 32 ([link](#))

[2] Frontiers in Rehabilitation Sciences (1) ([link](#))

[3] Alzheimer & Dementia (1)

[4] Frontiers in Public Health (2) ([link](#))

[5] Frontiers in Psychology (1) ([link](#))

[6] Frontiers in Ageing Neuroscience (2) ([link](#))

[7] BioMed Central BMC Geriatric (2)

[8] Journal of Healthcare Informatics Research (1)

[9] Disability and Rehabilitation (3)

[10] Journal of Medical Internet Research JMIR – Serious Games (2)

[11] British Medical Journal BMJ Open (3) ([link](#))

[12] European Rehabilitation Journal (2)

[13] Science & Sport (1)

[14] Kinésithérapie, la Revue (11)

### EXPERTISE

•Total number of expertise: 5

[15] French Physiotherapy Society Prize (SFP), 2024-2025

[16] French Physiotherapy National Order Prize (CNOMK), 2024

[17] Expertise for the evaluation of a paramedical research hospital program for the Montpellier University Hospital, 2023

[18] Expertise for the evaluation of a paramedical research hospital program for Paris hospitals, 2021 ([link](#))

### PROMOTION ACTIVITY

•Total number of actions: 11

[19] Creation of a laboratory newsletter (2021-2022) – HAVAE laboratory, Limoges University, Limoges ([link](#))

[20] Workshop for the general public - “Activité Physique et Santé – Innovations pour le bien vieillir” (March 2022)

[21] Conference and workshop for the general public – “La Nuit Européenne des Chercheurs” (2021 edition) ([link](#))

[22] Article in general press (1) ([link](#))

[23] Article in specialized press (1) ([link](#))

[24] Videos for the general public (5) ([link](#) / [link](#) / [link](#) / [link](#))

[25] Podcast for the general public (1) ([link](#))

*All these resources are available on demand*

## SCIENTIFIC SOCIETY COMMITTEES

2023 - On-going	Member - Japan Society of Physical Education, Health and Sports Sciences
2022 – On-going	Board member – French Physiotherapy Society ( <a href="#">link</a> )
2021 – 2022	Life Sciences college member - French Physiotherapy Society
2018 – 2021	Lecturers' college member - French Physiotherapy Society

## EVENTS ORGANISATION

2022-2023	<u>Title</u> : 9 <sup>th</sup> French Physiotherapy Congress <u>Role</u> : Steering Committee member ( <a href="#">link</a> )
2020-2021	<u>Title</u> : 8 <sup>th</sup> French Physiotherapy Congress <u>Role</u> : Scientific Committee member ( <a href="#">link</a> )

## ADMINISTRATIVE DUTIES & ACADEMIC COMMITTEES

2022-2023	<u>Title</u> : Academic coordinator, EFOM - ENKRE, Paris, France <u>Role</u> : Academic management, coordination of exams, participation in regular administrative meetings, updating content on digital platforms, student support and follow-up.
2020-2022	<u>Title</u> : Journal Club, ILFOMER, Limoges University, Limoges, France <u>Role</u> : Creation and animation of a writing club in the Limoges University, so student can learn the rules of scientific writing ( <a href="#">link</a> )
2020-2022	<u>Title</u> : Communication commission, HAVAE laboratory, Limoges University, Limoges, France <u>Role</u> : Member of the commission

*Last update: January 2025 - Referees on request*