

CSMTA ON Chapter Member Highlight

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This month's member highlight is:

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Question One:

If you could relive an event that you worked at what would it be?

Probably all those events from my early years - "If I knew then what I know now." With the depth of skills, knowledge and experience I have acquired, especially from my colleagues, I could have made even more of a difference. One special event to relive? The World Indoor Track and Field Championships, Toronto 1993. Back in the day Track was my personal sport and it was a privilege working with the world's best.

Question Two:

How did you find the exams for the CSMTA certifications?

This was some years ago! The practical was straightforward. Once again with utmost respect, after the grindstone of Athletic Therapy certification, it was routine. Having said that, and let the record state, I did have to redo one section of the written exam. It's healthy to be knocked off one's pedestal periodically. I sense that as we evolve as a profession our certification process will evolve as well. It's fortunate that we have so many dedicated and knowledgeable people taking stewardship of this mandate.

Question Three:

What is your next step and/or goal?

I am expanding the number of Sport Massage professional development courses. It's vital we up our skillset and knowledge to the next level and beyond. Most RMT training is adequate, but our people must differentiate themselves from non CSMTA affiliated RMTs. We should be the gold standard with orthopaedics in the RMT world. It will take some work and I have some wonderful friends who have collaborated with me in this project. The intention is to make these available across Canada and share the "goods". Perhaps before I retire, I could participate at one Summer Olympics if work and family can spare me... and the COC can spare some honorarium!

Question Four:

What is one technique you use for every treatment?

Probably some form of fascial work. It is such a gem with all aspects of our work: rehabilitation, injury prevention and maximizing performance. It can be very physical or gentle requiring utmost intuition. The palpation skills I have learned with various fascial techniques have assisted me with a host of other advanced modalities: Visceral work, Lymph Drainage, Cranial-sacral work. The beauty of it is also the quick results. Athletes frequently feel the change directly after treatment. Fascial work plays a major role in facilitating optimal mechanics which is very important in sport.

Question Five:

If you could add a certification to your resume what would it be?

Probably Osteopath, it's the gold standard encompassing everything. Having said that, I am mindful that, like everything else and with utmost respect, you get Osteopaths and Osteopaths. Some are mediocre with mediocre training. But when they are good, I learn so much from them. And I am grateful to have very talented DO friends and colleagues in my circle.

