

CSMTA ON Chapter E-Newsletter

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This month's member highlight is:
Remo Bucci, RMT, SMT(C)



1. What makes you enjoy your job?

I enjoy this profession because of the variety of experiences that I have had and are yet to come. This profession is always evolving so the work I do will never feel stagnate. For example, I have been a Massage Therapy instructor for 17 years, I'm a single practitioner, member of a multidisciplinary clinic, CSMTA instructor for 9 years, member of Integrated Support Teams to National Sport Organizations where I'm involved in the daily training environment and travel to camps and competitions. I also enjoy the dynamics of working with teams. I like being a part of something that's bigger than myself and knowing that I'm helping to make the teams a little bit better. I have been in this profession for over 23 years and I can see myself continue to treat for many more years. Hopefully my body feels the same way.

2. What is it like running the Swim trials?

I enjoy it but it's a lot of logistics, coordination, and putting out fires at times. I'm thankful of a team approach with many entities such as Swim Canada, Toronto Pan Am Sports Centre, Canadian Sport Institute Ontario, CSMTA Ontario Chapter, and local Massage school if I can't fill up the schedule with Certified and Candidate members. I

can always count on the CSMTA Ontario Chapter members to volunteer to showcase their professionalism and knowledge. I had the pleasure of running it in 2015 and 2016. Unfortunately, this year I won't be able to attend because I will be in Daytona at the same time for a Para Athletic Canada training camp for wheelchair athletes. I will be organizing the Massage portion of the Swim trials and then I will have the Paramedical Lead for Swim Canada oversee it.

3. What is your next course you will be teaching?

I just co-taught a 1-day Sport Massage course with Mike Grastein for Sport Specific Health Professionals at the Canadian Sport Institute in March. The CSMTA developed it because we realize that teams may bring an AT, PT, Chiro, and MD instead of a SMT due to budget constraints so we want to give those professionals appropriate tools they can use. I will also be co-teaching the upgraded Advanced Sport Massage Course with Alain Bellemare in Montreal in June.

4. What is your favourite technique?

Depends on the area but I'll give you 3. 1. Laminar groove clearing 2. Active Myofascial Release 3. Pretzel technique, which works well from low back to hamstrings. I learned it from my instructor when I was in Massage school who was a Certified Sport Massage Therapist at the time.

5. What certification has been your favourite?

Thai Massage, I have been able to incorporate it with in my treatments on the table rather than traditionally on the mat and because I was able to learn it in Thailand.

6. If you could go back into school for a certificate what would it be?

Finish off my Osteopathic education. It has broadened my understanding of how to treat people and how the body functions.

