

CSMTA ON Chapter E-Newsletter

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This month's member highlight is:
Jeffrey Addley, BSc(Hons), RMT, SMT(cc), FST, NCCP: Weightlifting



1) What makes you a unique therapist?

My background in coaching high school track & field and competitive weightlifting is what really makes the difference for me. Coaching has really helped me understand the structure of programming and all the different phases a properly periodized program has. As a therapist, the more you know about training and competition, the better you are prepared for your athletes. Working with weightlifting athletes you have to have a sharp eye and I like to use that when I see other athletes or clients move. It's like having two sets of eyes; one is the therapist, observing an athlete's comfortability and fluidness in the movement, and the other is the coach, focused on form and execution.

2) What drives you in your career to keep going?

Drive for me comes from simply the love of sport and passion

I have being a sports massage therapist. Working with teams and at events always has its own challenges. Even if you have worked with swimming for years or the same hockey team season after season. It's never the exact same each day, and that's what makes it fun and interesting. Every event I got to, I know I'm gaining more experience; improving my skills and given new challenges to work through. But that's the name of the game right? Wanting to continuously improve your ability to treat athletes is how you progress and pushes you forward to bigger things. That's what I like about it. With each event I go to and team I work with gets me a little bit closer to my goal to one day support Team Canada at the Olympics.

3) How has sports massage benefited your general public treatments?

Sports massage has really helped me think outside the box. In school (here and in Ireland) massage has the client being very passive, and focus is more on the holistic (relaxation) approach, whereas with sports and orthopaedic massage you take a more therapeutic (corrective) angle; and that's what I like to do as a therapist. I use a combination of many different techniques and get great results, and clients actually really like to be more involved in the therapy; have it be with PNF, MET, STR etc. Working with sports has also made a big impact on my confidence when treating clients in clinic. You see a lot of acute injuries happen right in front of you working at events, and that puts you on the spot. But I like that because it challenges your skills and puts you in situations we talk about when doing sports massage workshops. In clinic you get the aftermath of all that and you remember how you tackled that injury in the past. Sports massage you're exposed to more and that really shapes you to be a stronger therapist not only on court side but also in your treatment room.

4) What is your next course you're taking to further your sports career?

There are so many different directions I could go. I know that I want to progress in the level of training I have in Fascial Stretch Therapy for sure. I use it so much and am eager to learn more. But I think that my next course would have to be Myoskeletal Alignment Technique (MAT) system from Eric Dalton. It's been on my radar for a long time now and I really like how its approach has the clients really involved (active) with the therapy. The style very similar to how I treat now using STR, FST, and techniques I learned in the advanced sports massage course.

5) Why Sports Massage?

Sports Massage is fun. It takes you out of the often boring treatment room and gives you a change of environment that recharges you in a way. One of my favourite things to do at an event is Pre-Event sports massage for 10 – 20 min; most that have worked with me in the past will agree that I just love it. Your hands are going so fast, warming muscles up, loosening joints, stimulating the nervous system, and just energizing your athlete. They feel like doing back flips when you're done. It's such a great feeling to help prep an athlete before they step on that platform or jump in the pool!

