

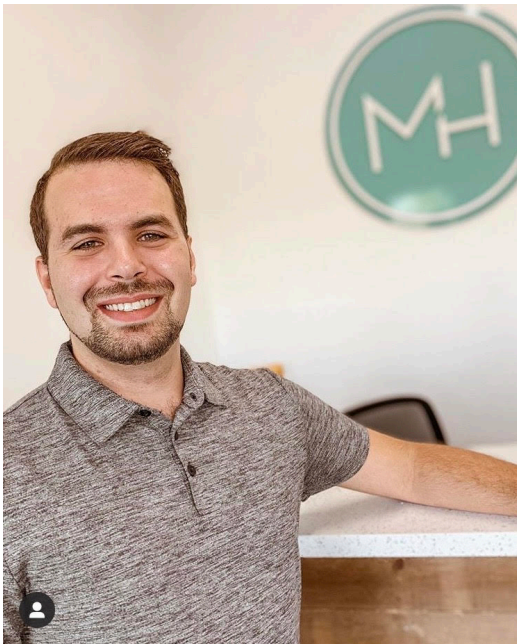
CSMTA ON Chapter E-Newsletter

April, 2020

Volume 12

This month's member highlight is: Jake Moore RMT, SMT (cc)

What made you get into sports massage? I've always wanted to treat within the athletic population. In Massage Therapy school, I realized I was very interested in treating sports injuries. I wanted to be part of the rehabilitation process to get an athlete functioning to their maximum potential again. In September of 2018, a good friend of mine asked if I wanted to travel to Cambridge for the Advanced Sports Massage Therapy course offered by the CSMTA. It was after taking that course when I decided to gear my practice towards sports medicine.



Was massage Therapy always your first career choice?

Before choosing to pursue massage therapy as a career, I was interested in a few other professions. I've always been interested in anatomy and working with people, and I thought about nursing for a while. After realizing I was squeamish at the sight of blood, I started schooling for funeral pre-planning. Funeral pre-planning school was very interesting, but I still wanted to be in a medical profession, so I chose to enrol in the Massage and Hydrotherapy program at Canadian College of Health Science and Technology.

What is your next step in sports massage? So far, I have had the opportunity to practice Sports Massage at the CrossFit gym next door to my place of work. I love the positive energy and excitement of sporting events. I'm currently a certificate candidate, working for my sports specialization through the CSMTA, so I am constantly banking hours towards that. Once I receive my certified sports massage designation, my dream would be to travel with Team Canada to the Olympics!

What is your favourite course taken so far? My favourite course taken so far has been the Advanced Sports Massage

Therapy course from the CSMTA. This is where I learned the majority of sports massage techniques that I currently use in my practice. For me, assisting athletes to perform to their full potential by utilizing sports massage therapy is fun! Sports massage is completely different from Swedish massage. Instead of using slow predictable techniques, we use fast, stimulating, unpredictable movements. This helps fire up and prepare the athletes' mind and body! It's an awesome feeling to be a part of the athletes' warm up and recovery routine!

Do you have any advice for our student members since you became an RMT? Working as an RMT, I learn something new every day. When I was in school, I had the mentality that treating injuries was as simple as following a text book treatment plan. In the real world, it's not as simple as that. Each client's injury is unique. It is important to listen to your client in order to be thorough when assessing and treating. If your treatment plan is not providing the anticipated results, it's important to take a step back, and look for any other possible pathologies or muscle imbalances that could be preventing the client from getting the relief they're looking for.

