

# CSMTA ON Chapter Member Highlight

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This month's member highlight is:  
**Melissa Doldron RMT,SMT(cc),Fascial Stretch Therapist,Joga Coach**

## **Question One:**

**What are some continuing education units you have completed that has benefited your practice?**

Advanced Sports Massage, Fascial Stretch Therapy, and Soft Tissue Release have been the most impactful to date.

## **Question Two:**

**If you had no budget to spend on a course, what course would you choose to complete?**

The Functional Range Release series of courses by Dr. Andreo Spina. Including Functional Range Conditioning and Kin-stretch.

## **Question Three:**

**What made you decide to become a Joga Coach?**

I was looking for another way to benefit my clients and the athletes I work with. I would get asked all the time for ways to stretch, mobilize and strengthen the body. We educate clients all the time with tips & tricks for better recovery (pre-rehab and rehab). I found the Joga system was a perfect way to provide impact to them in a class and/or one-on-one setting. I love teaching!

## **Question Four:**

**As a sports enthusiast, what is a tip you would suggest for new therapist starting within the sports world?**

Read everything! Volunteer, reach out to peers, take courses, go to the CSMTA events.

## **Question Five:**

**What is the best part of your career?**

All of it!! I have highlight moments every week such as assisting athletes and providing helpful tips for their recovery. Creating positive changes to my 9-5 corporate clients to de-stress and also to provide youth athletes with tools for injury prevention, recovery and mindfulness. Getting the thank you's, hearing about their personal bests, great seasons, etc. Our jobs are pretty great!!

