

# CSMTA ON Chapter E-Newsletter

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This month's highlight member is: Mark Lewis. RMT, SMT (cc), CPT, Pn1

**What made you choose to become a Sport Massage Therapist?** I have had a lifelong love of sports, both as a player and a spectator, but I have only been aware of the sport massage therapy field for a few years. I remember picking up a magazine on my very first day of classes in my massage therapy program, and it was the first time I had ever been aware of this branch of massage therapy. There was an article that highlighted SMT(C) Alain Bellemare and his involvement with the 2004 Athens Games, and I remember being completely captivated by his experience. I devoured every word. How amazing would it be to be involved in an international competition and actually get to help Canadian athletes perform at the highest level? It seemed too good to be true (and still does!). What an amazing honor that would be. I have a huge love for travelling, experiencing different cultures, and athletics, and this article evoked such a strong passion in me.



That moment brought me some clarity and focus as I went through the program, and I started to volunteer and get involved with many sporting events, both in school and beyond. After getting my general license in 2018 I became a part of the CSMTA, which opened up other opportunities for me. The 2019 Canadian Swim Trials in Toronto was my first big event as a certified RMT, and while I was a bit nervous going into it, I had a blast over the 3 days I was there. My colleagues put me at ease and I learned so much from all of them. It gave me a lot of confidence moving forward and I have been building on that experience ever since.

**What makes you unique as a therapist?** I got into the field of massage therapy through being a personal fitness coach. I spent years helping others move and feel their best before ever thinking about massage therapy as a profession. I still do one-on-one coaching to a smaller capacity, and I think my experience has really benefited me. It is fun bringing what I've learned into massage therapy. I really appreciate the opportunities I get to educate my patients and give them homework to do that will accentuate what I'm trying to do with them in the clinic room. I love learning and growing as a therapist, and doing what I can to become more valuable to the people I get to treat.

**What is your biggest dream when it comes to sports? And why?** I would love to be involved in athlete care at some international games, as that is to me the highest form of accomplishment in this field. There is an indescribable feeling I get when being around competitive athletes, and it completely energizes me. Being part of Team Canada, some day would be really amazing.

**How do you take care of yourself as a therapist?** I am active outside of the clinic, and I find that when I am regularly working on my movement deficiencies, the aches and pains of my day to day life are more manageable. I want to last as a therapist so I take a longer view of my health, and have a particular affinity for calisthenics and kettlebell training. Beyond that, I do exchanges with other practitioners when I can to take care of my body. I also have two young kids that keep me moving on a daily basis!

**If you could add a certification to your resume what would it be?** There are so many directions to go here, but I am currently looking into some of the Functional Anatomy Systems (FAS) created by world renowned Canadian chiropractor Dr. Andreo Spina. Dr. Spina has worked with many professional sports teams and his depth of knowledge about the human body is vast. I would also like to pick up my taping certification – I was in the process of locking down a weekend do that in February, but unfortunately COVID paused that for the time being!