

# CSMTA ON Chapter E-Newsletter

April, 2020

Volume 12

This month's member highlight is: Natiely Lai, RMT, SMT (cc)

**What keeps you motivated to continue in this profession?** The motivation I get from this profession is that I genuinely enjoy helping people through massage therapy. If clients have specific goals with their treatment plan and we meet them, it motivates me even more to continue working with them and a variety of other clientele. Stress and pain relief is so important to everyone's well-being and now that massage therapy is becoming a popular alternative health care, clients are more aware that they need to have time for themselves to relax mentally, but also maintain healthy soft tissue by seeing an RMT and having a self-care routine in their daily lifestyle. I work at a boxing gym so I stay motivated by seeking mentorship by my coach and treating combat sport clientele to switch up the work environment.

**Was massage always your first choice?** Massage therapy was not my first choice of career. I knew I wanted to be in health care but I was not sure which one because there are so many different fields to choose from. I love playing sports and always kept active. When I started playing field hockey competitively throughout grade 7-12 in school and another team outside of school, it was too strenuous and that is when injuries and muscles were constantly sore over time. Physiotherapy and massage therapy treatments were always a big part of my recovery when I needed it. I originally thought I wanted to be a Physiotherapist so I did co-op at a multidisciplinary clinic and shadowed the PT's and RMT's. I really enjoyed shadowing the RMT, decided to apply to CCMH in Cambridge and could not be any happier!

**What is your next step within your career?** The next step in my career is to create my own brand for combat sport athletes. Over the last 5 years working a boxing gym, I really fell in love with the mental and physical training aspects of boxing and combat sport in general. My goal is to show support for our local athletes, sign up for massage therapy and business courses, study biomechanics and which techniques are most beneficial to combat sport athletes pre-inter-post-training and competition. I will continuously volunteer at sport events and take up any opportunity to travel with athletes.

**How do you take care of yourself as a therapist?** Physically, I have a regular stretching routine in the morning and at night after work or a workout. I make sure to exercise regularly and take fitness boxing classes 3x/week to keep my hands strong and body in shape. I regularly use a foam roller or a lacrosse ball for tight or sore muscles. Mentally, I also take 5-10 minutes in my day to meditate or visualize my day/week. Positive affirmations such as looking at motivational quotes or listening to podcasts. It is also very important that RMT's have a work-life balance and take valuable time for themselves. Massage therapy can be physically and mentally draining so making sure to not overwork yourself and enjoy your other hobbies/interests.

**Have you traveled overseas for work before?** I have not travelled overseas for work yet but I do have an upcoming opportunity March 26th-April 2nd this year. It will be for the 2020 Boxing Continental Qualifiers in Buenos Aires, Argentina. I will be providing recovery treatments for 2016 Olympian, Mandy Bujold as she prepares for the 2020 Tokyo Olympics. Mandy will have to place Top 4 out of the America's to punch her ticket to Tokyo. This will be a very new experience for me as I have never stepped foot out of Canadian territory to treat an athlete competing on International stage. This is why I love the profession so much because you can have so many unique opportunities as an RMT!



