

CSMTA ON Chapter Member Awareness

June 2017

Volume 2

This month's member highlight is **Alexandra Abbott SMT(cc)**, from Waterdown, ON !



Do you have any question or concerns for the CSMTA Ontario Chapter?

Please feel free to contact us at info@csmtaontario.org <http://csmtaontario.org/>

What motivated you to get into sports?

What motivated me to get into sports therapy is my long history with athletics. When you are on a team there is nothing that can replicate the sense of belonging that it provides. It was a great motivation and having to consistently set goals, allowed for room to grow. On the way, I was exposed to some amazing therapists and I always appreciated how much they could help me during my rehabilitation process and enhance my own game. I always wanted to be apart of another individuals rehabilitation process.

If you could pick a focus on one sport what would it be?

I think it is always hard to narrow down to just one specific sport; however, I have always loved hockey, because I have gone through so many of the injuries myself I understand the mechanisms of injury. Recently, I began working with some extreme sports athletes for example: motor-cross, snowboard, and downhill skating, and I am really enjoying my time. The amount of stress that they put on certain structures is almost unfathomable, and how the body can compensate for certain movements is remarkable.

What is your most memorable moment as a therapist?

One memorable moment that stands out would be a season winning football team. I was working alongside an Athletic Therapist, Emma Wright it was one of my first field placements. I learned so much throughout the process but just the comradery that they had and the hard work that they put into a season to see it all pay off. It was an enjoyable experience that confirmed sports therapy was something I wanted to pursue!

Any key people stand out to you during an event?

I have come across so many amazing therapists during my time with the CSMTA, there's always something to learn from each other. I love hearing how different approaches to some impairments and the outcomes and the experiences they have had with specific injuries. Recently, working with Rugby Canada has been a pleasure. With some of the best therapist showing up and volunteering their time as well as driving in from such long distances to help out, Mackenzie Epps. The Rugby Canada staff itself have been great, the Athletic Therapists are so appreciative and helpful its always fun to work collaboratively with other disciplines.

What was your favourite event and why?

I have enjoyed every event that I have attended so far, with different and new experiences to practice and improve my skills. I am really looking forward to the Indigenous Games in July. It will be a huge learning experience!

What is the future goal as a therapist?

I hope to continue gaining experience and continuing my education. In the long run, I would love to work as a full time therapist for a team during a pro circuit such as X-games. For now, I am loving trying out a variety of sports and meeting tremendous people along the way!

