

# Chairperson's Report

Autumn is here, the leaves are changing, and so too is our SPBC executive council. We've got some new faces joining us, and a long standing council member leaving us. I'd like to take this opportunity to thank D'Arcy Boulton tremendously for all of his hard work and efforts on the council over the past years. D'Arcy spent the last two years as treasurer on the council and has assisted us for many years prior as a member at large helping coordinate and run many of our events. We wish D'Arcy well with his new clinic, Sandstone Sport & Spine Physical Therapy, on Gabriola Island.

There has been some shuffling around of other positions within the current executive and I'd like to sincerely thank all of the current members for their enthusiasm and dedication to making the BC executive such a dynamic team to be involved with. I also welcome Allison MacKay of North Vancouver as a new member at large.

We have a very busy next couple of years ahead of us. With 2010 looming around the corner, we hope to be offering courses and conferences in conjunction with SPC national and PABC in order to prepare all of you for the times ahead in sport physiotherapy. Kevin Stoll, our new education coordinator, has been working hard at organizing a number of quickly approaching events such as our Certificate Prep Course, a Sport First Responder, the return of Matt Walsh and another Mulligan course. Please see the education calendar in this edition for dates and details.

SPBC will be an exhibitor at the upcoming Allan McGavin Sport Medicine Center conference. Our marketing

coordinator, Chris Napier, is busy planning a number of ways to use this exhibit to educate the attending physicians and sport medicine doctors, as well as other physiotherapists who sport physiotherapists are, what we do, and where to find us. Come by the booth and check it out! If you haven't registered yet, the link to the conference brochure is on our website at [www.sportphysiobc.com/events](http://www.sportphysiobc.com/events).

Last but not least, I'd like to congratulate all the BC candidates who passed their Certificate and Diploma written exams. The practical exam will be held February 7-10th at UBC in Vancouver.

As always, we are open to any suggestions or requests for course topics or if you would like to inform us of upcoming events, please contact us at [sportphysiobc@yahoo.ca](mailto:sportphysiobc@yahoo.ca).

Timberly George, BScKin, BScPT  
Diploma Sport Physiotherapy  
Chair, Sport Physio BC  
[timberlygeorge@yahoo.ca](mailto:timberlygeorge@yahoo.ca)

## Current SPBC Executive:

*Chair:* Timberly George  
*Treasurer:* Andrea Reid  
*Secretary:* Erica Mayall  
*Education Coordinator:* Kevin Stoll  
*Marketing Coordinator:* Chris Napier  
*Website Manager:* Dave Terlicher  
*Newsletter Editor:* Wil Seto  
*Student Rep:* Tim Dewailly  
*Interior Rep:* Holly Eburne  
*Island Rep:* Isabel Grondin  
*Northern Rep:* Dustin Robin  
*Members at Large:* Florence Yip, Harry Toor, Sid Raddalgoda, Morraine Ruddick, Allison MacKay, Davis Rodrigues

## MARILOU LAMY

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# Profile of a local Sports Physiotherapist

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*By Wil Seto, Certificate Sport Physiotherapy*

In the realm of sports physiotherapy it can be inspiring to hear stories from our colleagues about their experiences from working with athletes as well as what has and continues to inspire them. I had the opportunity to interview Marilou Lamy, a Sports Physiotherapist that moved to the lower mainland from Montreal about a year ago. As she began answering my questions over the phone from her North Vancouver home, I developed the image of someone who pursued a career in sports physiotherapy because of her passion; not just in her work but in her everyday life as well.

Marilou had graduated from Laval University, Quebec City, in 1993. Originally unsure about what direction to take with physiotherapy she began volunteering as a second year student with the varsity women's basketball team. She herself had tried out for the varsity squad as a freshman and could not find a way to earn a spot on the team. So it all began, as she thought, "If I cannot help out the team on the court then I'll do it on the sidelines."

Marilou's journey forward was influenced by, current Chief Examiner of Sport Physiotherapy Canada, Sarah Marshall. At the time, Sarah had just gotten back from the 1992 Barcelona Summer Olympics and was relaying her experiences working over there to a local Sport Physiotherapy forum in Montreal. Living vicariously through Sarah, Marilou knew that she wanted to move away from this armchair experience & propel her career in this direction. Upon graduation, Marilou stayed in Montreal & continued to give her free time working with various sports including rugby, gymnastics, track and field, handball and speed skating. With the help of Sarah Marshall and Shirley Kushner, Marilou completed her Diploma in Sports Physiotherapy in 1995.

Motivated by a need to build upon her manual

therapy skills as well as a need for change, Marilou enrolled in the Graduate Diploma of Manual Therapy in Sydney, Australia in 1996. She thought this would be a good precursor to the Part A Intermediate Manual Therapy and Manipulation exams. However, the highlight of that year was when she was called upon to be the Canadian Track team therapist at the World Junior Championships in Australia. Having previous experience working with the national team in Canada and being at the right place at the right time, Athletics Canada thought that she was a perfect fit for the team.

Since then, Marilou has gone on to the Commonwealth Games, Pan Am Games, 2000 & 2004 Summer Olympic Games and most of the World Track and Field Championships since 1997 with the Canadian Track Team. Her motivation throughout this entire time was the same - it was to be that person who would help make a difference in enhancing an athlete's performance. For Marilou, it was totally amazing to be involved in that, but very hard work as well.

One of the most memorable experiences in Marilou's Sport Physiotherapy career occurred when she was at the 2000 Olympic Games in Sydney, Australia. She was in the track stadium amongst an over-capacity crowd of 110,000 people cheering on hometown Aboriginal favorite, Cathy Freeman, who won a gold medal in the 400 metre event. The win was a symbolic reconciliation between aboriginal and non-aboriginal Australians. "It was absolutely bone chilling and it gave me the goose bumps to be a part of that energy!" said Marilou.

Marilou also recounted an event that occurred during some down time after the competition at the 1998 Commonwealth Games in Kuala Lumpur, Malaysia. To beat the heat and have some fun, she along with an assistant coach and some members of



the track team, decided to “refresh” in an outdoor pool at the wee hours of the night. The moment almost turned embarrassing when an athlete who had had enough to drink decided to skinny dip. Moments later the team manager came around, but fortunately everyone stayed in the water and the crew escaped with a light scolding. She also recounted another time when at the Olympic Games in Athens, the track coach taught her how to do “snatch” lifts at the gym during some down time. The next day she arrived at practice looking a little sore so the coaches asked her what she had been doing. Probably from the agony of the delayed onset muscle soreness, she unwittingly blurted out, “I did my snatches,” in front of the male coaches and athletes. Needless to say, the team did not let her live that one down for a while.

Before moving out west to follow her husband, Marilou owned and ran a clinic in Montreal called ‘Action Physio Physio’, from 2000 to 2006. Since moving out here she began working with a track & field medical team member at his practice called ‘Performance Health Group’ in downtown Vancouver.

She is still the Canadian Track & Field team therapist. She moved to North Vancouver to gain closer access to the pristine outdoors. This suited her recreational lifestyle in cross-country, telemark skiing, trail running and cycling.

Having successfully completed her Part A Intermediate Manual Therapy and Manipulation exams before moving out here, she hopes to continue and finish her Fellowship. Flirting with the idea of going back to school and possibly doing research in pelvic dysfunction in track athletes is also something not too far off in the distant future for her. In the meantime, she has been putting more focus on domestic life, raising her six-month old daughter.

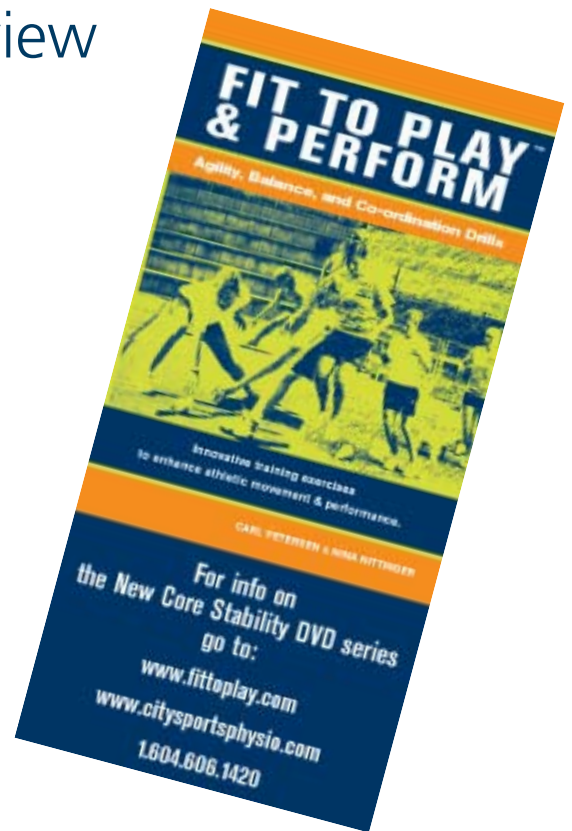
Marilou’s advice for those up and coming physiotherapists with an interest in sports therapy, is that volunteering your time with the small local sports teams is where it all starts.

*“All the people you meet, and the opportunities that you jump on when they come up, will determine where you will go with your sports physiotherapy career.”*

# Fit to Play & Perform DVD Review

By Tim Dewailly, UBC MPT student

I had the pleasure to review one of the “Fit to Play & Perform DVD’s”. This particular DVD had an emphasis on sport specific agility, balance, and coordination drills for high performance junior tennis players. The drills could easily be adapted to tennis players of various abilities and to different sports where agility, balance, and coordination come into play. Local physiotherapist, Carl Peterson (Director of High Performance Training at City Sports & Physiotherapy) and former WTA Tour player Nina Nittinger created the DVD together. The video provided comprehensive information on proper warm up phases, fast feet drills, balance drills, reaction drills, combined fast feet & medicine ball drills, and hopping & bouncing drills. As a student, it was very refreshing to be steered away from the classic agility, balance, and coordination drills and learn more advanced sport-specific drills. The drills are demonstrated in such manner that physiotherapists, coaches, personal trainers, and strength & conditioning coaches could easily repeat them.



Overall, it is a great video for anyone who wants to provide athletes or players with innovative and practical drills to improve their balance and agility.

## = = = = = **Bulletin Board** = = = = =

### **Rugby Canada National Teams**

Rugby Canada is looking for Certificate and Diploma in Sport Physiotherapy holders to work with their various programs. Interested applicants should have years of rugby experience at all levels including club, regional and provincial representative programs. Experience in International travel will be considered an asset.

Some of the positions are volunteer and some of the positions will receive an honorarium. Therapists will be encouraged to work domestic National Team Events prior to accessing international travel with teams.

A complete resume of clinical and field experience and skill set is required with your letter of interest. Previous Rugby Canada Therapists are encouraged to apply.

Please forward letter of interest to Isabel Grondin at [igrondin@shaw.ca](mailto:igrondin@shaw.ca). Only applicants that will be interviewed will be contacted. Your letter of interest will remain with the organization until July 2008.

### **Need Sports Physios?**

Need help with your sports team? Have a sporting event coming up requiring Sport Physio services? Let us know!! We'll post it on the bulletin board, on the website, and send out e-mail blasts to our members! Contact us at [sportphysiobc@yahoo.ca](mailto:sportphysiobc@yahoo.ca)

### **Need trainers?**

Need an assistant trainer for your team? There are many current UBC Physio students interested in gaining experience with Sport Physiotherapy. If you work with a team and need some extra help or are willing to mentor a student, please contact us at [sportphysiobc@yahoo.ca](mailto:sportphysiobc@yahoo.ca) and we'll pass your name onto the students. Students are our future - let's help them get there!!

Pease contact these rugby clubs looking for therapists directly: Brit-Lions Rugby Club, Delta - Contact Martin Jones 778-772-2323. SFU Rugby Club, Burnaby - Contact Tanya Gordon 604-831-9150; [tanagordon@shaw.ca](mailto:tanagordon@shaw.ca)

# Education Update By Kevin Stoll, Education Coordinator

It's been quite an introduction into the SPCBC executive for me. I didn't realize what I was getting into, and the amount of work that former Education Coordinator, Andrea Reid had done in the recent past. Nevertheless, we have a busy education calendar for the upcoming Fall and Winter.

In addition to the **PABC Evening Lecture Series** this Fall, and the **Allan McGavin Sports Medicine Conference** November 24, the education opportunities abound. SPCBC is putting on another **Certificate Level Prep Course**, slated for the 8th and 9th of December. You can sign-up online at [www.sportphysiobc.com](http://www.sportphysiobc.com).

Stanley Leene is putting on another **Sports First Responder Course**. These courses have been of tremendous benefit to anyone working with sports teams. The course will be held December 14-16 at UBC.

Matt Walsh is returning to Vancouver and Victoria to put on another **Running course**, this time with a focus on treatment concepts. The one-day

course will be open to those people who have taken his course previously, and will tentatively be held Feb. 23 in Victoria, and Feb. 24 in Vancouver. Stay tuned to the website for details.

Finally, SPCBC will be bringing Jack Miller back to Vancouver to teach a **Mulligan Concepts course**. The course will be held on April 5-6, and will cover Upper Quadrant mobilizations with movement.

That's all for now! We are already planning ahead for the Fall of 2008... keep your eye on the website for the latest. Here's a summary:


- November 22 *Heel Pain: What is it really?*  
Deb Treloar (Evening Lecture Series)
- November 24 *Allan McGavin Sports Medicine CME Conference* (UBC)
- December 8/9 *Certificate Prep Course* (UBC)
- December 14-16 *Sports First Responder Course*  
Stanley Leene (UBC)
- Feb 23/24 *Matt Walsh Running Course*  
(Victoria and Vancouver)
- April 5-6 *Mulligan Concepts – Upper Quadrant*  
Jack Miller (Location TBA)

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