

CSMTA Profile

Carolyn Caesar, RMT, SMT(C)

Carolyn Caesar graduated from Sutherland and Chan in 1998 and has been practicing for 12 years in Toronto, Ontario at Physiotherapy on Bay, LifeMark Health. She has been a member of CSMTA since 1997 starting with a student membership.

During her years with the CSMTA Carolyn has shown leadership as the Ontario Chapter president and treasurer. She has also been a strong advocate for continuing education by developing and teaching a thorough Sport Massage course with fellow certified member, Johanna Thackwray.

Prior to her RMT career, Carolyn competed for Canada on the Senior B National Rowing Team earning excellent experience and knowledge of the sport from all aspects. She was a member of the Canadian Healthcare Team specifically for Canada's National Rowing Team (Men's and Women's) at the 2000, 2004 and 2008 Olympic Games. She has also worked for them at the past 10 World Rowing Championships and numerous world cup regattas and training camps. Adding some diversity to her experience, Carolyn had the opportunity to work with Bobsleigh Canada on their European Tour and World cup circuit in 2007.

Carolyn is a fully certified level three rowing coach, is a graduate from the National Coaching Institute with her level four and is the Head Rowing Coach at Havergal College in Toronto. She is an avid runner and credits the support and encouragement of her loving daughter, boyfriend and parents for enabling her to work and travel extensively.

In her own words:

Why I love my job: "I enjoy working with a very demanding, driven and unique portion of our population. I love helping athletes recover from injury and be better tomorrow than they were today. I love the challenge of keeping athletes injury free so they can raise the bar and train harder. When they are injured I like the problem solving and finding the right techniques to get them back on the water quick. My job has allowed me to see the world and work with other great practitioners in a team environment. It has allowed me to see injuries I wouldn't normally see in the general population. It's fun and very rewarding. It allows me financial freedom and flexibility in my day so that I can coach and be a mom in addition to full time therapist. I love my job!"

How has it helped my career: "Sport Massage has defined the type of therapist I am. It influences the courses I take and how I approach the treatment of injured athletes. I bring these skills into my day to day practice to treat and maintain the health of my patients. My experiences with the team make me a better therapist for my patients at home. You need to always keep up with current research, techniques and courses. You need too constantly review your anatomy and improve your skills. Acquire as many tools as possible for your tool bag. It is a demanding job. When you travel with a team you work long hours so it's important to keep yourself in good shape and take care of yourself."

I am Head Rowing Coach at Havergal College in Toronto. I am a fully certified level three rowing coach and also graduated from the National Coaching Institute with my level 4 Theory in 2002.

I have a seven year old daughter, a wonderful boyfriend and fantastic parents. They give me endless support and encouragement that allows me the freedom to work with the team. Support is key to my job as a coach, mom and therapist. I honestly believe that nothing in life is done alone. Without their support I would not have been able to accomplish the things I have done in my life. I am very fortunate to have the love and support of my family.

I try and stay in shape by running which is great for stress relief and you can do it anywhere in the world. A hotel treadmill or new neighborhood in a new country work great! All you need is a pair of running shoes.