



2023 Peter Martin Award Winner

Sydney Dick



My health care journey began at the University of Alberta. Hailing from Richmond, BC, I moved to Edmonton pursuing the higher standard of education and personal independence. After a five year grind, I completed my Bachelor of Science in Kinesiology in 2021. I found my passion for anatomy at the start of my degree and my passion for healing at the end of it. During my last three years at university, I had the opportunity to work closely with the U of A varsity basketball and volleyball teams. I traveled with teams acting as their first responder and provider of injury assessment and rehabilitation. During this time, I discovered massage through an introductory soft tissue release course. As the sport season progressed, I found my love for manual therapy and my amateur skillset at the time was even validated by positive athlete feedback. By the start of my final year, I was already researching the best massage therapy schools in Edmonton.

At the start of my final year at Vicars, U of A Varsity Health reached out and hired me on as their first officially employed Kinesiologist. My role there involved working in an integrated support team based out of the Glen Sather Sport Medicine Clinic including Athletic Therapists, Physiotherapists, Sport Doctors, Orthopedic Surgeons and more. I realized there is something unique to be appreciated about massage therapy in that it is so instantly gratifying as a modality. Unlike rehabilitative exercise, which I spent the majority of my time as a kinesiologist prescribing, massage can provide instant, noticeable relief from physical and mental ailments. Physiotherapists have the misfortune of leaving the treatment plan in the hands of the patient and trusting them to carry it out on their own, if they carry it out. As massage therapists, we can help to heal in the moment with our own hands. This, and the ever-present enticing, enjoyable nature of massage is what motivated me to pursue a career as an RMT.



I graduated from Vicars School of Massage Therapy in 2023. Throughout that program, I continued working with Varsity Health and was able to practice massage on the athletes. Part of my week was dedicated to learning the fundamentals of massage in the classroom and working with general and special populations in their student clinic. The rest of my week I was learning how effective massage is as a tool for sport performance and injury rehab through shadowing RMTs from the Glen Sather Sports Medicine Clinic and working with athletes during games and practices. As a retired athlete myself, my passion for working with athletes has never faltered along with my admiration for their competitive drive and constant desire to improve.

Now, just months after graduating, I myself have been hired on by the Glen Sather Clinic and also work out Athlete's Choice Massage Downtown. Embarking on the newest chapter of my health care journey, I aspire to continue working with athletic populations and helping them to enhance sport performance while rehabilitating injuries. My personal mission as a therapist is to empower people living with pain through high quality, evidence-based manual therapy and patient education. I believe in the power of teamwork and will always encourage and seek out collaboration with other health care providers. I believe in always striving to further my knowledge and skill set in the same way athletes strive to be better in their sport. I hope these ambitions show in each of my treatments in the pursuit of full body health for my clients.

The Peter Martin award would be a great honor and a tremendous asset in helping me achieve my IASTM certification within the next few months. Additionally, I have peace of mind knowing that with the MTAA as my professional association, I will have access to ample resources to help me accomplish all my continuing education goals. The portal for professional development courses is comprehensive and varied, the insurance and legal help offered allows me to focus on delivering massage without worry, and the staff have been and are always friendly, quick to answer, and eager to help. Regardless of the outcome of this application, I wish to express thanks to the MTAA for my seamless transition from student to professional, to my instructors for inspiring and educating, to every individual that gave me their time, trust, and encouragement to practice, and lastly to my friends and colleagues for making the start of my massage journey so fun and enriching. I aim to make all of you proud as I continue to grow as a therapist.