

## **Q & A With Performance Integrated Health Physiotherapist, Katelyn Proctor**

### **1. In recent years, you've discovered a love of Mountaineering. How did that come about? Can you tell us about your experiences with that?**

Mountaineering, is a passion that started from my father. He is quite the accomplished mountaineer. He has climbed the highest mountain in North and South America, namely, Mt. Denali, and Mt. Aconcagua, respectively. Growing up with a father who is so accomplished, it was just a matter of time before I started to follow in his footsteps. We started with a few short climbs around B.C. and I was hooked. We have summited many mountains together, but my favourite (I hope) has yet to come. Next year we plan to summit Mt. Rainer!



### **2. Why do you love mountaineering?**

This is a question I often receive in some form or another. I'll try to articulate my best answer! Climbing is a challenge. Its hard, its grueling, its demanding, it hurts and it takes a lot of determination. When I am on a mountain, I am constantly teaching myself that I can do things I never knew I was capable of. When I am off a mountain, I use the determination the mountain has taught me face challenges with an open mind and a level of perseverance I didn't know existed within myself before climbing. I think that having a passion that requires planning and handwork keeps me motivated in my daily life. Although, if you caught me on the mountain when I am feeling frozen, thirsty, hungry and sore I am not quite sure if my answer would remain the same.

### **3. Does mountaineering have any similarities to Physiotherapy?**

Climbing and Physiotherapy have many parallels. Each day, patients come to me with their ailments and look to me to find the solution. Some injuries are quite simple: discovery deficiencies in movement pattern, give exercises, IMS, manual therapy and they are better. Others take time, requiring new treatment protocols, researching what we will do during their session, all in all preparing to conquer their ailment. Determination and planning are both key parts to solving their pain puzzle. Part of the reason why I have such a passion for physiotherapy is because it mimics so much of what I do to summit a mountain.



