

Hi, my name is Sydney Stokoe. I'm a certified orthotist here at Lethbridge Orthotics and Prosthetics.

**How long have you worked at Lethbridge Orthotic - Prosthetic Services for?**

I've worked here for about 2.5 years.

**Why did you choose this career?**

It's something I just kind of fell into. I worked as a kinesiologist for a couple of years in Calgary, working mostly with joint replacement recovery, and really liked working with the patients and really, like, you know, the population, working with people with chronic problems. But, I found as a kinesiologist, there's only so much that you can do to help people. So going back to school and finding kind of a new niche in a new way to help people was kind of what I needed to do and I like working with my hands. So orthotics just kind of made sense.

**What is your favourite part of the job?**

I like the problem solving, you know. I like, you know, we get to work with patients and kind of figure out what they need and then we go to the back and we try and figure out how to make that happen with the tools at our disposal, which are, you know, carbon fibre, plastic, different types of foam. So you kind of have this, this set basket of tools to work with and you've got to figure out how that's going to work for each person. We see a little bit of everything. I've been doing most of the foot orthotics lately and a lot of the knee bracing. I go up to Calgary every week, and help out with the knee bracing team up there.

**What are some fun facts about yourself?**

We, we've got lots of pictures of me rock climbing when I was about two or three and my parents may have lied about my age to get me into ski lessons a year early. So we've kind of been go getters forever. I coached some of the adult introductory bouldering classes here at the local climbing gym in Lethbridge.

I try to spend most of my time out in the mountains. A lot of rock climbing, mountain biking, back country skiing, just yeah, no, I just like getting, getting out into the mountains and, you know, breathe in the fresh air and spending time with my partner and my friends and just getting outside.