

Dr. Brian Abelson
Dr. Evangelos Mylonas

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Get Optimum Results with a New 30 Minute Appointment

In addition to our normal ten-minute appointments in which we offer Active Release Techniques (ART), Graston, and Chiropractic Manipulation, we are now offering the option of a **30-minute appointment**.

These 30-minute appointments allow us to provide the most powerful therapy we have ever offered to our patients. The 30-minute appointment format gives our doctors the time required to integrate **Fascial Manipulation** into our already powerful treatment protocols. We will continue to use ART, Graston, and Manipulation in these appointments but by taking the time to integrate Fascial Manipulation, we are able to achieve a more permanent resolution of your soft-tissue injuries.

On the next page of this newsletter, you can read more information about this exciting procedure and explain why the integration of this technique can achieve such remarkable results.

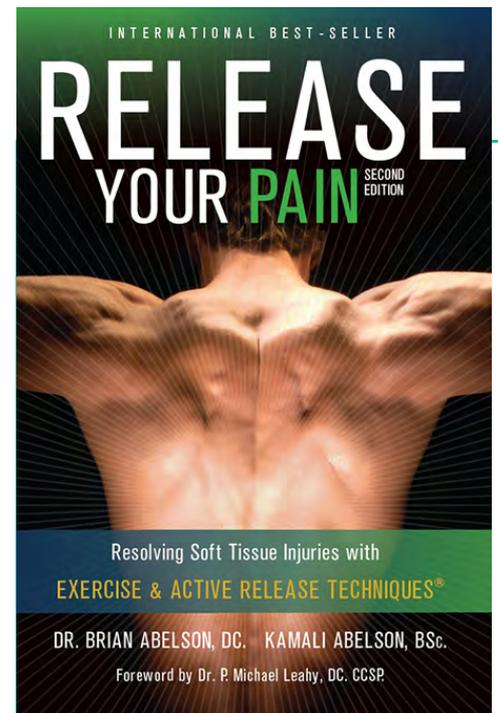
As some of you know, Dr. Abelson and Dr. Mylonas both traveled twice to Italy last year to complete certification in **Fascial Manipulation** with the Stecco Medical group. The teachers of this program, Lugui, Carla and Antonnio Stecco, are considered to be among of the best myofascial release practitioners in the world. Both Dr. Abelson and Dr. Mylonas are now both fully certified in this technique.



We have an anniversary to celebrate

Dr. Evangelos Mylonas has been back at Kinetic Health for just over a year. It has been a busy year treating patients, course work in Italy, video production, writing, and of course trying to find time with his dear wife and son.

We just want to take this opportunity to say that it is great to have you back at the clinic and we look forward to the years in practice to come.

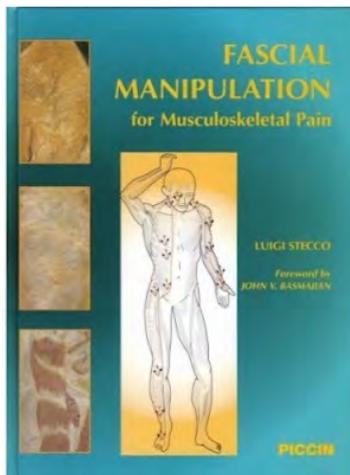


Now Available

***Release Your Pain
Second Edition***

Get your copy of this long-awaited 2nd edition of an international best-seller to get the information you need to make educated health care decisions about your soft-tissue conditions. **Release Your Pain** provides you with specific exercise strategies to help resolve your individual condition and which can apply to a broad range of soft-tissue injuries.

Fascial Manipulation



We are very excited to add Fascial Manipulation (FM) into our therapeutic protocols. Many years ago, I was very excited when I discovered how effectively I could help patients with Active Release Techniques (ART). Today I feel the same level of excitement about the integration of FM into our treatment protocols.

FM is *not* a replacement for any of the therapies we offer. Fascial Manipulation is what I believe, is the missing link in soft-tissue treatment protocols. It is a key methodology that makes every treatment more effective.

In 2009, at the *Second International Fascia Research Congress* at *Vrije University*, in Amsterdam, I really began to understand the importance of myofascial therapy. It really hit home during a conversation with one of the Chancellors of a major European medical school.

This leading neurosurgeon explained that, rather than developing a real understanding of how the body actually works, most practitioners have learned a “dumbed-down” version of anatomy. Basically, it is much easier to teach students by compartmentalizing each group of muscles, and by simplifying their respective functions. With FM we view the body as a single, integrated, functional unit— one that works in synergy with all its other components. This synergy is controlled by the fascia (connective tissue) in the body. In fact, we now know that numerous neurological receptors are actually embedded in the fascia, and not just in the muscle.

This new information lead me to the Stecco group, who are some of the most successful myofascial practitioners in the world today, and their technique of **Fascial Manipulation** (FM). FM is a manual therapy that was developed by Luigi Stecco, an Italian physiotherapist from northern Italy (Thiene). FM evolved over a 30-year period through careful research, practice, and treatment of a vast case-load of musculoskeletal conditions.

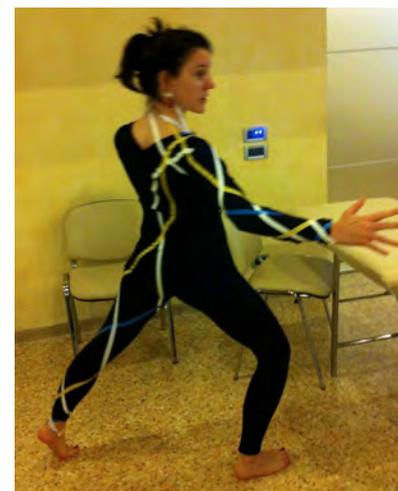
FM is unique in that it addresses not only scar tissue and adhesions, but also the thickenings that occur between the various layers of tissues in the body. These thickenings are deposits of hyaluronic acid, the body's natural lubricant. In areas where restrictions form, hyaluronic acid can transform from a viscous state to a solid form. These thick layers of hyaluronic acid restrict movement, cause abnormal motion patterns, diminish circulation, and cause nerve entrapment.

The effects are much the same as those caused by scar tissue. ART is very effective at releasing scar tissue. However research has shown that these thick layers of hyaluronic acid take about four minutes of continuous pressure to break down. In my opinion FM is by the far the most efficient way to break down these thickenings. Hence the introduction of FM into our treatment protocols.

Now for the best part! When you combine ART with FM the results are astounding. We are seeing chronic conditions, that previously have not reached a full resolution, **completely resolve**. We are very excited about the results we have been seeing, and look forward to sharing these techniques with you in our **new 30-minute appointments**.



Luigi Stecco, the founder of Facial Manipulation with Dr. Abelson.



Taping the fascial planes in class. This is a great way to feel the interconnections of one fascial plane to the next. It makes it very easy to see how a neck or shoulder problem can cause low back pain or a hip problem.



The FM courses are held in Thiene Italy, which is approximately 75 kilometers north east of Venice.

Resolving Plantar Fasciitis

Release Your Body

RESOLVING PLANTAR FASCIITIS

Dr. Brian Abelson, DC
Kamali T. Abelson, B.Sc



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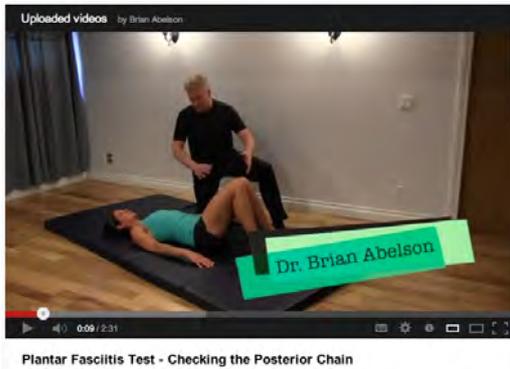


By Internationally Best Selling Authors

Dr. Brian Abelson, DC Kamali T. Abelson, B.Sc

Dr. Abelson's next book is about Plantar Fasciitis. The book will be out in the summer/Fall of 2013. It will be available in both hard copy and eBook.

Resolving Plantar Fasciitis will be available at www.releaseyourbody.com



To view videos on the biomechanical analysis of your kinetic chain at it relates to Plantar Fasciitis please go our Youtube channel at <http://www.youtube.com/kineticealthonline>. The go to the playlist on functional testing to learn more.

Plantar Fasciitis (PF) is one of the most common conditions that we Successfully treat at Kinetic Health. In fact, between the general public and members of the running community, I find that I am treating cases of Plantar Fasciitis almost every day.

Plantar Fasciitis (PF) affects about 10% of the population, and accounts for approximately 10% of all running injuries. Since there are over seven billion people in the world, this means over 700 million individuals currently suffer from this condition.

Resolving Plantar Fasciitis can be a very frustrating process for many people. When I review my patient case histories, I often find that most of my patients have already tried a wide range of therapies, ranging from orthotics, ultrasound, stretching, ice, heat, manipulation, various soft-tissue techniques, acupuncture, electrical stimulation, steroid injections, and on to a plethora of ointments and creams. Not surprisingly, most of these patients are very skeptical when I tell them that their Plantar Fasciitis really can be resolved (in the majority of cases).

A multi-faceted analysis and treatment plan is the key for complete resolution of Plantar Fasciitis. It is necessary to first identify **which** structures are involved, and then determine the **extent** to which the associated kinetic chains are impacted, before beginning treatment and re-establishing normal movement patterns. Effective treatment also requires a fine-tuned exercise program that integrates stretching, strengthening, balance, and proprioceptive routines.

The number and type of anatomical structures that need to be addressed varies greatly from case-to-case. Some cases require treatment of just the structures of the foot, while other cases require treatment of structures ranging through the foot, ankle, knee, hip, and core. This is why a generic treatment protocol often fails to achieve success.

The ability to determine exactly which structures are involved requires a good understanding of the body's kinetic chain relationships. Fortunately it is not that hard to determine which structures are involved in your particular case. We do this by having you perform some fairly simple functional tests to identify the weak links in your particular kinetic chain. This information can be invaluable in the resolution of your Plantar Fasciitis, as they help to determine just which areas of your body need treatment and exercise.

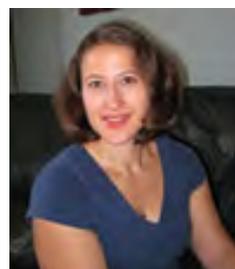
If you would like more information, or would like to book an appointment, just give us a call at the clinic (403-241-3772). In most case we can see a substantial improvement (if not a full resolution) in just a few short weeks.

We have three excellent Registered Massage Therapists (RMT's) at Kinetic Health.

Appointments available Monday to Saturday. 403-241-3772



Margot



Rebeca



Pat

Kinetic Health

Check out our websites, blogs, and Youtube channel...



www.kinetichealth.ca

Welcome to the Kinetic Health Clinic website. We are located in the community of Edgemont, in northwest Calgary. This site provides you with information about the conditions we treat, our treatment methodologies, contact information, and information about our staff. You can also download Admittance Forms for Dr. Abelson, Dr. Mylonas, and our Registered Massage Therapists.

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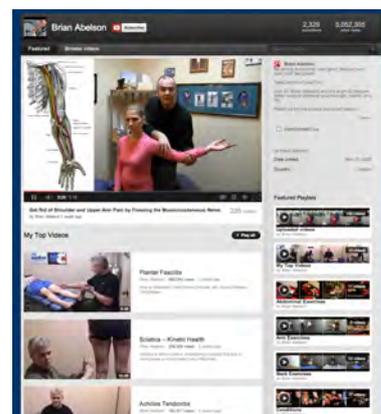
<http://activerelease.ca>

This popular site is dedicated to providing you with information about one of the most effective and popular treatment methods we use in our clinical practice "**Active Release Techniques (ART)**". We bring considerable expertise in ART. Dr. Abelson was an instructor in ART for over 10 years, co-authored the international best seller about ART "**Release Your Pain**", and contributed to the **ART Biomechanics Manuals** that are currently used to instruct ART practitioners. Both Dr. Abelson and Dr. Mylonas are fully certified in all ART techniques.



<http://kinetichealthcalgary.blogspot.ca>

This is Dr. Abelson's blog, where he shares his perspectives, opinions, and knowledge about a wide array of health conditions. If you have a specific health condition you would like Dr. Abelson to cover in his blog, please send an email to kinetichealth@shaw.ca. If it is an issue that he has not already covered, he will do his best to cover the subject in a future blog. If it is a subject he has already written about we will send you the link to his blog.



<http://www.youtube.com/kinetichealthonline>

This is the link to our YouTube channel. We are constantly updating our channel with videos about new exercises, conditions, biomechanical analysis, local races (marathons, triathlon's), and even cultural events and travel. Please check us out, and feel free to share our videos with anyone you think could use this information.



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