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## Take Time to Unwind

By: Dr. Brian Abelson DC.



The word 'Stress' is used so often in our society that it has lost its meaning. People seldom consider the many physical and mental consequences of stress. It sounds funny, but people should really start taking their play-time more seriously and stop worrying about the things in their lives that they cannot control. Just take a quick look at the three stage of stress reactions and see if any of these reactions apply to you. Stress is a progressive condition, that usually manifests in three stages, and is commonly known as Dr. Hans Selye's '*General Adaptation Syndrome*'.

### Stage One - (Flight or Fight reactions) is characterized by:

- Increased heart/respiration rate (increased blood pressure).
- Stomach problems (blood flow is being moved from the GI tract to skeletal muscles).
- Increased muscle tension (decreased flexibility, coordination, muscle pain and headaches).
- Decreased cognitive function. *Article continued on page - 3*

## Resolving Pain with Nerve Flossing Exercises

By: Dr. Evangelos Mylonas DC.

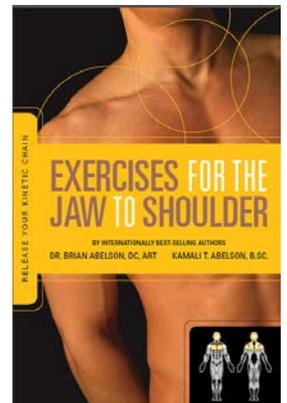
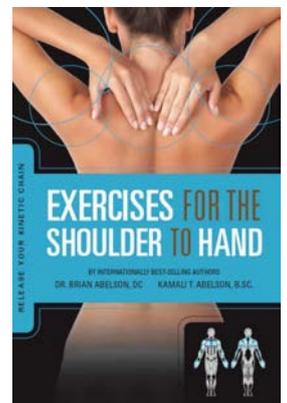
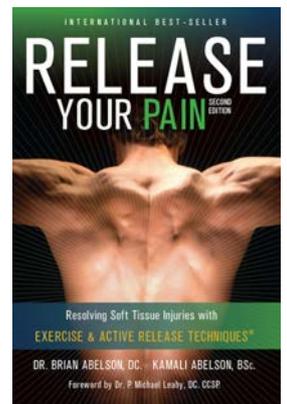


Nerve flossing exercises (combined with other protocols) can help you to resolve chronic painful conditions that have not responded to conventional therapy.

Over the past few months, I have had patients suffering from a variety of conditions - such as [chronic shoulder pain](#) and [sciatic pain](#) - perform nerve flossing exercises as part of their prescribed home exercise routines. In just a short period of time, I have seen some amazing results. In most cases, I have found that that patients are healing faster and are able to return to work and play sports sooner, as well as enjoying an overall better quality of life.

### About Nerve Entrapments

Most patients think of nerves as individual structures that work to relay information back and forth from our brain and spinal cord, to all of our muscles, joints, organs, and soft-tissue structures. However, most people do not realize that our nerves are continuous with our spinal cord and brain. *Article continued on page - 3*



Check out our latest publications at:  
[www.releaseyourbody.com](http://www.releaseyourbody.com)

## Using Massage to Treat Congenital Infant Torticollis

By: [Patricia Milburn-Barile RMT](#)



Jennifer initially brought her 4-month old baby boy, Weston, to her GP for assessment, and was then referred to the [Head Shape Clinic](#) at the Calgary Children's Hospital.

Weston suffered from a condition known as [Positional Plagiocephaly](#) (misshapen head) which is often caused by lying on the back. In addition, he also had a twisted neck with about 50% head rotation to the left. This is known as [Congenital Infant Torticollis](#).

Torticollis is most often due to the tightness in the [Sternocleidomastoid muscle](#) (SCM) - the muscle that connects the breast bone and the collar bone to the skull.

At the [Head Shape Clinic](#), the baby was given tummy time and exercises to perform. In addition, Jennifer was told to lay him on his counter-side. The prognosis was that it was a severe case, and that he would most likely have to wear a special helmet to reshape his head when he was six months of age.

Jennifer found me through the internet, as a Registered Massage Therapist (RMT) specializing in Pediatric massage. I had received my training in Pediatric Massage through [Liddle Kidz](#) - based out of California.

Before treatment began, I explained that I would need Weston's permission to treat him. I could see this consent through Weston's happy facial expressions and open body language.

Weston appears to enjoy the gentle treatments, rewarding me with giggles and smiles. After the second treatment, and a released SCM, he regained full head-rotation to the left. He now loves arching up on his tummy, and enjoys his restored peripheral vision. Since his Mother was now able to lay him comfortably on the counter-side, Weston's head shape is also beginning to normalize.

I continued to treat Weston, and within a 6-week window, I was able to correct the plagiocephaly. In the future, the only helmet he will require is when he is older, and playing hockey on the ice, or when riding a bike.

### *Testimonial:*

*My son Weston was about four months old when we realized that he had a combination of torticollis and plagiocephaly of his head. Not wanting to have the condition worsen, we took proactive measures to improve his situation of sore neck muscles that were attributing to the malformation of his head.*

*I sought out Patricia, as she was specifically trained to work with babies in massage. We went to see her to work on Weston's upper shoulder/neck. She was amazing with this young baby. She was calm, patient, and willing to accommodate a 'wiggling baby'.*

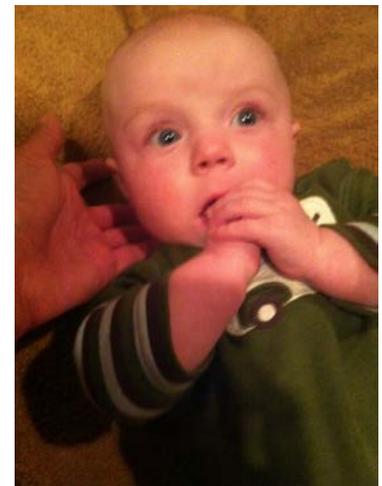
*Her touch was soft, gentle and kind. Weston was never upset and never appeared fearful when we went to see her.*

*I am happy to report that at almost one year of age, Weston is doing just fine!! We really attribute this to the care that Patricia gave him. Thanks!!!*

*Jennifer and Weston Derzaph*



*Treating 4-month old baby Weston's Congenital Infant Torticollis with Pediatric Massage.*



*After the second treatment, and a released SCM, Weston regained full head-rotation to the left.*

[Patricia Milburn-Barile](#) is a RMT and a certified Pediatric Massage Therapist. As well as treating many adult clients, she also specializes in treating babies and children of all ages.

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

Appointments are available Monday to Saturday. Call 403-241-3772 to book your massage.

## Take Time to Unwind - (Continued)

### Stage Two is characterized by:

- Increased levels of fatigue.
- Overall lack of motivation.
- Insomnia.
- Weight gain.

### Stage Three is characterized by:

- Depression, anxiety.
- Chronic fatigue (mental and/or physical).
- Increase in health problems (Cardiovascular, degenerative conditions and more).
- Avoidance of all activities.

### Solutions

When I ask patients if they realize that stress may be a factor in the health problems they are experiencing they often give the same answer. "Yes, I realize stress is a factor, but there is nothing I can do about it" or they say "I will address my stress after things slow down". This is called not facing reality. Stress is not something you can delay dealing with, like it or not, it will only get worse.

Dealing with stress is not complicated. Simply do more of the things you enjoy, and take the time you need to do these things. Yes, it also involves getting enough sleep, eating well, and exercising. But, in my opinion, it is mostly about bringing more joy into your life. My primary suggestion is to follow your passions, life is too short not to do so. For myself, I love Latin dancing, travel, music, culture, people and wilderness experiences. These are my stress release valves. Find yours and do it.

I have included a few links to some local events/resources in our area you may want to explore. You may be surprised to discover that taking your play time more seriously will improve the quality of your life and reduce your overall stress.



Join us at the Calgary International Salsa Congress April 4-7. Great way to enjoy yourself and get rid of some stress.



Check out this list of all the great Calgary festivals taking place. Something special is going on every month of the year.

<http://greatcalgaryfestivals.ca>

## Nerve Flossing Exercises - (Continued)

Every movement we make requires our nerves to glide through their surrounding soft-tissues, to stretch slightly, and to remain under constant tension throughout our daily activities. When a nerve becomes "trapped" or "pinched" within its surrounding soft-tissues, we refer to this as a **nerve entrapment** or **entrapment neuropathy**.

### What are the symptoms of nerve entrapment?

Entrapped nerves typically manifest with: pain, numbness, tingling, and muscle weakness along the path of the affected nerve.

Nerve entrapments can occur under a variety of circumstances. Some of these nerve entrapments are mechanical in nature due to compressive forces, while others are due to irritation of a nerve from repetitive actions, or from the pressures caused by the inflammation of its surrounding soft-tissues.

### Using Nerve Flossing Exercises

Nerve Flossing refers to exercises and/or techniques that help to restore motion between a nerve and its surrounding soft-tissues. We cannot over-emphasize the importance of these exercises in the rehabilitation and resolution of nerve entrapment syndromes. These exercises play an integral role in nerve recovery.

At [Kinetic Health](#) we prescribe a number of nerve flossing exercises as part of our [integrated treatment approach](#) to help resolve a patient's condition. To assist our patients, we have prepared a number of nerve flossing videos for use with the assigned home exercise routines.

Visit our website at [www.kinetichealth.ca](http://www.kinetichealth.ca) for more information.



Ulnar Nerve Flossing Exercise - Amazing Results



Median Nerve Flossing Exercises - Great Results

Try these two videos about nerve flossing exercises that we prescribe to our patients.

If you would like to view more of these videos, please check out our **Nerve Flossing Exercise Play List** on YouTube.

# Check out our websites, blogs, and YouTube channel...



## [www.kinetichealth.ca](http://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, conditions we can help resolve, 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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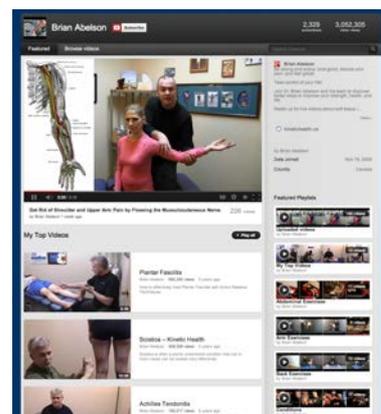
## [www.activerelease.ca](http://www.activerelease.ca)

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, has 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.



## [www.kinetichealthcalgary.blogspot.ca](http://www.kinetichealthcalgary.blogspot.ca)

This is Dr. Abelson's blog, in which 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](mailto: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 that blog.



## [www.youtube.com/kinetichealthonline](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.



## [www.releaseyourbody.com](http://www.releaseyourbody.com)

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