

Dr. Brian Abelson
Dr. Evangelos Mylonas

403-241-3772
kinetichealth@shaw.ca

Running Pain Free...

By: Dr. Brian Abelson DC.



Every time I go out for a run along the river pathways in Calgary, I find myself automatically analyzing the wide range of runners that I encounter. It always amazes me to discover that many of the runners I see are either injured, on the edge of an injury, or are running while in considerable pain. This is not what running is suppose to be about. You should be able to run pain-free, seldom have injuries, while getting a great workout that provides incredible stress relief. Does that sound like an unobtainable goal? It's really is not, but it does require a logical approach to training and a good understanding of basic biomechanics.

Our body is designed to run. As children we thought nothing of sprinting across fields and, dodging in-and-out between our friends on the playground. But then, something happened. This something was not the normal aging process (sorry not buying into that one) - instead we just stopped moving. We started spending too much time just sitting around, watching TV, using computers, and driving - when we should have been walking from point A to B. This sedentary lifestyle literally turned OFF many of the neurological connections between your brain and your body. You started moving differently, and your body started to compensate, creating a series of abnormal motion patterns, which then caused multiple areas of dysfunction. All of these changes equate to pain when running, and the development of a variety of injuries. - *Article continued on page - 2*

Resolving Golfers Elbow

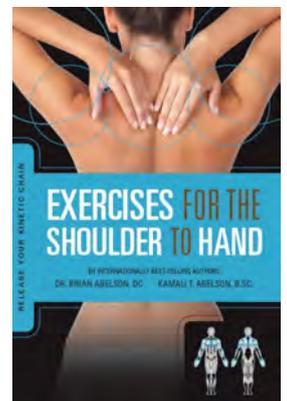
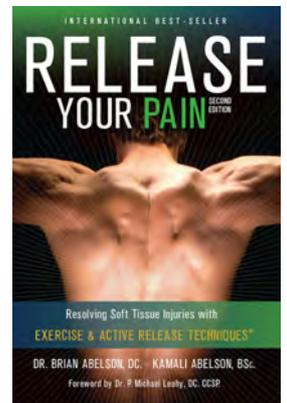
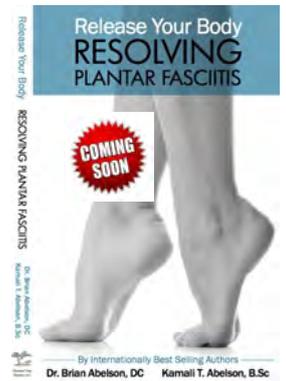
By: Dr. Evangelos Mylonas DC. & Dr. Brian Abelson DC.



Golfer's Elbow (Medial Epicondylitis) refers to the pain and inflammation that occurs at the inside point of the elbow (medial epicondyle).

Golfer's Elbow can be caused by any activity (not just golf) that requires forceful and repeated bending of the wrist and fingers. For example, when the golfer swings his club, the flexor muscles and tendons of the arm tighten just before the club makes contact with the ball. This repeated action stresses the muscles, causing microtearing of the flexor tendon, and inflammation of the soft tissues. This is a type of Repetitive Strain Injury (RSI).

RSI problems occur when muscles and tendons continue to be re-injured while the small tears are still in the process of healing. These new injuries cause the body to lay down additional adhesive scar tissue between the muscle layers in an attempt to stabilize the affected soft tissues. This scar tissue forms attachments to adjacent layers of tissue and structures, and inhibits the normal movement or translation of these soft-tissue structures. This lack of smooth movement causes friction and generates an ongoing cycle of inflammation and scar tissue formation. *Article continued on page - 3*



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www.releaseyourbody.com

Running Pain Free - (Continued)

Fortunately this cycle of dysfunction is quite reversible. No matter what weakness you have, no matter what the imbalances are, or which muscle have been turned off neurologically, you can still return your body to a functional state. The key is to find what process is effective for YOU as an individual. Everyone has a different history, and comes with a different set of problems, so the first step is to discover your unique needs.

Step One - Biomechanical Analysis

Surprisingly most runners, even veteran runners, have never undergone basic biomechanical analysis to determine the location of the weak links in their kinetic chain.

You can think of your body as being comprised of a series of small kinetic chains, each linked to other kinetic chains to form a complex body-encompassing **Kinetic Web!** Tension, imbalances, weakness, or injury to any part of this kinetic web would affect the function of all its linked components.

For example as a runner, if you have weak hips, your knees will become unstable (bend inward), your feet will rotate out, and your arches will often collapse. This one weakness could lead to: Plantar Fasciitis, Achilles Tendonitis, Shin Splints, Runners Knee, Back Pain and about half a dozen other conditions. Problems in your core, ankles, knees, and feet can have similar cascading effects.

So logically, to avoid a cycle of dysfunction, we should examine each runner to determine just where weak links have manifested. I have never examined a runner who does not have some significant problem. This also includes Olympic athletes I have had the privileged to examine and treat.

In the column to the right, you can access a set of links to three tests that we commonly use to assess runners. Please keep in mind the these three tests are only a small example of the many tests we use to evaluate our patients who are runners. We conduct multiple tests based on the patients condition, in order to asses the entire kinetic chain.

Step Two - Developing a Program

Once we have completed a biomechanical analysis and determined where the location of the weak links are in the runners kinetic chain, we then develop an individualized strengthening, stretching, and self-myofascial release program that is combined with a short period of therapy.

By combining to our individualized exercise programs with techniques such as Active Release Techniques, Graston, and manipulative therapy, we can achieve amazing results in a short period of time. Within a short period of time, you can

be running pain free, and you will also notice that your running performance has improved incredibly.

At 56 years of age, I am still running marathons, and am involved in numerous athletic events. Finding my own weak kinetic links has made all the difference.

If you would like us to analyze your biomechanics, then give us a call at the clinic (403-241-3772).

Want to try a new exercise for your abdominal muscles, try this one...



Great Core Exercise - Figure 8's with Medicine Ball

Figure 8's With a Medicine Ball

<http://www.youtube.com/watch?v=2791AKpzCUs&list=PL1106D7FD47970DC2&index=11>



Plantar Fasciitis Test - Checking the Posterior Chain

Testing the Posterior Chain

This is one of three tests we use to evaluate core strength. Click on the image to view this test.

<http://www.youtube.com/watch?v=x4HsuvN0T9c&list=PL4AC5D855CAEA6992&index=>



The Deep Squat - Test

Deep Squat Test

This test is used to evaluate hip, lower and upper extremity function. Click on the image to view this test.

http://www.youtube.com/watch?v=_qhE2wxbSts



Plantar Fasciitis Test - Shin Strength

Shin Strength Test

This test is used to evaluate shin strength, a common area of weakness. Click on the image to view this test.

<http://www.youtube.com/watch?v=xAUDstnhZYw&list=PL4AC5D855CAEA6992&index=5>

Dr. Abelson Recommends

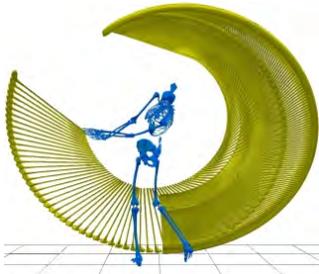
Dance is an activity I recommend to all my patients. Besides being great exercise, dance, really does bring a lot of joy into peoples lives. If you get a chance, check out DANDODANCE, they give excellent instruction and are really great people.

<http://dandodance.com>



The Kinetic Chain of Golfer's Elbow

The game of golf emphasizes one-sided activity of the body; you are either a right-handed golfer or a left-handed golfer. This unilateral focus is the cause of numerous injuries as golfers tend to develop muscle imbalances which cause a wide array of myofascial restrictions.



Golf, in its ideal form, is all about efficiently storing and releasing energy from your core, out into your extremities. The classic golf swing engages your entire kinetic chain from your feet – which form a solid stance – up through your hips and core, to finally release energy through your shoulders and arms right into the club head. This is much like a coiled spring, storing energy, then suddenly releasing it.

Unfortunately, for most golfers, this “coiled spring” is either broken, or functions only minimally. Many golfers find that in the game of Golf, much of their energy and focus is spent on learning how to *compensate* for muscle imbalances, poor posture, and the multitude of myofascial restrictions that have developed over time.

Many patients who come to our clinic suffering from Golfer's Elbow, also show these other common problems: Rounded shoulders (anterior posture), Restriction in the neck and low back, tight restricted hips which are causing abnormal motion patterns and poor balance.

Treating Golfers Elbow

Examples of treating the whole kinetic chain.



Fortunately, we see this type of injury quite often, and are able to effectively treat and resolve it in a short period of time. We are able to achieve a very high level of success when treating Golfer's Elbow because we look at the entire kinetic chain involved in the injury, not just the elbow.

Essentially, we look at the body as a single functional unit, rather than focusing our treatment on just the site of pain. We do this by conducting a *complete biomechanical analysis* in order to identify specific areas of restriction, weakness, and imbalance. We then apply an *integrated treatment approach* that combines various soft-tissues techniques to break down restrictions and promote healing. Throughout this process, we incorporate *specific functional exercises* to restore strength, muscle balance and flexibility in order to prevent re-injury.

In most cases we see a significant improvement (if not a full resolution) of your condition within a few short weeks.

If you would like more information about treating this or other conditions, or would like to book an appointment, just give us a call at the clinic (403-241-3772) or visit our website at www.kinetichealth.ca.

Derived from our books - *Release Your Pain: 2nd Edition & Exercises for the Shoulder to Hand.*



Photos from
The Calgary International Salsa Congress

This years Salsa Congress was one of the best I have ever had the pleasure of attending. Check out some of our photos on Flickr.

<http://www.flickr.com/photos/kinetichealth/sets/72157633376514516/>



Photos from the
Calgary Police Half Marathon

April 28th - 2013 marked the 33rd running of the Calgary Police Half Marathon. This year we were there filming the event. Just glad the snow they forecast never came! Check out some of our photos of the event on Flickr.

<http://www.flickr.com/photos/kinetichealth/sets/72157633357933253/>

Massage Therapy



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.

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



www.kinetichealth.ca

Welcome to **Kinetic Health Clinic**. 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**.

*Kinetic Health
Bay #10 - 34 Edgedale Dr. N.W.
Calgary, AB, T3A-2R4*

*Phone: 403-241-3772
Fax: 403-241-3846
Email: kinetichealth@shaw.ca*



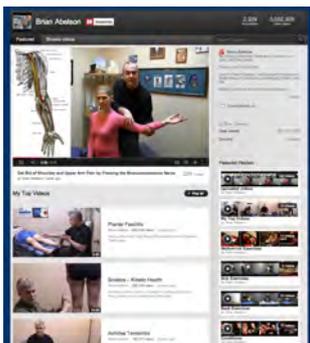
www.activerelease.ca

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 and levels of practice.



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 that 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 that blog.



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

www.releaseyourbody.com is where you can find all our latest publications. Our best selling books can be purchased in both hard-copy and eBook formats from this site.

- **Release Your Pain: 2nd Edition** - International best-seller.
- **Exercises for the Shoulder to Hand**
(Excellent for any one with a shoulder, elbow, wrist or hand injury).
- **Exercises for the Jaw to Shoulder**
(Excellent for headaches, jaw pain/TMJ, neck pain, and shoulder pain).