

Get Healthy, Stay Healthy June 2013 with Kinetic Health

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Resolving Shin Splints

By: Dr. Brian Abelson DC.



The classic treatment for shin splints involves rest, icing, elevation, compression, and some easy stretches. This is good advice to follow especially in the acute stage of the injury. However, this advice alone will **not** prevent the return of the problem in many cases.

In order to permanently resolve shin splints (MTSS), you must first remove any myofascial restrictions (scar tissue or adhesions) that may have formed in the soft tissue. This often involves using a combination of techniques. - *Article continued on page - 2*

Resolving Sciatica

By: Dr. Evangelos Mylonas DC.



Sciatica is so often used to describe hip and leg pain that the true meaning of the term is lost. Sciatica actually refers to pain, numbness, tingling and/or weakness that radiates down the leg along the pathway of the sciatic nerve. In actuality, Sciatica is not a diagnosis, but rather a set of symptoms that occur due to an underlying condition involving the sciatic nerve.

The Sciatic nerve is the longest and largest single nerve in the body. Anatomically though, this "single" nerve is made up of a number of nerve roots that exit the spinal column at the L4 through S3 levels, on either side of the spine. *Article continued on page - 3*

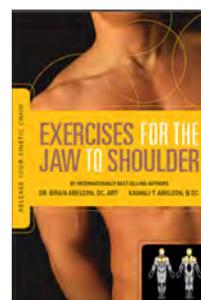
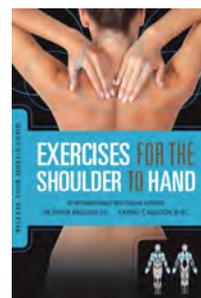
Does Your Rotator Cuff Injury Affect Your Golf Swing

By: Patricia Milburn-Barile RMT



The shoulder's Rotator Cuff complex is made up of four small muscles and a series of ligaments that connect the ball of the arm to the shoulder joint. The Rotator Cuff gets pulled, stretched, and generally bashed around by regular activity. Over time, degeneration of the rotator cuff can limit the shoulder's range-of-motion and leave you with ongoing shoulder pain.

The shoulder joint complex provides stability and mobility. A healthy rotator cuff counter-balances the upward pull of the *deltoid* on the *humerus* (which externally rotates the shoulder) and provides a stable base from which the primary and secondary movers of the shoulder can act. A healthy rotator cuff aids in decelerating the arm during a golf swing. *Article continued on page - 3*



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Resolving Shin Splints (Continued)

Techniques such as Active Release Techniques, Graston and Fascial Manipulation are very effective at *resolving* shin splints. At the same time, it is essential to combine these therapies with a program of exercises that are specifically combined to address the needs of each individual.

The specific areas that are treated and the exercises that need to be executed will vary with each individual, and are dependant on how much of that person's Kinetic Chain has been affected. We would determine this by conducting a series of biomechanical tests that evaluate your body (from the foot right up to the hips) to discover which areas have been affected.

Essentially, a change in one area of the body will result in cascading changes throughout the rest of the body, and thus affect all the structures in the kinetic chain. In order to achieve a full resolution of Shin Splints, these kinetic chain relationships must be taken into consideration. Without applying this kinetic chain information, you cannot expect a full resolution of the Shin Splints. The following two videos will give you an idea of the type of biomechanical assessments we typically perform. The **Wet Foot Test** assesses foot motion, while the **Deep Squat Test** evaluates core, hip, and lower-extremity function.



The Wet Foot Test

The Wet Foot Test

This test is a great way to evaluate foot motion patterns that may have caused shin splints.

<http://www.youtube.com/watch?v=EeG5q4zn8N4>



The Deep Squat Test

The Deep Squat Test

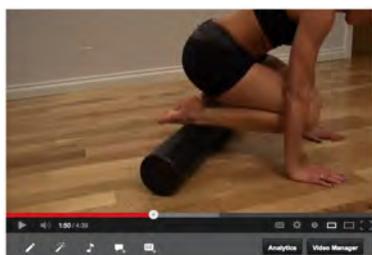
This test is used to evaluate core, hip, and lower-extremity function.

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

Exercise is Essential

As with all musculoskeletal conditions, appropriate exercise is essential for a full resolution of the condition. Passive Therapy may have eliminated the symptoms, but the condition could return unless specific *strengthening*, *stretching*, and *self-myofascial release* exercises are performed by the patient.

The following two exercises are examples of exercises that we prescribe to our patients with shin splints. Please be aware this is just a small sample of the many exercises that we prescribe. The actual exercises we give you varies depending on each case and is dependant on the areas of the kinetic chain that are affected. If you would like more information about resolving shin splints, or an appointment, just give us a call at 403-241-3772.



Myofascial Release of the Shins

Myofascial Release of the Shins

This exercise shows you some very effective ways to release restrictions in your shin muscles.

<http://www.youtube.com/watch?v=jQLLeVPXjITQ>



The Tibialis Anterior Stretch

The Tibialis Anterior Stretch

This exercise stretches one of the primary muscles often involved in lateral shin splints.

<http://www.youtube.com/watch?v=6Z6XM63x2TM>

Recent Local Events

Calgary Marathon Video



Calgary Scotia Bank Marathon 2013 - Start to Finish

Check out the video that Dr. Abelson and Dr. Mylonas took at the the recent 2013 Calgary Scotiabank Marathon. We had some fun with this one!

<http://www.youtube.com/watch?v=iqIPngWQFQw>

Calgary Marathon Photo's



These are some of the photos that we took at the recent Calgary Scotiabank Marathon. Click on the image to view our photos on flickr, and see if we captured your run.

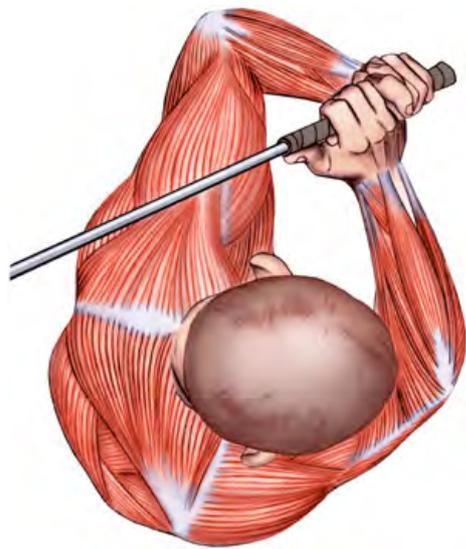
<http://www.flickr.com/photos/kinetichealth/sets/72157633773331637/>

Free Massages



Just by opening this newsletter, you have been automatically entered into a draw for a free one-hour massage at Kinetic Health.

So if the idea of free massages interests you or your friends, then be sure to sign up for our monthly newsletter. It costs nothing, and you could be rewarded with a great massage.



Minor trauma can lead to inflammation of the shoulder, and after years of repeated abuse, can lead to the formation of scar tissue(*fibrotic adhesions*) around and within the muscles and tendons. These adhesions decrease the muscle's ability to stretch and contract, which can then increase the risk of re-injuries, and result in decreased range-of-motion.

Massage therapy (especially deep-tissue massage) with cross-fibre friction will break down this scar tissue, release adhered structures, aid in restoring full range-of-motion, and decrease pain associated with adoptive shortening of structures.

Massaging the area, together with stretching tight structures, and strengthening of unbalanced structures should restore full, healthy function of the rotator cuff in a relatively short amount of time. This will enable you to return to your golf club, and to perfecting your golf swing.

Patricia Milburn-Barile works at Kinetic Health, Calgary as a Registered Massage Therapist (RMT) and has practiced Massage Therapy for over 14 years.

Resolving Sciatica - (Continued)

These nerve roots weave together and emerge in the upper region of the hip to form the Sciatic nerve. The sciatic nerve then travels down the buttock, hamstrings, and calf all the way to the foot, passing between soft-tissue layers and in some instances through the muscles themselves. As long as the nerve is able to glide freely through the various soft-tissue layers that encompass it, it remains healthy. However, if the nerve becomes compressed, entrapped, injured, or irritated at any point along its course from the lumbar spine to the foot - then Sciatica can develop.

Repetitive strain injuries to the hip, prolonged sitting, degenerative changes to the spine, and in rare cases a herniated lumbar disc, are just a few examples of the possible underlying causes of Sciatica. One of the most common precursors in the development of sciatic nerve pain is weak and contracted core and hip muscles. To maintain proper biomechanics and coordinated movement of the spine, hip, knee, foot, and the core muscles including the muscles of the hip and buttocks have to work synergistically. Muscle imbalances and subsequent compensations can lead to increased muscle tightness and strain resulting in inflammation – ultimately leading to the formation of scar tissue in the form of soft-tissue restrictions or adhesions. Consequently the sciatic nerve can become entrapped by or even tethered to this scar tissue, the end result being Sciatica.

Our Treatment Approach

In most cases, once the underlying cause of your symptoms has been identified, we can achieve a full resolution of your Sciatica in a short period of time. We are specialized in a number of soft-tissue treatment methods such as **Active Release Techniques, Graston and Fascial Manipulation**. We use these soft-tissue techniques to break up scar tissue and soft-tissue adhesions (often the root cause of Sciatic nerve entrapment) thus freeing up the nerve and allowing it to glide easily through the surrounding soft-tissue. 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.

Recent Local Events

Carifest Calgary 2013



Carifest is the annual festival held in Calgary that showcases the arts and culture of the Caribbean. Great music culture and people.

Check out some of the photos that we took at Carifest Calgary 2013. Click on the image to view our photos on flickr. <http://www.flickr.com/photos/kinetichealth/sets/72157634012803815/>



Want to learn more, check out our YouTube Video on Resolving Low Back Pain and Sciatica. <http://www.youtube.com/watch?v=ijgzOLqHFLk>



Click on the above video to learn some specific nerve flossing exercises that we often prescribe to our patients with Sciatica. <http://www.youtube.com/watch?v=zzcncRdkHno>

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



www.kinetichealth.ca

Welcome to the **Kinetic Health Clinic** website. Kinetic Health is located in northwest Calgary, in the community of Edgemont. 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

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 extensive 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.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.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. If it is an issue than 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.



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at Kinetic Health**



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