

**Kinetic Health®**  
Health and Wellness Programs

# Get Fit and Active with Kinetic Health



## **Get Healthy, Stay Healthy!**

- Informational programs on Health and Wellness Topics.
- Engaging 30-45 minute presentations.
- Interactive Workshops.
- Q&A Follow-ups.

To schedule your Lunch and Learn, call: 403-241-3772



### **The Link Between Muscle Balance, Core Stability, and Injury Prevention**

Learn how muscle imbalances can affect your core stability, your kinetic chain, and cause gluteal amnesia. During the workshop, learn how to quickly evaluate your core strength, and try some sample core exercises. Time will be left for questions and answers.



### **Achilles Tendon Problems? Learn How to Resolve These!**

Pain along the Achilles Tendon is commonly experienced by runners. Since the Achilles tendon connects to multiple structures, it can lead to numerous other problems. During the workshop, discover how this injury affects the structures of the kinetic chain, and how you can resolve the problem.



### **Pain on the Bottom of the Foot...it Could Be Plantar Fasciitis**

The plantar fascia is often over-stressed and painful due to the repetitive actions of running and walking. But Plantar Fasciitis can be caused by more than just injury to the plantar fascia. During the interactive workshop, discover how this injury can be caused by problems or dysfunctions in other structures in the kinetic chain, and more importantly, learn how you can resolve this problem.



### **Resolving and Preventing Shin Splints**

Shin splints are a common, and painful injury that can put a stop to training. But most people don't know how to solve this problem. During this workshop, discover how shin splints can be effectively treated, and more importantly, how you can get back to your sport of choice.



### Resolving and Preventing Knee Injuries

Knee pain occurs when the ligaments and structures attached to the knee are overstressed, or damaged. But many types of knee pain can be effectively treated and resolved with a combination of exercise and treatment. Learn *how* during this interactive and informative workshop.

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### Resolving and Preventing ITBS

Injuries to the iliotibial band (ITB) can put a halt to training, as it can cause pain, affect your performance, and your stride. During the workshop, discover the relationship between the ITB and other structures of the kinetic chain as well as the biomechanical impact of this injury. More importantly, learn how you can resolve this problem with exercise and treatment.

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### Resolving and Preventing Common Running Injuries

Are you among the many who are the *running wounded*? Well, you don't have to stay that way. This interactive and engaging session reviews the five most common running injuries, and gives you effective and proactive solutions, including exercises that address the affected kinetic chain, and treatment recommendations that actually work!

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### Improving Your Golf Performance

Did you know that you can dramatically improve your golf performance...by addressing soft-tissue restrictions and muscle imbalances in your body! Discover how tightness, pain, or restrictions in your muscles can inhibit your golf swing, and thus your golf performance. This interactive and engaging session will demonstrate the power of biomechanical analysis in identifying your weak points, and then show you how to use exercise and treatment to get back in the swing!

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### Resolving and Preventing Back Pain

Back pain is one of the most prevalent injuries in the modern workforce. Attend this brief presentation to understand the **core connection** for your back pain, and learn some exercises and myofascial releases for your weak links. Find out when treatment can help, and when exercise is the key to resolving your back pain.



### Resolving and Preventing Shoulder Injuries

Are you spending long hours at the desk, in front of a computer? Are you lifting or moving heavy weights all the time? Then you probably have experienced shoulder pain at sometime during your career. Learn about the role of your shoulder in the kinetic chain, and pick up some exercises to help prevent this injury or to help you deal with existing pain and discomfort.



### What Can You Do for Bunions?

Bunions, those painful bony enlargements on the big toe, can make walking and exercising difficult. But it is possible to resolve these through a combination of exercises that address the kinetic chain, treatments that work the full kinetic chain, proper footwear, taping, and myofascial release. The doctors will demonstrate some of these options during this integrative session.



### Don't Let a Dance Injury Keep You from Dancing

The physical demands placed on the body of a dancer are extreme. Dancers are susceptible to a variety of dance injuries that can restrict their practice, performance, and abilities. Learn about the top five injuries experienced by dancers. During the interactive workshop, experience the benefits of specific exercises and therapy that can get you back into dancing.

## Our Presenters

### Dr. Brian J. Abelson



Internationally best-selling author and instructor, **Dr. Brian Abelson DC**, is the Clinical Director of **Kinetic Health**, an innovative health care facility that places a special focus on getting people back into an active, pain-free lifestyle.

**Dr. Abelson** has been in clinical practice for over 20 years. In addition to being a Chiropractor who has received an award for clinical excellence from Palmar West University in San Jose California. He is a fully certified practitioner of Active Release Techniques (ART) . Dr. Abelson was also involved in teaching Active Release for over 10 years, and wrote the first book on this subject for the general public.

Besides his involvement with ART, Dr. Abelson is a certified practitioner of Fascial Manipulation (FM), Graston Technique (GT), Acupuncture (TCM), Nutritional Therapy, and Sports Medicine. **Dr. Abelson** brings extensive experience in biomechanical analysis, treatment of sports related injuries, and sports performance.

Currently he is working on his next book "*Resolving Plantar Fasciitis*", which will be available for purchase in the spring of 2014. In addition, he is developing a multi-disciplinary educational program which he and Dr. Mylonas will be teaching to practitioners in 2014. In his spare time **Dr. Abelson** loves travelling, culture, Latin dance, and spending time with his family. He also believes in practicing what he preaches working out most days, competing in marathons, triathlons and adventure races for the last thirty years.

### Dr. Evangelos Mylonas



**Dr. Mylonas DC**, graduated from the University of Western States in Portland Oregon with a doctorate of Chiropractic, and has been in clinical practice for over 10 years. For six of these years, **Dr. Mylonas** ran a very successful practice in the Netherlands. He is fluent in several languages besides English, including, Greek and Dutch, and is now developing his skills in French.

His integrated treatment approach combines the latest in manipulative and soft-tissue therapies with functional rehabilitative exercise protocols. He has been an Active Release (ART) practitioner since 2002, is fully certified in *Fascial Manipulation* from the *Stecco Medical Group* in Italy, in addition to the numerous techniques that he brings to clinical practice.

**Dr. Mylonas** has extensive experience working with a wide variety of patients ranging from amateur sport enthusiasts to professional cyclists, soccer players and competitive dancers. In his spare time he loves to spend time with his family, and is involved in a very active live style. In addition he spends numerous hours each week writing and is heavily involved in course development for this next year.



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