

Get Healthy, Stay Healthy With Kinetic Health

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Resolving Frozen Shoulder

By: Dr. Brian Abelson DC.



Seeing as it has been so cold in Calgary, I figured I might as well talk about a common condition that we treat, known as **Frozen shoulder**. Frozen Shoulder, or *adhesive capsulitis*, is a very stubborn, debilitating, and restrictive condition that can affect all the activities of daily living.

Common symptoms of this condition include, severe pain, progressive stiffness, and loss of motion in the shoulder joint. The shoulders range-of-motion is often so limited that many patients have difficulties in raising their arm above the head, moving the arm across the body, and especially behind the back. What is most disturbing about this

condition is that the loss of movement that can last from months to years. Fortunately,
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Got Text Neck?

By: Dr. Evangelos Mylonas DC.



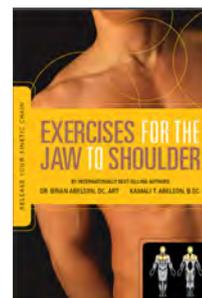
This holiday season many of us will likely receive a new laptop, iPad, or smart phone as a gift. At Kinetic Health we like also enjoy electronic gadgets, but over the past couple of years we have noticed an ever increasing rate of neck injury directly related to the use (and in most cases overuse) of these hand-held mobile devices. We often refer to this postural strain of the neck and upper back as **"text neck"**.

Now, we are not saying that you should give up your electronic devices. In fact, we embrace technology. The problem actually lies in how people use their technology, not in the technology itself. Just watch anyone using their iPad or tablet. They typically are looking down, with their neck and upper back flexed forward. The shoulders are rolled inwards and their chest is pulled downwards. *Article continued on page - 3*

Kinetic Health Supports Plan Canada's "Gifts of Hope Program"



For the month of December, Kinetic Health will be donating a percentage from every patient visit to the **Gifts of Hope Program with Plan Canada**. This program is about giving a gift that brings hope and change to the lives of families and entire communities across the world. A gift that means education for a child, literacy for a mother, clean drinking water, or a livelihood and the ability to provide for a family. We hope you will become involved in this program. You will see a **"Gifts of Hope"** catalog and a donation box at our front office. We invite you to join us in bringing happiness to children around the world. <http://plancanada.ca/GiftsofHope/shopdisplayproducts.asp?id=1&cat=All+gifts>



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Resolving Frozen Shoulder (continued)

Fortunately, we can show our patients ways to **control the pain** and **regain full range of motion** and full function in a lot less time.

The actual cause of this condition is unknown. The medical community is still debating over possible causes. However, Frozen Shoulder usually occurs in three distinct phases:

- **Freezing Stage** - This stage is characterized by pain in and around the shoulder and progressive loss of range of motion.
- **Frozen Stage** – Pain is actually reduced in this stage. The range of motion of your shoulder seems to be stuck, not decreasing or increasing.
- **Thawing Stage** – This stage is characterized by a slow increase in range-of-motion of the shoulder. It is also a stage of increased weakness due to the disuse of the shoulder.

Examination and Diagnosis

The diagnosis of Frozen Shoulder is usually made after a physical examination. X-rays or an MRI is usually not prescribed, unless the doctor needs to rule out other conditions such as osteoarthritis. Patients with Frozen Shoulder have a very limited range-of-motion in both active and passive ranges of motion. Active Range-of-motion is when you move yourself, passive range of motion is when someone moves your arm for you.

In addition to the decreased active range-of-motion in the shoulder joint itself, it is common to find significant trigger points in several of the rotator cuff muscles. This is especially true of a muscle called the *Subscapularis*, as pointed out by Janet Travell, author of "*Myofascial Pain and Dysfunction*". Trigger points in the *Subscapularis* muscle refer pain to the back of the shoulder (*deltoid muscle*), shoulder blade (*scapulae*), and even the wrist.

Treating Frozen Shoulder

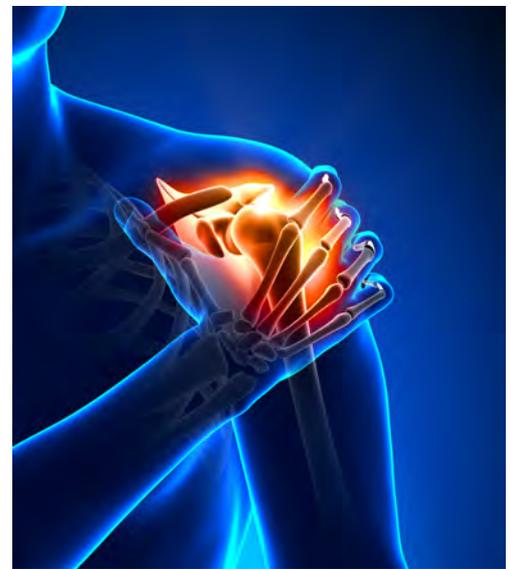
There is no doubt that Frozen Shoulder is one of the tougher conditions to treat. The good news is that 80 – 90% of patients suffering from Frozen Shoulder will eventually experience a complete recovery. The bad news, recovery that is based on conventional therapy (muscle relaxants, corticosteroid injections) can take a very long time (twelve to forty-two weeks).

Fortunately there are alternatives to these traditional therapies, which with the right therapy and exercises can reduce treatment time to between 4-to-10 weeks in most cases. I have consistently seen positive results in over 80% of Frozen Shoulder cases that we treated with a combination of specifically designed soft-tissue protocols and the customized rehabilitative exercise routines.

At our clinic, we often use a treatment protocol that involves:

- Heating the involved shoulder prior to treatment in order to increase blood circulation and to make the tissue more malleable.
- Administering appropriate hands-on soft-tissue protocols directly to the shoulder and surrounding areas. (ART, Graston, Fascial Manipulation, and Chiropractic Manipulation).
- Acupuncture for not only trigger points directly on the muscle, but also for sites away from the shoulder along meridians that affect shoulder function (for example *Qianggu SI-2*, and *Houxi SI-3* Acupuncture points located on the hand)
- A gentle shoulder exercise routine that mobilizes both the joint and the soft-tissues involved in this condition.
- Following-up with more advanced exercise routines that address range-of-motion, strength, and flexibility as the patient improves.

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)



Exercise:

The following video demonstrates some of the exercises that we recommend for Frozen Shoulder. This is just a sample of our exercises, the actual prescribed exercise routine will vary based on the needs of each patient.



Frozen Shoulder Exercises

We have found these exercises to be very effective in treating Frozen Shoulder.

<http://youtu.be/vJ-hm8bzOsk>

Massage Therapy Gift Certificates



Give the perfect gift this Christmas season. Kinetic Health Massage Gift Certificates can be given in 30 minute, 60 minute, or 90 minute packages. They are a great way to introduce someone to the benefits of deep-tissue therapeutic massage therapy. This gift is everyone's favourite.



The arms are slightly stretched out in front, bent at the elbows with the wrists and hands flexed upwards to support the tablet as the thumbs and fingers perform short rapid movements as they surf the net, text or play games. This “slouched” position increases the load placed on the cervical spine, shoulders and related soft-tissues resulting in a **Forward Head Posture (FHP)**. In fact, FHP is one of the most common causes of muscle strains, neck&back pain, and tension headaches.

Forward head posture is not a new condition, and has been studied by both the Chiropractic and medical communities over the past few decades. What has changed though is our reliance on texting and emailing as forms of communication. If we consider the millions of electronic communications that occur daily, an increase in postural strains and their related health conditions is a natural consequence. Research has demonstrated that for every inch that the head shifts forward, the neck experienced an increased force of 10 pounds in weight. That is a 100% percent increase in the relative weight of the head for every inch moved forward, and this forward displacement correlates directly with the duration and frequency of tension-type headaches (Headache: The Journal of Head and Face Pain, 2006).

Poor neck posture influences many of our body’s other systems as well. Rene Cailliet, MD, Director of the Department of Physical Medicine and Rehabilitation at USC, concluded that FHP is strongly associated with decreased respiratory muscle strength in patients and can reduce lung capacity by as much as 30%. He also found a relationship between **Forward Head Posture** and the digestive system as well as endorphin production affecting pain and the experience of pain.

How to Avoid It

Now for the good news. At Kinetic Health, we are *posture specialists*. We believe that awareness of correct vs. poor posture is the first step toward resolving postural conditions. We help all of our patients to become conscious of their postural habits and provide them with specific exercises that are designed to correct poor posture.

Today, we would like to provide you with some tips on how to use your laptop, iPad and smart phone in a smarter way.

- Try not to sit in a static position for a long period of time. Get up and walk around. Take frequent breaks and perform some stretches.
- Bring the technology up to your eye level rather than placing it in your lap. Sit with your head and back in a supported position.
- Limit texting to just a couple of minutes at a time.
- Get at least 20-30 minutes of cardiovascular exercise daily.
- Most importantly, listen to your body and report any new pain to your Kinetic Health team. We can help you to address postural strains and overuse injuries before they gain a foothold and become chronic conditions.

If you find that you are suffering from neck pain related to postural strain or any other condition, please feel free to contact us at the clinic. (403-241-3772) We can help!



Merry Christmas & Happy New Year

All of us at Kinetic Health would like to take this opportunity to wish you all the best this Christmas Season and for the New Year to come.

We would also like to Thank You for choosing us to take care of your health care needs. We hope that we can be of service to you in the next year. Merry Christmas!

Exercise Example...

The following video provides an example of the exercises that we may prescribe to correct anterior posture. This exercise is for improving core strength. You cannot correct shoulder and neck posture without a strong core. The exercises we prescribe are customized to address your specific kinetic chain issues.



The Front Plank

In this video, we show you how to perform both the Beginner and the Standard plank. Both are great core exercises that work to stabilize the shoulder and strengthen the muscles of your core.

<http://youtu.be/gfj5MWBnxuJ>

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.

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www.kinetichealth.ca

Welcome to the **Kinetic Health Clinic** website. Kinetic Health is located in northwest Calgary, in the community of Edgemont. Our information-rich site provides you with extensive healthcare 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 that 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 that 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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Appointments are available Monday thru Saturday.
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