

Get Healthy Stay Healthy with Kinetic Health

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Masts & Riggings - Your Necks Kinetic Chain

By: Dr. Brian Abelson DC.



Your neck is a remarkable piece of engineering. It must be strong enough to support the weight of a small bowling ball, yet remain flexible enough to bend, flex, extend, and rotate with precision.

Think of your neck as a mast on a sailboat, surrounded by the rigging lines which control and stabilize the mast. In your case, these rigging lines are made up of the muscles, tendons, ligaments, and connective tissues of your neck. These 'lines' work remarkably well as long as you maintain a fine balance of strength and flexibility.

Your neck's rigging (the lines of soft tissue that connect into your neck) make up part of your neck's kinetic chain. It is incredibly interesting to see just how far these 'lines' run, and just where many of the structures that connect into your neck insert or originate in these lines.

Your neck consists of the top seven vertebrae of your spine, the muscles and soft tissues that support and move your neck, and the blood vessels and nerves that pass from your brain to the rest of your body. A normal, healthy neck should be strong, flexible, balanced, and provide great motor control. ... *Article continued on page 2*

Snap, Crackle, Pop - Snapping Hip Syndrome

By: Dr. Evangelos Mylonas DC.

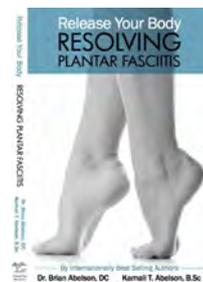
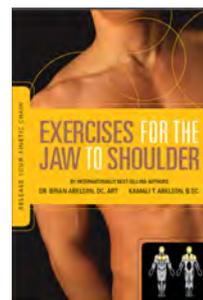
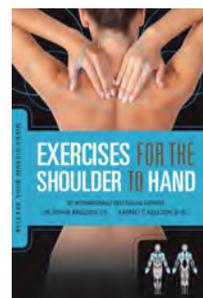
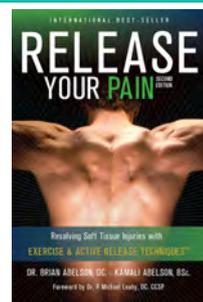


"Listen. Can you hear it?" asked the patient. "Every time I move my hip this way I hear a snap. What is that sound? Should I be worried about it?" she said with a concerned look on her face. "Do you feel pain when your hip snaps?" I asked. "Initially there was no pain, but over the past few weeks my hip is starting to feel stiff and achy" she said. "Well, it sounds like you may be suffering from Snapping Hip Syndrome" I said. Yes, as funny as it sounds this condition is aptly referred to as 'Snapping Hip Syndrome', but it is also known as **Dancer's Hip**.

Snapping Hip Syndrome is a condition that is characterized by an audible "snap" or click in the hip during movement. The snap is often accompanied by a popping sensation on the side (lateral), front (anterior), or within (intra-articular) the hip. Snapping Hip Syndrome may be painless or painful and is often worse with increased activity, and gets better with rest.

Snapping Hip Syndrome is usually classified according to where the "snap" occurs:

- A lateral snap is usually caused by the snapping of a muscle (*gluteus medius*, *gluteus maximus*, *TFL*) or tendon (*iliotibial band*) across the outside part of the thigh bone (*greater trochanter of the femur*). *Article continued on page - 3*



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Your Necks Kinetic Chain (continued)

An understanding of this anatomical organization will give you a much better picture of your neck's kinetic chain. Consider just two of the neck's soft tissue structures:

Levator Scapula Muscle: This posterior neck muscle connects into the transverse processes of the top four vertebrae of your neck. This muscle also attaches into the top inside corner of your shoulder blade (scapula).

Trapezius Muscle: This large triangular muscle inserts right at the base of your skull (occiput). However, if you follow this muscle, you will see that it also runs all the way from your mid/lower back (T12 vertebra), attaches to your shoulder blade (scapula), and extends over your shoulder to the lateral one-third of your collar bone (clavicle).

Now, consider how restrictions in any part of these structures can detrimentally affect the function of your neck. By seeing these connections, we start to understand how restrictions in distant parts of your body can affect the function and pain felt by your neck! So let's take a look at these two examples from a kinetic chain perspective:

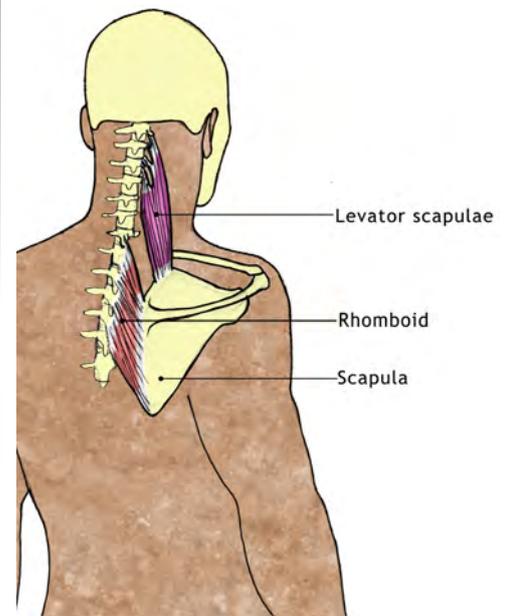
Since the *levator scapulae* muscle connects directly into your shoulder blade, any restrictions that affects *scapular rotation* will have an immediate effect on your neck. For example, restrictions in the *serratus anterior* (which runs from your ribs to the lateral aspect of your shoulder blade) affects the function of the *levator scapulae* muscle by causing abnormal scapular rotation. This in turn increases tension in the *levator scapulae* muscle. This type of abnormal scapular motion is known as "scapular dyskinesis". Scapular dyskinesis is often a cause of chronic neck and shoulder pain.

The Trapezius (as an adductor) and the Serratus Anterior (as an abductor) help stabilize the shoulder. The *trapezius* muscle also connects into the shoulder blade (acromion of the scapula).

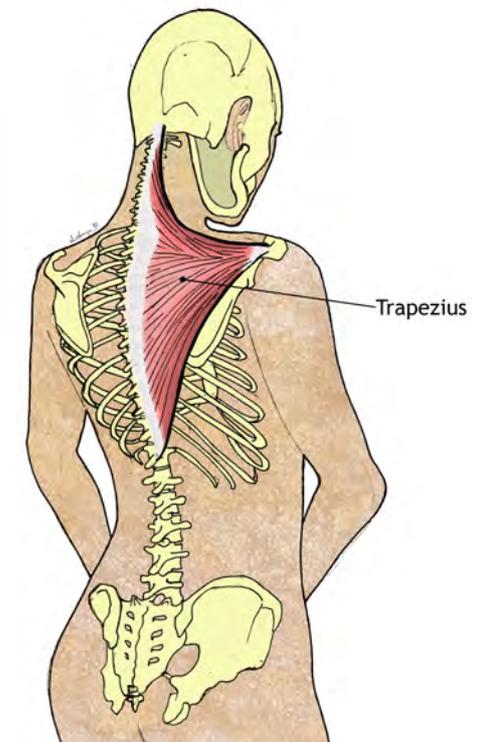
Again, any abnormal motion or tension in muscles that attach to the shoulder blade will cause tension in the *trapezius* muscle. Each muscle in the neck is affected not only by its adjacent structures, but also by the total symmetry of all the other soft tissue structures that surround the neck.

An understanding of these key kinetic chain relationships is fundamental to effective injury resolution; otherwise even the best treatments and exercises will only provide symptomatic relief instead of addressing the root cause of your problems.

If you are having problems with your neck, shoulder, jaw or back **we can help**. We do this by applying deep knowledge of kinetic chains relationships and anatomy, combined with highly effective soft tissue and osseous techniques.



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Evaluating The Necks Mobility

Check out our video about evaluating your neck's mobility. A decrease in neck mobility is a common side effect of shoulder pain, neck pain, headaches and TMJ.

<http://youtu.be/McqhLkc-8F8>



Challenge Penticton 2014 - Triathlon

Since our last newsletter, we have had the privilege of filming "The Challenge Penticton". Check out our video of an incredible day.

<http://youtu.be/D2KGRxuZJOY>

Snapping Hip Syndrome (Continued)

- The *iliopsoas tendon* snapping over a bony prominence of the pelvis.
- A snap that occurs inside the hip joint may be caused by a tear in the hip cartilage (*acetabular labrum*) or a loose fragment of cartilage or bone in the hip joint.

Who is at risk?

Snapping Hip Syndrome tends to affect people between the ages of 15-40. Dancers (especially with narrow hips) and young athletes involved in sports or activities that require repetitive hip movement seem to be at a higher risk. Any imbalances in hip muscle strength (stronger external hip rotators vs. weak internal hip rotators) or forced movements, such as trying to perform a turnout with the lower leg instead of the hip can lead to the development of a snapping hip. In addition, overuse of the hip muscles can lead to inflammation that results in soft-tissue restriction formation, altered hip movement and ultimately hip pain.

When should you seek care?

"If it isn't painful is it something to worry about?" is a question that is often asked in the treatment room. Generally speaking, if you are experiencing a snapping hip without pain, you shouldn't worry. You can effectively treat the hip with proper exercise (strengthening, stretching, rolling, and balance exercises) at home, in the dance studio, or at the gym.

However, if you experience any of the following symptoms or if your hip pain is progressively getting worse, then you should seek care in order to have your condition evaluated and prevent further injury: Sharp groin pain, decreased hip range-of-motion, a catching or locking hip, hip pain with standing or walking, or weakness or instability in hip (feels like your hip gives way).

We can help

Firstly, treatment depends on the underlying cause of the snapping hip. Initial treatment may involve rest and ice to reduce any acute inflammation that may be causing pain. If we suspect any damage to the hip joint, we can refer you to a radiologist for an x-ray in order to assess the condition of the joint.

Special attention is then given to evaluating hip motion and assessing all the surrounding muscles (*iliopsoas, gluteus medius, gluteus maximus, TFL, rectus femoris* – to name a few, there are more), tendons, ligaments, connective tissues and bones (*femur, pelvis*) that may be involved in your condition. Once we've identified any soft-tissue and/or joint restrictions we can then effectively treat these through a combination of chiropractic and soft-tissue therapies (Active Release Techniques, Graston, Fascial Manipulation) to restore proper function and pain-free movement to your hip. Any muscle weakness or imbalance is addressed through specific home exercises designed by us to rehabilitate the involved muscles.

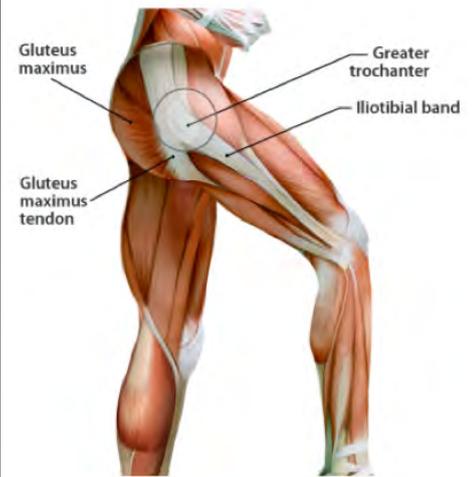
Once your condition is resolved it is important to prevent recurrence. Dancers for example, have a high rate of re-injury because of the repetitive physical demands placed on their hips. At Kinetic Health we go beyond providing just Acute Care; we also specialize in Performance Care. This phase of treatment focuses on balancing the left and right sides of your body, maintaining flexibility, increasing strength, and making sure that you function at your very best. It's all about quality of life and enhancing your performance so that you can enjoy doing the things you like, and allowing you to pursue your passions with no limitations. If you are suffering from Snapping Hip Syndrome or any other condition please call us or email us at the clinic to schedule an appointment.

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

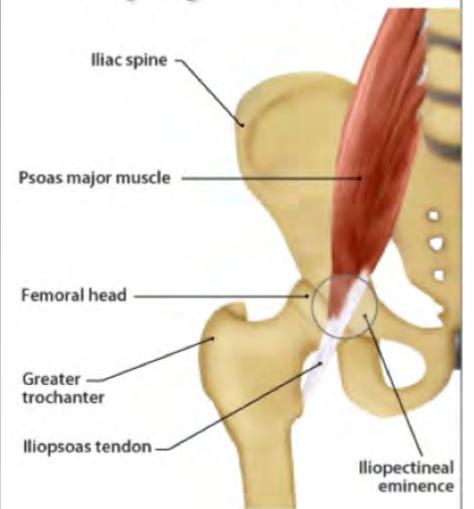
Massage appointments are available Monday thru Saturday. Call 403-241-3772 to book your massage.



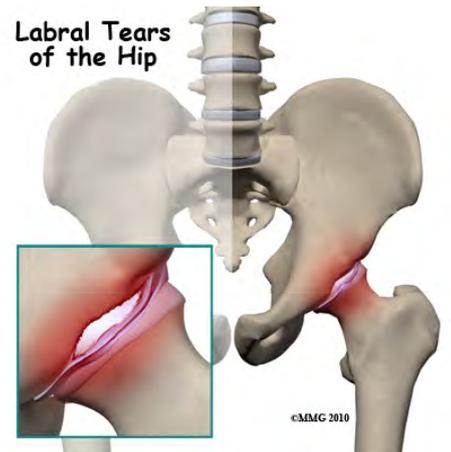
External Snapping Hip Syndrome



Internal Snapping Hip Syndrome



Labral Tears of the Hip



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Welcome to our **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.

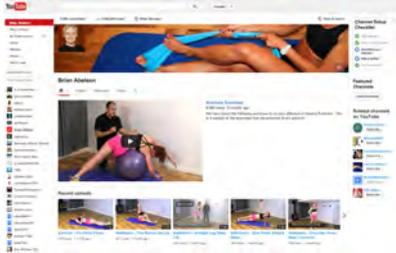
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www.activerelease.ca

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 Manual** that is 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.



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Kinetic Health Supports Plan Canada
Plan Canada's goal is to provide children and their families with the essentials of life needed to be successful in their communities.
<http://planCanada.ca>

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