

# Get Healthy, Stay Healthy Jan/Feb 2015

with Kinetic Health



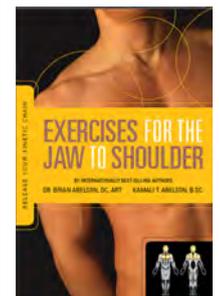
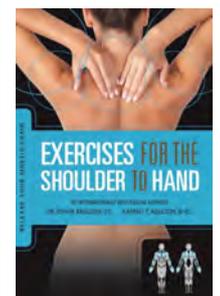
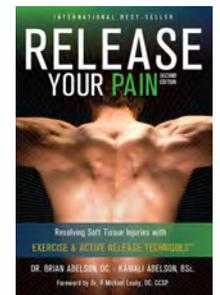
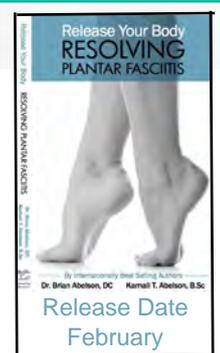
Dr. Brian Abelson DC.  
Dr. Evangelos Mylonas DC.

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We want to start our New Year with a big THANK YOU to all our patients for helping to support Plan Canada's "Gifts of Hope". We were able to raise (through matching funds) close to \$3000 dollars to stop the spread of Ebola in Africa.

This money will help to save the lives of many individuals and ease the pain of many families. This brutal disease is starting to come under control in several areas, but other areas still need considerable help. Thank you for your help; you have helped to save lives and families.



Check out our latest publications at:  
[www.releaseyourbody.com](http://www.releaseyourbody.com)

## Joint Manipulation - Preventative Maintenance for Your Body

By: Dr. Brian Abelson DC.



Sometimes we get so involved in talking about soft tissue conditions (Plantar Fasciitis, Rotator Cuff injuries etc.) that many of our patients don't realize that both Dr. Mylonas and I also use joint manipulation on the majority of our patients. The joints of your body play a critical role in the kinetic web. The full resolution of many conditions would never occur if the restrictions in these joints are not addressed

The subject of joint manipulation is an interesting topic. It is well researched, has an excellent track record, and is considered very safe. Yet the internet is full of misinformation that perpetuates a lot of erroneous ideas. Therefore, I decided to dedicate a little time in this newsletter to talk about joint manipulation (a FAQ).

### What's with all the cracking doc?

One our patients recently asked me why, when performing a manipulation, do the joints make that 'Cracking Sound' and does the sound really do anything? She also asked me if there was any purpose in trying to put joints back in place? *Article continued on page 2*

## Rotator Cuff Injuries - It's all about Imbalance

By: Dr. Evangelos Mylonas DC.



"I think I injured my rotator cuff" is a phrase that we hear quite often at Kinetic Health. When describing their shoulder injury, many patients envision the rotator cuff as a single anatomical structure, but what many of them may not know is that the rotator cuff is comprised of four separate yet interconnected muscles and tendons. The rotator cuff muscles are the: *supraspinatus*, *infraspinatus*, *teres minor* and *subscapularis*. All of the rotator cuff muscles are found on the shoulder blade (*scapula*) and insert onto the upper arm (head of the *humerus*) via their tendons.

The rotator cuff muscles are involved in multiple actions *Article continued on page 3*

## Joint Manipulation - Preventative Maintenance for Your Body (continued)

How I love these questions (Big Smile). I told her it was simple. It is very similar to Thanksgiving when you pull apart a wishbone. Just Kidding (I do have a warped sense of humor, just ask my wife). I explained that the sound was primarily coming from the release of gases 80% of which is carbon dioxide in the joint. Furthermore, that about 15% of our joint volume (where the synovial fluid is located) is made up of gas.

I then explained to her that in addition to the immediate benefit received from increased range-of-motion in the joint, the manipulation also generates some very beneficial neurological effects. Essentially, *cavitation* (*cracking* – love that phrase) of the joint is a very effective way of initiating a neurological response called a **Reflex Action** (*from periarticular receptors*).

Most back injuries involve both the joints and the soft tissue structures around the joint (paraspinal muscles, ligaments, tendons, joint capsules, etc). Essentially when you are injured the neurological receptors around your joints (*mechanoreceptors* and *nociceptors*) cause your joints and muscles to become very hypertonic (increased capsule tension, increased nerve ending sensitivity, and tight restricted muscles, all of which causes pain). Due to the abnormal motion patterns that then develop, spinal joint compensations (restrictions) also occur commonly with injuries to the; shoulders, arms, hips, knees, ankles and feet. They occur long before you feel any sensation of pain. That is why I am always telling people that lack of pain is not a good indication of decreased function.

### Vertebra don't go out of place

I do not know where this idea comes from but vertebral joints do NOT 'go out of place' unless they are *subluxated*. A *subluxated vertebra* refers to vertebra being partially dislocated, and this does NOT occur without significant trauma. Saying that "the joint is out of place gives" the impression that the joint somehow jumped out of position. This just does not happen each facet joint is held firmly in place by a strong fibrous capsule.

When we look at the anatomy of the spine, we can see that each vertebra has two posterior (*facet joints*) and an intervertebral disc between adjacent vertebra. The function of each pair of facet joints is to guide and limit the movement of each spinal segment. Depending on the section of the spine, (*cervical, thoracic, or lumbar*) the *facet joints* are orientated at a different angles. This allows for motion while limiting certain movements in order to provide stability and protection for the spine. Therefore, the basic anatomy of the spine stops the joints from 'going out of place'.

However, what commonly occurs in spinal joints is a lack of mobility (*hypomobility*). This is often caused by arthritis, thickening or scarring of the joint capsule, or soft-tissue restrictions.

### Back to the "Cracking" – Pun Intended

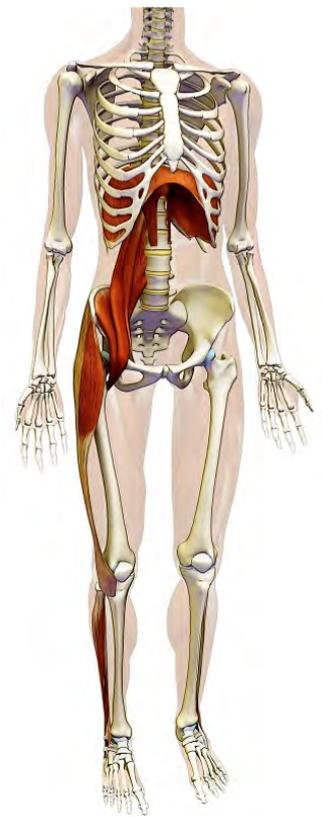
When a spinal joint is manipulated (*cavitated/cracked*), it creates a reflex action in all the surrounding neurological joint receptors (*mechanoreceptors* and *nociceptors*). This in turn cause the surrounding joint capsule to release, hypertonic muscle to relax, and the nerve endings to become less sensitive, which together results in *decreased levels of pain*. It also releases restrictions (that often create abnormal motion patterns) thereby preventing a host of injuries from ever occurring.

Think of the sound of joint cavitation as a very positive occurrence. Joint cavitation is an indication that the '*Neurological Reflex Response*' has been activated. Joint cavitation is most often followed by an increase in joint range-of-motion, decreased soft tissue hypertonicity, and a decrease in pain. We are always talking about the fascial connections between different muscle groups and how the whole body acts as a single functional unit. Spinal joints play a key role in that kinetic web.

### Joints Need to be Released Regularly

My advice is, that if you are injured, to address all the structures of your kinetic chain, both soft tissue and *osseous*. Don't leave this key aspect of your injury unattended your joints. If you are NOT injured, an occasional adjustment is a great form of *injury prevention*.

I recommend that all non-injured patients have a adjustment at least once every month or two. The occasional adjustment goes a long way in preventing a host of conditions from ever occurring. We do not manipulate just the spinal column, in fact, every joint in the diagrams you see to the right can be adjusted. So make an appointment for a little preventive maintenance.



<http://www.bandhayoga.com>

**There are 360 joints in the human body.**

Joints restrictions are a significant part of most injuries and should not be overlooked.

## New Patients Receive Free eBooks

Starting Feb 1st, all new patients will receive a complimentary copy of one of our eBooks. The normal price of these eBooks is over \$30.00.

This offer also includes the new books we have coming out in 2015 about a wide variety of health and wellness conditions.

Please Note: This offer does NOT apply to existing patients.



and act primarily to stabilize the shoulder joint (glenohumeral joint) during movement. Each rotator cuff muscle performs a primary action, but also works to counterbalance the opposing (or agonist) rotator cuff muscles. This allows for controlled and smooth shoulder movements.

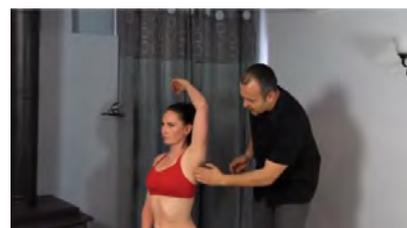
For example the muscle found on the front of shoulder blade (subscapularis) acts to turn the arm inwards (internal rotation) while the two muscles on the back of the shoulder blade (infraspinatus, teres minor) act to turn the arm outwards (external rotation). The rotator cuff muscle found on the top of the shoulder blade (supraspinatus) acts to lift and move the arm away (abduction) from the body.

As you can see the rotator cuff muscles are an integral part

of the shoulder's kinetic chain. Simply by looking at their anatomy and function you can appreciate how an imbalance involving just one of these muscles can destabilize the shoulder and contribute to the development of variety of shoulder conditions (sprain-strain, shoulder impingent). Over the past few weeks, I have actually seen a number of patients at Kinetic Health whose rotator cuff injuries were attributed to playing badminton. It was quite interesting to see how three separate patients had all suffered a strain to the back of their rotator cuff due to an imbalance between the internal vs. external rotator cuff muscles.

In all three cases the internal rotator (subscapularis) along with the chest muscles (pectoralis – that also act to turn the arm inwards), had become shortened and restricted due to the repetitive overhead swinging motions involved in serving and striking the shuttlecock in badminton. Ultimately, this had led to the weakening of the muscles on the opposite side of the shoulder, the external rotators, and had resulted in a strain (tear) at the back of the rotator cuff.

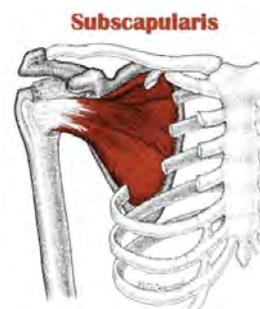
Fortunately, at Kinetic Health, we are quite successful at treating rotator cuff injuries. We have found that soft-tissue treatment therapies (Active Release Techniques, Fascial Manipulation, Graston) in conjunction with self-myofascial release and strengthening exercises can help resolve even the most chronic of shoulder/rotator cuff conditions. Check out our video about self-myofascial release of the subscapularis muscle. It provides you with good information and will guide you in how to effectively release this rotator cuff muscle.



### Subscapularis Release Video

Click here to view the video about self myofascial release of the subscapularis muscle.

[http://youtu.be/\\_cw5R00Uyi4](http://youtu.be/_cw5R00Uyi4)



Release Your Body  
**RESOLVING**  
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By Internationally Best Selling Authors  
 Dr. Brian Abelson, DC    Kamall T. Abelson, B.Sc

## Release Date - February 2015

We are very excited about the upcoming release of our latest book "**Resolving Plantar Fasciitis**". We have been working on this book for the last three years. We believe that this is the most definitive book about Plantar Fasciitis on the market today.

In fact, this is also the most comprehensive project we have ever undertaken. This book provides you with a step-by-step process to fully resolve this condition. It doesn't matter if your Plantar Fasciitis has become chronic, or if you have tried just about everything without results. With the information in this book we can resolve close to 90% of even the toughest cases.

*Resolving Plantar Fasciitis* is full of illustrations, biomechanical testing, exercises, and multiple recommendations to help you succeed. To make sure you are get optimum results, each test and exercise is linked to online videos .

I believe you will be very happy with the amazing results you will achieve using this information. So do spread the word and join in our *book launch* celebration. Stay tuned for more details about the upcoming launch.

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



## www.kinetichealth.ca

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

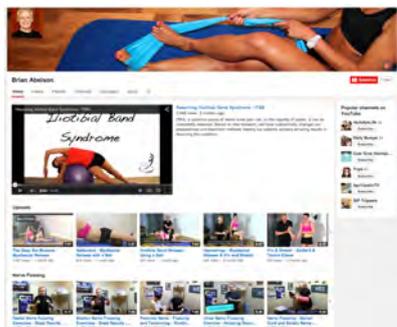
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## www.activerelease.ca

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

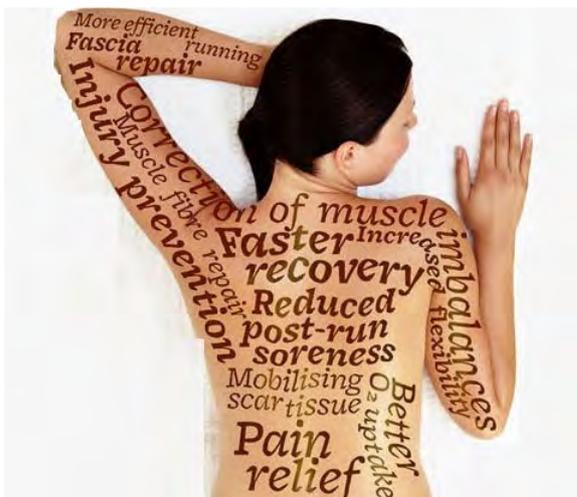
This is the link to our **YouTube** channel. We are constantly updating our channel with videos about new exercises, conditions, biomechanical analysis, local races (marathons, triathlon's), and even cultural events and travel. Please check us out, and feel free to *share* our videos with anyone that you think could use this information.



## www.releaseyourbody.com

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

- Release Your Pain: 2nd Edition
- Exercises for the Shoulder to Hand: Release Your Kinetic Chain
- Exercises for the Jaw to Shoulder: Release Your Kinetic Chain
- A Quest for Healing - A Story of Love
- Resolving Plantar Fasciitis (Coming in February 2015)



## Registered Massage Therapy at Kinetic Health

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