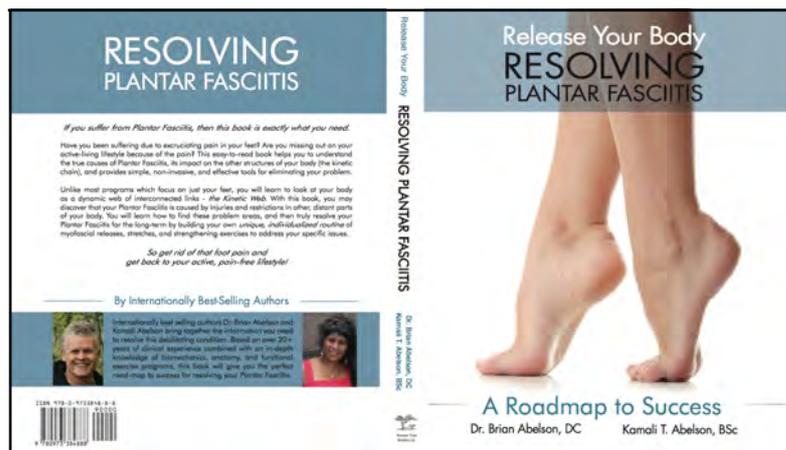


Get Healthy, Stay Healthy with Kinetic Health

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

403-241-3772
kinetichealth@shaw.ca



Please Join Us at Our Book Launch - April 21- 2015

We are very excited to announce the book launch of **"Resolving Plantar Fasciitis - A Road Map to Success"**. Our book launch will take place at **Shelf Life Books, 1302 - 4th Street SW Calgary AB (7:00 pm - 9:00 pm)**.

Internationally best-selling author Dr. Brian Abelson will present a short presentation at 7:30, and will be autographing books afterward. Somosas and refreshments will be provided while they last. We would be delighted if you could join us and help celebrate this happy occasion.

Resolving Plantar Fasciitis - A Road Map to Success

By: Dr. Brian Abelson DC. & Kamali T. Abelson BSc



Resolving Plantar Fasciitis - A Road Map To Success is finally ready, after three years of hard work. We whole-heartedly believe that the information in this book can help resolve close to 90% of Plantar Fasciitis cases. You can use this book to understand the true cause of Plantar Fasciitis, its impact on the other structures of your body (the kinetic chain), and then use it's simple, non-invasive, and effective tools to eliminate your problem.

Unlike most programs that focus on just your feet, we teach you how to look at your body as *one dynamic web of interconnected links - the Kinetic Web*. With this book, you may discover that your Plantar Fasciitis is actually caused by injuries and restrictions in other distant parts of your body. Use this book to resolve your

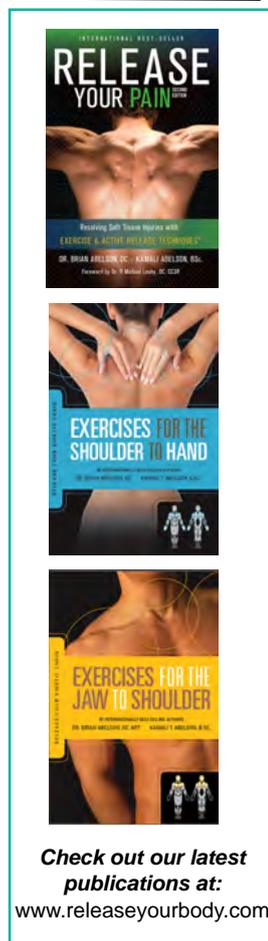
Plantar Fasciitis for the long term by building your own unique, individualized routine of myofascial releases, stretches, and strengthening exercises. *Article continued on page 2*

Sacroiliac Joint Syndrome - Low Back and Hip Pain

By: Dr. Evangelos Mylonas DC.



Many of you may have heard of the *sacroiliac joint* or SI joint, especially if you are a woman and have experienced lower back or hip pain during pregnancy. In fact, *Sacroiliac Joint Syndrome* is a significant source of pain in up to 30 percent of people suffering from mechanical lower back pain. Common symptoms associated with *SI Joint Syndrome* are low back pain, buttock pain and pain that radiates along the back of the thigh. In severe cases, *SI Joint Syndrome* can cause groin pain or even mimic sciatica. *Article continued on page 3*



Check out our latest publications at:
www.releaseyourbody.com

Resolving Plantar Fasciitis - A Road Map to Success (continued)

Plantar Fasciitis (PF) affects about **10%** of the population (at some point of their lives), and commonly occurs in a wide cross-section of athletes (especially runners and dancers). Since there is over seven billion people in the world, this means over 700 million individuals will eventually suffer from this condition at some point in their life.

Symptomatically, people suffering from Plantar Fasciitis often experience:

- Severe foot and heel pain when their feet first touch the floor in the morning. Many of these patients avoid stepping on their heels, and end up walking on their toes.
- Decreased pain with motion as their day progresses.
- Pain, typically in the center of the heel, that increases with extended periods of standing or weight-bearing.
- Dull aching or sharp burning pain in the heel.
- A pulling sensation in the heel.
- Difficulty walking or running on hard surfaces or up stairways.
- Numbness, tingling, or pain along the nerve pathways of the lower leg and foot.



Stretching



Myofascial Release



The Frustration of Dealing with Plantar Fasciitis

Resolving Plantar Fasciitis can be a very frustrating process for many people. Often, when I review patient case histories, I find that most of my patients have already tried a wide range of other therapies, ranging from orthotics, ultrasound, stretching, ice, heat, manipulation, various soft-tissue techniques, acupuncture, electrical stimulation, steroid injections, and on to a plethora of ointments and creams. Not surprisingly, most of these patients are very skeptical when I tell them that their Plantar Fasciitis really can (in the majority of cases) be resolved.

The *plantar fascia* is a thin band of fibrous tissue that runs from the heel bone (*calcaneus*) to the base of the toes. Interestingly, the actual *plantar fascia* is rarely tender to palpation and touch. Instead, it is the deeper soft-tissue structures that show signs of injury, and which cause the pain felt by our patients.

What is interesting is that the area of pain (bottom of the feet) does NOT indicate the SOURCE of the problem. It is often just the area where the pain manifests. This key concept is often overlooked, and is why most cases of chronic Plantar Fasciitis never resolve. Fortunately, our program address these commonly overlooked kinetic chain connections.

We invite you to join us on April 21 at **Self Life Books** for our **book launch**. We look forward to seeing you and telling you more about how you can resolve this common condition. Wishing you all the best in health. Dr. Brian Abelson DC & Kamali Abelson.



Strengthening



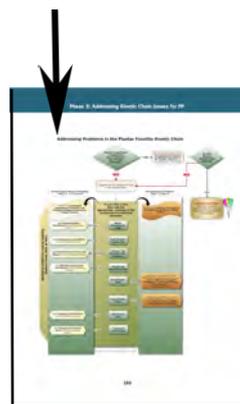
Testing the Kinetic Chain



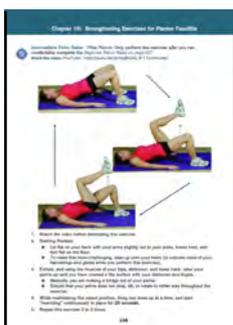
Testing Motion Patterns



Building an individualized exercise program, specified to meet your needs.



Addressing Global Issues



Sacroiliac Joint Syndrome - Low Back and Hip Pain (continued)



Have you ever noticed the two dimples on your lower back just above your buttocks? If you answered “yes” then you have located your SI joints. Anatomically speaking, the two SI joints are formed between the pelvic bones (*ilium*) and the triangular bone at the base of the spine (*sacrum*).

The primary function of the SI joints is to act as shock absorbers for the spine and to transmit and dampen forces between the upper body and the lower extremities during movement, especially when weight bearing and walking. By their very design, motion within the joints is limited to a few degrees of flexion and translation (gliding).

A network of ligaments brace the joints and help to stabilize them. The ligaments work together with the muscles and connective tissue (*fascia*) of the lower back, hips, buttocks, and pelvic floor to reinforce and aid the SI joints. Interestingly enough, the SI joints are bordered by some of the most powerful muscles of the body (*gluteal muscles*), but none of these *gluteal muscles* cross the joint or directly influence joint motion.

Many factors can lead to the development of *Sacroiliac Joint Syndrome*. Some of the most common include repetitive strain injuries, direct trauma (e.g. fall, motor vehicle accident), abnormal movement patterns, muscle imbalances and the effects of pregnancy (both physical and hormonal which lead to a loosening of the SI ligaments and place strain on the joints).

Over time, any one of these factors can weaken, overstretch or tear the ligaments that hold the SI joints together. This leads to instability and abnormal motion within the joints, resulting in wear-and-tear arthritis (osteoarthritis), inflammation, soft-tissue restrictions and joint pain.

Fortunately at Kinetic Health, we are very successful at treating *Sacroiliac Joint Syndrome*. Our integrated treatment approach focuses on the local problem while taking into account any global imbalances that may be affecting the condition. For example, it is important to determine whether the SI joint is *restricted* or *hypermobile*. A restricted SI joint responds well to chiropractic adjustments as they help to increase joint mobility and restore function. If your SI joint is hypermobile, we will focus our therapy on promoting joint stability through postural awareness and corrective exercises.

Regardless of the cause of your Sacroiliac Joint Syndrome, we have found that a balanced treatment program consisting of hands-on treatment techniques (ART, Fascial Manipulation, Graston, Chiropractic) combined with rehabilitative exercises will reduce pain and inflammation within the joint, increase muscle strength, restore mobility, and in most cases resolve your condition.

A few common exercises we prescribe for SI Joint Syndrome



Stretching Your Glutes

Click here to view the video about stretching your Gluteus Maximus and Gluteus Medius.

<https://youtu.be/myCIDS60HM8>



Myofascial Release of the Piriformis

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

<https://youtu.be/VKLMqwhpX0E>



Hip Raises - (5 different versions)

Click here to view the video about strengthening the muscles that surround the SI joint.

<https://youtu.be/ysulWxKnP3k>

New Patients Receive Free eBooks

Starting Feb 1, 2015, all new patients receive a complimentary copy of one of our eBooks. The normal price of these eBooks is often over \$30.00.

This offer may occasionally include some of the new books we have coming out in 2015. These books cover a wide variety of health and wellness conditions.

Note: This offer does NOT apply to existing patients.



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.



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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

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

Some of our favorite therapists are returning to Kinetic Health. Call now and book an appointment with **Margot, Patricia** or **Corrine**.

Monday thru Saturday.
Phone 403-241-3772 to book your massage.

