

Get Healthy, Stay Healthy with Kinetic Health

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Book Launch - April 21

Come join us to celebrate the 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 be presenting a short lecture at 7:30 and will be signing book copies afterward. Somosa's and refreshments will be provided while they last. Please join us. We look forward to seeing you there!

JOIN US AT OUR BOOK LAUNCH

INTERNATIONALLY BEST SELLING AUTHORS, DR. BRIAN ABELSON DC AND KAMALI ABELSON BSC



RESOLVING PLANTAR FASCIITIS
A ROAD-MAP TO SUCCESS

CELEBRATE WITH US AT
SHELF LIFE BOOKS
ON TUESDAY, APRIL 21, 2015

FOOD, PRIZES, AND PRESENTATION BY THE AUTHORS

LOCATION: SHELF LIFE BOOKS, 1302-4TH STREET SW TIME: 7:00 PM - 9:00 PM

Tensegrity - Tension Plus Integrity

By: Dr. Brian Abelson DC.



'Tensegrity' a key concept that can help you to understand how your body works as an interconnected kinetic web. Tensegrity is a structural principle that describes how the integrity of a structure is based on the *balance of tensional forces* rather than just its *compressive nature*.

First a little history; the term 'Tensegrity' was made popular in the 1960's by a neo-futuristic architect by the name of Richard Buckminster (Bucky Fuller 1895-1983). The geodesic dome is a superb example of an architectural structure that uses the concepts of tensegrity. Due to its unique structure the geodesic dome is an incredibly stable building in which all the pressure being distributed throughout the entire framework. With regards to how tensegrity relates to the human body, I will refer to an analogy used by *Thomas Myers of Anatomy Trains*. *Article continued on page 2*

Hamstring Strains - Here We Go Again

By: Dr. Evangelos Mylonas DC.



"Oh I pulled my hamstring!!!" are the agonizing words I heard come out of runner's mouth as he stopped in mid-stride and fell over onto the grass on the side of the running path. We've all been there, hamstring strains can be annoying, painful and in some cases a season-ending injury.

A hamstring strain is an injury (usually a tear) to one or more of the three muscles (*semimembranosus*, *semitendinosus*, and *biceps femoris*) collectively referred to as the "hamstrings" at the back of your thigh. The hamstring muscles originate from the sit-bones (*ischial tuberosity*) of your pelvis and run along the entire length
Article continued on page 3

INTERNATIONALLY BEST SELLER
RELEASE YOUR PAIN

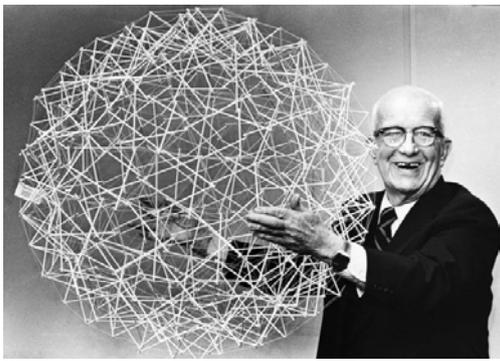
Breaking Down Tissue Work into EXERCISES & ACTION-BASED "TENSUREST"
DR. BRIAN ABELSON DC & KAMALI ABELSON BSC
Foreword by Dr. J. Michael Lewis, DC, DPM

EXERCISES FOR THE SHOULDER TO HAND

EXERCISES FOR THE JAW TO SHOULDER

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Tensegrity - Tension Plus Integrity (continued)



Buckminster Fuller

'Tensegrity' was made popular in the 1960's by a neo-futuristic architect by the name of Richard Buckminster "Bucky" Fuller (1895-1983). Fuller came up with this term when examining the highly creative sculptures of Kenneth Snelson. Snelson's sculptural works are composed of both flexible and rigid components. Snelson uses the term 'floating compression' instead of 'tensegrity' to describe his sculptures.

Standard anatomical perspectives teach that our skeleton provides a strong stable framework which support the array of soft-tissue structures that attach to it. This is a concept of 'continuous compression' in which the osseous structure of the body provides structural integrity.

This is the same concept we use when building skyscrapers, where each layer of the building provides support for the next layer, all of which is built on a strong base of stability (a *Linear Model*). The problem when applying this concept to our human body is that this is a static model (not reality). Yes "continuous compression" works well in building construction, but not so well in explaining the structural integrity of dynamic human bodies that are in continual motion.

Think about this, without the actions of the muscles, ligaments, tendons, and connective tissue, the framework (our skeleton) would simply collapse. Thomas Meyers uses the analogy of a sailboat to describe this concept. He compares the mast of the boat to our skeletal system and its rigging to our myofascial system. When the wind catches the sail of a boat, it directs an incredible force into the mast, yet the mast does not come toppling down because of the *tensional balance* provided by its rigging. When one side of the rigging becomes tight and contracted, the rigging on the other side of the boat becomes loose and movable. That is, until the wind changes and the sail is then pushing in another direction which requires the line of tension to shift to the other side. This describes a dynamic system where a *rigid structure (the mast)* can take on dynamic qualities because of *its tensional system (its rigging)*.

In the same way, our rigid skeletal system maintains its integrity due to the balance of tensional forces provided by our dynamic myofascial system. We can run, jump, move, take our bodies into a thousand contorted positions, and return to a state of balance all because of this concept of tensegrity.

Tensegrity and Injury Resolution

The greatest thing about understanding how our body is totally connected is how this information can help resolve even some of the most chronic injuries. Consider this analogy. Consider how a soft pliable ball reacts to compressive forces. An interesting thing occurs when we take a ball that is about seven inches in diameter (like the ones we use for myofascial release of the abdomen), and compress it with our hands.



When we grasp the ball and squeeze hard, the area that we are squeezing contracts while the rest of the ball expands. If we squeeze even harder until the ball bursts, we would find the area of rupture occurs at the weakest part of the ball. The area of rupture in the ball is the location of weakest material, the weak link in the kinetic chain. Interestingly, the point of rupture is often located far from the point of applied force. This is a very important concept to grasp, *the point of injury/damage is often not the cause.*

The same thing occurs in the human body. Previous injuries, muscle imbalances, lack of exercise, mental stress (anxiety), poor nutrition, and a host of other problems all create weak links in your body's kinetic chain. These are areas where the body is most susceptible to injury. When increased stress is applied to the body, the entire body tries to compensate. If the weakest link cannot withstand this additional stress, then an injury occurs at that link. *Injuries are often a symptom of a much larger problem.*

The concept of Tensegrity opens our eyes to the big picture. It teaches us that injuries often occur at the weakest links in our body, and that the root cause of the injury often has nothing to do with the site of injury. That is why it is so important to consider the body as one integrated system not a conglomeration of separate parts. With this approach, it is possible to resolve even chronic musculoskeletal problems.



Tensegrity is the key to resolving most chronic musculoskeletal injuries. We must "**Look local and Look global**". If there is a problem, we must address both local and global areas. Treatments that address only the symptomatic region (the area of pain) are really an equation for failure.

Hamstring Strains - Here We Go Again (continued)



of the back of your thigh (*femur*), crossing the knee joint, to insert into the bones of your lower leg (*tibia and fibula*). The primary actions of these muscles is to bend your knee (flexion) and to aid the gluteal muscles in straightening (extending) the hip during movement. During activities such as running, kicking and jumping, the hamstrings help to control leg movement by counter-balancing the actions of the muscles on the front of your thigh (*quadriceps*).

A strain occurs when one or more of the hamstring muscles is either stretched too far, or is forcefully contracted while it is being stretched, resulting in torn muscle fibres. Most people experience a sudden pulling sensation accompanied by sharp pain at the back of the thigh when a strain occurs.

Common symptoms associated with a hamstring strain are:

- Pain and tenderness over the site of injury.
- Bruising and swelling.
- Decreased muscle strength.
- Increased pain with walking or when going up and down stairs.
- Increased pain when bending over, or straightening the leg.

Strains are often graded as Type I (mild), II (moderate) or III (severe – with complete rupture) depending on how many muscle fibres have been torn and how much activities have been limited by the injury.

Hamstring strains can be caused by a number of different factors. Muscle imbalances, weak and tight muscles, fatigue, poor core stability, joint stiffness, poor posture and not warming-up properly have all been known to cause hamstring strains. Interestingly though, one of the most common causes of hamstring injury is a previous hamstring strain. As funny as that may sound, there is an extremely high rate of hamstring re-injury in athletes and this is often due to poor rehabilitation of a previous injury.

In my opinion, it is important to have a healthcare professional evaluate the degree of a hamstring injury so that appropriate treatment and rehabilitation can be implemented. By doing so you can minimize the risk of re-injury and ensure a speedy recovery.

Fortunately, at Kinetic Health, we are quite successful at treating hamstring 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 troublesome of hamstring strains.

On the right side are examples of common exercises that we prescribe in conjunction with therapy.

New Patients Receive Free eBooks

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

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

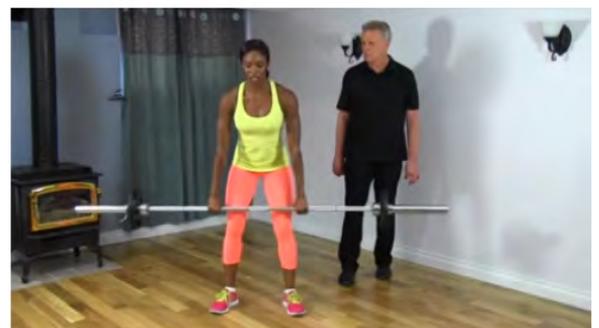
Please Note: This offer does NOT apply to existing patients.



Hamstrings - Myofascial Release & Pin and Stretch

This video shows you how to release your hamstrings using both pin and stretch techniques and cross friction massage (with a lacrosse ball).

<https://youtu.be/M-nuFQowQ4E>



Deadlifts (Barbell and Dumbbells)

Deadlifts are great exercises for strengthening your gluteal and hamstring muscles. They are also excellent for strengthening your core and low back.

<https://youtu.be/4vI03IE5Q3k>

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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- **Resolving Plantar Fasciitis - Now Available**
- 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



Calgary International Salsa Congress - 2015

Check out our photos from the *2015 Calgary International Salsa Congress*. Another amazing performance with some of the best Salsa dancers in the world.

It is always a joy seeing both the amateurs and the professionals perform at this event. These high resolution photos can be downloaded for free but cannot be used for commercial purposes.

"We Fix Dancers"

<https://www.flickr.com/photos/kinetichealth/sets/72157649312786414/>

