

Get Healthy, Stay Healthy with Kinetic Health

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

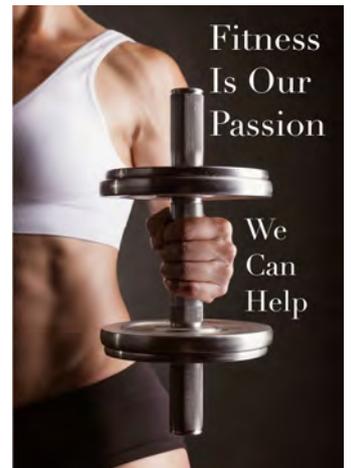
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December
2015



*Merry Christmas and Happy New Year
from all the staff at Kinetic Health.*

We want to wish you and your family all the best during this holiday season. We also want to thank you for your patronage of Kinetic Health over this last year. We realize that you have choices, and we greatly appreciate your putting your faith in our services. We look forward to serving you in the year to come. Merry Christmas!



Resolving Tension Headaches

By: Dr. Brian Abelson DC.



Approximately 90 percent of headaches originate as tension headaches. Medical experts continue to debate over the causes of tension headaches. In my opinion (and supported by research and clinical experience), 90% of tension headaches are either caused, or perpetuated by, mechanical factors. In other words, most ongoing, chronic, tension headaches can be attributed to specific physical restrictions (mechanical factors).

These restrictions (within muscles, ligaments, tendons, and fascia) can cause nerve impingement syndromes, vascular changes, motion compensations, and the output of biochemical substances that negatively affect pain centres.

You can usually differentiate a tension headache from other types of headaches because there are many symptoms you will **not** experience. For example, tension headaches do **NOT** cause visual disturbances, nausea, vomiting, numbness on one side the body, or slurred speech.

(Article continued on page 2)

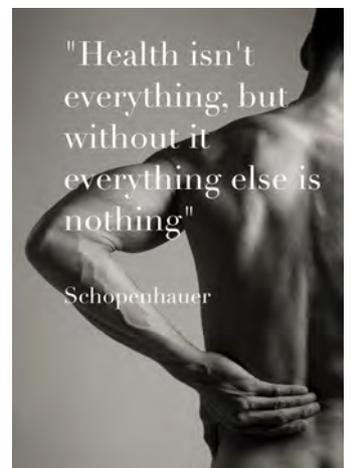
See Us First - Use the Multidisciplinary Approach

By: Dr. Evangelos Mylonas DC.



This past fall we commemorated *World Spine Day* – a day meant to raise awareness about spinal health and spinal disorders. Back injuries are among the most common conditions that negatively impact the quality of life experienced by our patients, at home or at work. Whether our patients' back injuries are new problems or are longstanding ones, all of these conditions share a common unifying theme – **debilitating and agonizing pain**. It is a type of pain that few people can understand until they experience it for themselves.

Understandably, patients who experience this type of pain want to see results as quickly as possible. *(Article continued on page 3)*



Resolving Tension Headaches (continued)

Nerve Compression and Tension Headaches

Nerve compression is often a major factor in the initiation and perpetuation of tension headaches. There are many peripheral nerves that transect (or pass under) muscles, ligaments, tendons, and fascia. It is easy to see how nerve compression by any of these structures can create a tension headache. A restriction in just one muscle can compress a nerve, which in turn can cause a tension headache.

There are a number of muscles in the neck and at the base of the skull that can cause Tension Headaches. A muscle called the *Semispinalis Capitis* serves as a great example. The *Greater Occipital Nerve* is located directly under this muscle. When this nerve becomes compressed, a tension headache can form with symptoms known as *Occipital Neuralgia*.

Occipital Neuralgia is a medical condition characterized by chronic pain in the upper neck, back of the head, and behind the eyes. This is sometimes known as *C2 Neuralgia* or *Arnold's Neuralgia*. The good news; at Kinetic Health we have designed specific treatment protocols and exercise routines that are very effective at resolving nerve compression syndromes that cause headaches. We even wrote a book about this!



We can resolve the majority of Chronic Tension Headaches by using a combination of treatment modalities with an individualized exercise program.

Symptoms of Tension Headaches

- ✘ Band like pressure around the head.
- ✘ Difficulty concentrating.
- ✘ Difficulty sleeping insomnia.
- ✘ Fatigue and irritability.
- ✘ Loss of appetite.
- ✘ Neck, jaw/TMJ, or shoulder discomfort.
- ✘ Severe pain behind the eyes.

Tight Restricted Tissues Create Biochemical Changes in Your Body

What most people do not realize is that long-term stress placed on your body by poor posture, micro-trauma from repetitive motion, de-conditioned muscles, and even the stress caused by muscle imbalances can change the level of certain brain chemicals including:

- **Serotonin** which acts as a chemical messenger that transmits nerve signals between nerve cells. It also causes blood vessels to narrow.
- **Bradykinins** which mediates the inflammatory response and increases vasodilation (expansion of arteries and veins).
- **Substance P** which causes contraction of smooth muscle.

Essentially it works like this; physical/mechanical stress produce areas of hyper-tonicity (increased tension) in the body. When these areas of tension become irritated or inflamed they release chemical mediators (Bradykinin, Serotonin, Substance P). These mediators cause sensitization of nerve endings, resulting in pain, tension, and headaches.

When we review the history of patients suffering from tension headache, we routinely find a source of initial tissue tension and accompanying inflammation. Together these cause biochemical changes that cause headaches.

Again, the good news is that once we remove areas of tension, correct those muscle imbalances, and reduce overall stress, the production of these chemical mediators quickly reduces. Hence no more chronic Tension Headaches.



Headaches

Check out our video on what it take to resolve chronic headaches.

<https://youtu.be/UUmlEmsPqNQ>

We Can Resolve Your Tension Headaches

To resolve Tension Headaches it is essential to first eliminate all physical restrictions throughout the body's Kinetic Chain. This includes restrictions in your shoulders, neck, jaw, skull, and perhaps other affected areas. In other words, we will treat all areas where we find restrictions (which may be initiating a physical cascade of events) and decrease the physical or biochemical changes that are causing your headache.

Our clinical experience has shown us that the majority of chronic tension headaches can be either completely resolved, or substantially reduced. Please come and see us if you are suffering from chronic headaches. **WE CAN HELP**



Santa on Facebook

See Us First - Use the Multidisciplinary Approach (continued)

They also want a full recovery, not a continuation of further painful episodes that could affect them for years. In addition, the cost factors relating to Low Back Pain (LBP) often concerns our patients.

This brings me to a very interesting study that came out in the *Journal of Evaluation in Clinical Practice*. The study (from this peer reviewed journal) concluded that future health utilization, patient costs, and even recovery are directly linked to **who you choose to see first** for your low back pain (LBP).

According to the study, patients with Low Back Pain who chose to first see a Chiropractor usually experienced a considerably **decreased risk and need for surgery, spinal injections, advanced imaging, and other LBP-related costs**. This interesting study highlights many of the benefits of seeing a Doctor of Chiropractic as soon as possible.

By reading this study you would think we would be saying not to see your medical doctor if you have low back pain. This is certainly *Not Our Perspective*. What we are saying is **"See Us First"** as part of a multidisciplinary team of practitioners.

At Kinetic Health, we do our best to run an "Evidence Based Practice". With regards to Low Back Pain, this means going with the best scientific evidence on what research shows can achieve the best results. In the case of LBP the scientific literature is quite clear. The latest research has concluded that there are four areas we can use to achieve the best results.

1. Therapy (manipulation, and soft-tissue work).
2. Patient Education.
3. Pharmacology.
4. Exercise.

At Kinetic Health, we recommend that our patients always integrate a multidisciplinary approach based on the latest research. We have a very high level of expertise in manipulation and soft tissue therapies (Active Release, Graston, Fascial Manipulation). We design specific, individualized exercise programs for you. We also provide you with patient education about everything you need to know to prevent further injuries.

Nonetheless, your medical practitioner prescribing pharmaceuticals can help break the pain cycle, reduce inflammation, and help you get the rest you need for healing to occur.

Bottom line, if you have LBP "Come **See Us First**" as part of your multidisciplinary first option to reach a full recovery. We will do our best to help you avoid invasive procedures, keep your health costs down, and reach a full recovery. **WE CAN HELP**

Journal of Evaluation in Clinical Practice Importance of the type of provider seen to begin health care for a new episode low back pain: associations with future utilization and costs, Julie M. Fritz PhD PT FAPTA, Professor, Associate Dean for Research, First published: 29 September 2015

Evidence-Based Practice (EBP) The goal of EBP is the integration of: (a) clinical expertise/expert opinion, (b) external scientific evidence, and (c) client/patient/caregiver perspectives to provide high-quality services reflecting the interests, values, needs, and choices of the individuals we serve.



Extended Appointments Cheaper Price

We are pleased to announce that we have reduced the price of our *extended appointments* from \$130 to \$100 (for approximately 20 minutes therapy).

This really is a great deal, our regular appointments are \$70 (for approximately 10 minutes). For just an additional \$30 you can double your treatment time.

We base our treatment length recommendations on how many structures we need to treat. Having extra treatment time can make all the difference in addressing a larger portion of the kinetic chain. Bottom line, it is so much easier, and faster, to achieve a full resolution of your condition by using extended appointments.

New Patients Receive Free Books

All new patients receive a complimentary copy of one of our Books. The normal price of some of these Books is over \$30.00.

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

Note: This offer does NOT apply to existing patients.



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Give the gift everybody loves!
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available, just ask our front
desk staff for more
information.

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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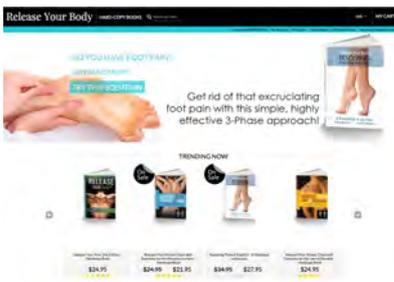
www.activerelease.ca

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:

- **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

GoBean XTERRA Canmore 2015 - In 3 Minutes

2015 XTERRA Canmore Triathlon



Since our last Newsletter we have filmed the 2015 XTERRA Canmore Triathlon and Duathlon. This race is Canada's longest running and largest Off-road triathlon. We highly recommend this adventure race, great course, great support, and best of all, amazing people. Check our video of this year's event.

<https://youtu.be/IYVaUx90JiA>

"WE FIX ATHLETES (and everyone else)"

