

# Get Healthy, Stay Healthy with Kinetic Health

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## We can now submit your insurance claims for you!

We are happy to announce that we can now submit insurance claims on your behalf immediately after payment has been processed by Kinetic Health. Both TELUS Health and BlueCross Health Care now offer a secure system that allows us to submit your claims directly to your insurance company.

All we need is some basic information to set up Direct Claims Submission, along with your authorization to allow us to do a Direct Claim Submission on your behalf. This procedure involves you paying for your treatment directly after your appointment. We immediately submit your health claim over a secure system that links us directly to your provider. In most cases, within one to three weeks, you will receive either a direct deposit or a check that is mailed to you (depending on your arrangements with your insurance company).

The amount of reimbursement you receive is dependant on your insurance coverage. Many insurance plans cover a set amount per year, while others cover a percentage of treatment (80% to 100% of treatment costs). It is well worth registering for this process, as the claim is quickly processed, and the money is soon back in your pocket!



## Resolving Chronic Problems of the Achilles Tendon

By: Dr. Brian Abelson DC.

The *Achilles Tendon* is the strongest and largest tendon in the body. It is extremely vulnerable to injury due to its limited blood supply and the many forces to which it is subjected.

The *Achilles Tendon* is known as a co-joined-tendon. This tendon is formed by the calf muscles (*gastrocnemius* and *soleus*), the most powerful muscle group in your body. The *Achilles Tendon* transmits the force generated by the calf muscles to produce the push-off required for walking, running, and jumping. *(Article continued on page 2)*



## Whiplash Injuries - We have you covered

By: Dr. Evangelos Mylonas DC.

Whiplash is a popular term that is used to describe injuries of the neck that often occur during motor vehicle accidents (MVA's). During a car accident there is both a sudden acceleration and deceleration of the head and neck as they are jolted back and forward and side-to-side. This "whip-like" movement often results in sprain-strain injuries to the ligaments, tendons, muscles, nerves and joints of the neck. *(Article continued on page 3)*

## Resolving Chronic Problems of the Achilles Tendon (continued)

### Achilles Tendonitis - Not always the case!

The term *Achilles Tendonitis* ("itis" implying the presence of inflammation) is commonly used to describe tenderness, pain, and swelling in the area just above the heel bone. A more accurate term would be *Achilles Tendinopathy*, which identifies the presence of both *tendonitis* (inflammation) and *tendinosis* (small tears in surrounding tissue).

The *Achilles Tendon* area (approximately 2 to 6 cm above its insertion into the calcaneus) is very dense and under constant tension. For example a sprinter can exert a force up to 12 times her/his body weight in the *Achilles Tendon* during a single training session. This highly tensioned area has a poor blood supply, making it extremely susceptible to injury and very slow to heal.

### Fascial Connections and Oppositional Muscles

Like all musculoskeletal injuries, the Achilles Tendon is affected by tension existing anywhere along the body's Kinetic Chain. Many of these inter-connections (or their oppositional relationships) are far from obvious. For example, weak gluteal muscles are often a contributing factor in injuries to the *Achilles Tendon*. Let me explain. Your *Gluteal* muscles are your primary hip extensors. If the *gluteals* are not strong, the body transfers the load onto your secondary hip extensors, the hamstrings. This transfer of force can cause an overload of the hamstrings, which over time become short and contracted. Since the calf muscles have direct fascial connections into the hamstrings, the calf muscles also become tense (hypertonic). Which in turn increases the overall tension on the *Achilles Tendon*.

This brings up a really interesting point. Not all people who suffer from injuries to the *Achilles Tendon* have the same structural interdependence's (same symptoms, but with different involved structures). For some people the problem occurs just in the *Achilles Tendon*, while for others the injury involves multiple structures that are connected by fascia, or oppositional muscles.

In addition to these direct connections, the tension in the *Achilles Tendon* can also be affected by the state of oppositional muscles (antagonists). An example of this relationship would be between the bicep and the triceps muscles of the arm. For the *bicep* muscle to contract, the *triceps* muscle must first relax to allow the movement to occur. If the *triceps* hold excessive tension or do not completely release, then the *bicep* muscle ends up having to work extremely hard in order to perform its normal actions (like a bicep curl). The excessive tension literally deactivates the opposing muscle, a neurological process call *reciprocal inhibition*.

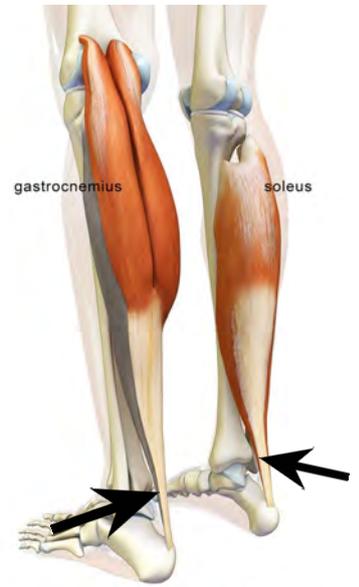
In the case of the calf muscles, the shin muscles (dorsi flexors) act as the antagonists. Consequently any tension in your shins, or further up your leg in the *quadriceps*, could cause increased tension in your calf muscle, which in turn increases *Achilles Tendon* tension. As you can see, the underlying cause of an injury to the *Achilles Tendon* can be much more complex than most people imagine.

### Biomechanical Analysis and Treatment

It is critical to first determine which structures in the body are involved in your particular case of *Achilles Tendon injury*. That is why we run our patients through a biomechanical analysis before commencing treatment. Once we have determined exactly which structures are involved, we can customize your treatment protocol to address all the affected structures, and insure the long-term resolution of your injury.

Over the last 25 years, we have found that applying a combination of treatment modalities works best for a full resolution. We often combine Active Release Techniques, Graston, Fascial Manipulation, and Chiropractic adjustments in our protocols. These treatment modalities are used in combination with a customized exercise program that is designed to meet **your** specific needs, rather than using a cook-book approach.

Bottom-line if you are suffering from a recent or chronic *Achilles Tendon* injury, come and see us. **WE CAN HELP**



The *Achilles tendon* is a co-joined tendon formed by three muscles, the two head heads of the *Gastrocnemius* muscle and the *Soleus* muscle.

Diagram <http://www.bandhayoga.com>



Restriction anywhere along the kinetic chain can cause increased stress on the *Achilles Tendon*, eventually leading to injury.

Diagram <http://www.bandhayoga.com>



Tight shin muscles can increase the tension in your calf muscles (which are the shins antagonists). It is essential to release the shin muscles to obtain a lasting resolution of a *Achilles Tendon* problem.

Diagram <http://www.bandhayoga.com>

## Whiplash Injuries - We have you covered (continued)

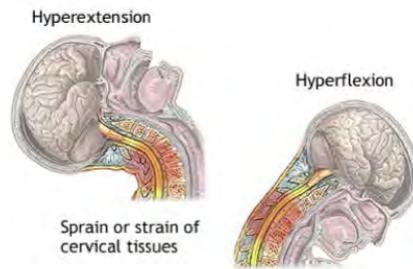
Within the healthcare community, we describe the group of signs and symptoms resulting from this type of injury as a “Whiplash Associated Disorder” or WAD, and classify these injuries on a scale from 1 to 4. Statistically, approximately 90% of patients suffering from a whiplash injury are diagnosed as having a WAD-2.

As you can see by the list of symptoms, whiplash injuries can have a significant negative impact on normal activities of daily living and can often be quite debilitating. The good news is, in most cases, these symptoms respond well to treatment and resolve quickly. As doctors of Chiropractic, whiplash injuries fall within our scope of practice and we are often the first healthcare practitioner that injured patients choose to see.



*The hyperextension-hyperflexion actions of whiplash injuries occur within one-half of a second. If you have been in a motor vehicle accident you need to be examined for possible injury.*

*Required X-rays and treatment costs will be covered by your Alberta Health Care.*



**Whiplash Symptoms:** (Note, these symptoms often have a delayed onset often taking weeks to present.)

- Blurred vision.
- Brain injury (not uncommon).
- Difficulty swallowing.
- Dizziness (vertigo).
- Fatigue or weakness.
- Headaches (80% of cases).
- Irritability.
- Jaw problems (TMJ syndrome).
- Low Back Pain (common in side impact crashes).
- Nausea.
- Neck pain (90% of cases).
- Ringing in the ears (Tinnitus).
- Shoulder Pain.

### Coverage for Treatment

Many people may not be aware of this fact, but in the province of Alberta your auto insurance covers you for up to 21 combined visits of Chiropractic and Soft Tissue Therapy for WAD-2 injuries (under the Alberta Diagnostic Treatment Protocols Regulation). This means that regardless of who was at fault in your motor vehicle accident, you are still entitled to seek chiropractic care, at no cost to you, as long as your claim has been approved.

### We Can Help

Even though patients may present with similar symptoms, every case of whiplash is unique, and our treatment is always based on a thorough physical exam to first identify what your specific needs are. Our goal is a *rapid reduction of your pain*, and a *quick-as-possible* return to normal activities of daily living.

We effectively treat whiplash injuries through our integrated approach. We combine chiropractic care with soft-tissue therapies such as Active Release, Fascial Manipulation, Registered Massage Therapy. We develop customized rehabilitative exercise programs for all our patients. This ensures that once you are out of pain, you will continue to recover and move rapidly towards a complete a resolution of your condition as possible.

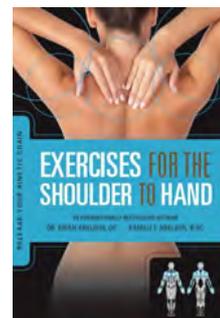
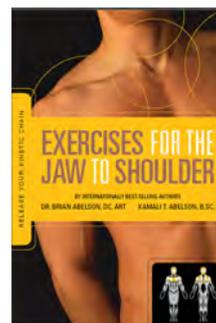
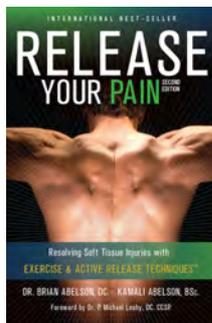
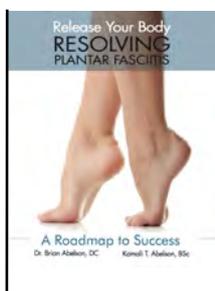
If you have any questions or would like to make an appointment, please contact us at 403-241-3772 or email us at [kinetichealth@shaw.ca](mailto:kinetichealth@shaw.ca) and **We Can Help**.



## NEW Patients Receive Free Books

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

This offer also includes our upcoming new books about a wide variety of health and wellness conditions.



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



[www.kinetichealth.ca](http://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 introductions to 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](http://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 for 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](http://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. We love to get your comments and feedback, so please do add your comments.



[www.releaseyourbody.com](http://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. Get your copy of:

- **Resolving Plantar Fasciitis - NEW**
- 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



## 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 is a really 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 when we need to address a larger portion of the kinetic chain. Bottom line, it is much easier, and faster, to achieve a full resolution of your condition by using extended appointments.