

Get Healthy, Stay Healthy with Kinetic Health

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April/May
2016

Longer Appointments - No Extra Cost

Over the last several months we have been conducting some major in-house research with our patients. The feedback has been very positive, but we wanted to know how we could become even better. After reviewing your comments, we have concluded that there is one factor that needs to be addressed, "Treatment Time".

Therefore, starting Monday April 4th, we are going to make some major changes in our appointment scheduling. Our regular **Soft Tissue Appointments** (ART, Graston, Fascial Manipulation combined with manipulation), which were approximately 10 minutes in length, will now be extended to approximately 15 minutes in length at **No Extra Cost**. This means we can spend more time addressing more structures which will give us the ability to achieve even better results.

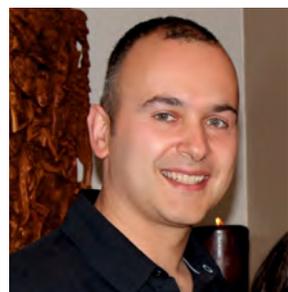


Improving Your Game with Golf Swing Analysis at Kinetic Health

By: Dr. Brian Abelson DC.

A typical golf swing can be divided into several biomechanical phases: *Address Position, Takeaway, Forward Swing, Acceleration, and Follow Through*. At Kinetic Health, we use biomechanical analysis to evaluate your ability to perform each of these motions. We pay particular attention to the sequential and kinetic transfer of power (*Kinematic Sequence*) throughout the body. Ideally, we should first see motion in the golfer's hips, to generate the power that is then transferred through the torso, into the arms, and finally down the club and into the club head.

We leave recommendations about the actual techniques involved in a golf swing to the Golf Pros. Instead, we focus upon **our area of expertise** – the identification of soft-tissue and joint restrictions, and the resolution of the neuromuscular problems caused by those restrictions (*Article continued on page 2*)



More Than Just Your Backs

By: Dr. Evangelos Mylonas DC.

As Chiropractors, we are **not only** experts in the assessment, diagnosis, and treatment of spine, and joint disorders, but also in the treatment of musculoskeletal (MSK) conditions. This is often a surprise to some of our patients.

Musculoskeletal (MSK) conditions include **diseases** that affect the bones, ligaments, tendons, muscles, joints and our connective tissue (fascia). These conditions limit physical functioning, impose significant pain, and suffering. Consider this, each year over eleven million Canadians over the age of 12 years old are affected by musculoskeletal (MSK) conditions.

Not a week goes by at the clinic, that I don't hear, "You can treat that?" Those words are usually spoken by someone who initially sought out treatment for an acute bout of back pain, and was then surprised to find out that we can help with quite a wide range of MSK conditions, such as: (*Article continued on page 3*)

Improving Your Game - Golf Swing Analysis (continued)

with an aim towards improving our patient's ability to perform the required actions.

An efficient golf swing is a great example of power generation through the core. The twisting motion of your body during the golf swing produces an amazing amount of torque and rotational force. This force increases the velocity of the golf club head, with the resulting force being directed into the ball. The greater the speed of your club head, the more kinetic energy that is transferred to the golf ball.

Unfortunately, an inefficient golf swing still produces high levels of kinetic energy. But instead of the energy being transferred into the golf ball, the kinetic energy is re-directed back into the soft tissues of your body. This results in micro-tears, which creates an inflammatory response, the formation of scar tissues, and a resultant decrease in mobility.

Consider what we can learn from observing just one phase of the golf swing, muscle testing and orthopedic assessment. Lets use the **Takeaway Phase** as an example. The same logic can be applied to each phase of the golf swing.

The Takeaway Phase

This phase is essentially a coiling of the upper body into a position where it can store energy for quick release. This is very similar to coiling up a spring, before releasing it. The lower body acts as the base from which the spring is released.

Takeaway Phase Muscles

Some of the most active upper extremity muscles that play a critical role in stabilizing the upper body during the Takeaway Phase include muscles of the back, shoulder, and chest specifically the: *Trapezius, Subscapularis, Levator Scapulae, Rhomboids, Supraspinatus, Infraspinatus and Pectoralis Major.*

Some of the most active Core muscles during this phase (for a right-handed golfer) include the: *Gluteus Maximus, External Oblique (L), Internal Oblique (R), and the Erector Spinae (L).* In addition the hip flexors (Psoas, iliacus) help to maintain a good spinal angle throughout the entire golf swing. Tight or restricted hip flexors commonly cause low back pain and a decrease in swing performance.

In general terms, good mobility and strength in the upper extremity combined with a strong balanced core promotes good coil and recoil actions. This not only translates into a more powerful and accurate golf swing, but also serves to prevent a host of kinetic-chain-related injuries.

Analysis, Treatment, and Exercise can Improve Your Swing

Our process first involves the observation your golf swing. This helps us determine your ability to perform each segment of the swing. Since no joint, muscle, or anatomical structure works in isolation from any other structure in your body, we can derive a considerable amount of information from these observations. We then confirm our observations through a process of *mobility and strength testing.*

Since each phase of the golf swing is related to specific structures, we are able to individualize our treatment and exercise recommendations to meet your specific need. This is very different from the cookbook recommendations often given by other experts. Bottom line, one size does **not** fit all, you need specific recommendations that are based off of your needs. We often see a substantial improvement in your swing within a short period of time.

We have used this same process at various PGA events to take players from the middle of the pack to top 10 positions.

If you would like more information about the biomechanical analysis of your golf swing, then contact our front desk. These appointments are half hour in length, and will include recommendations with a customized exercise program that meets your specific needs.



Address Phase

This is the initial starting position for a golf swing.



Takeaway Phase

This phase is essentially a coiling of the upper body into a position where it can store energy for quick release. This is very similar to coiling up a spring, before releasing it.



Forward –Swing Phase

Involves moving from the Backswing, through the Down Swing, into the Horizontal Club position.



Acceleration Phase

Involves moving from the Horizontal club position to ball contact. During this stage, muscle energy is converted into club head acceleration.



Follow-Through Phase

Involves moving from ball contact to a horizontal club position.



Late Follow-Through Phase

Involves moving from the horizontal club position to the final finish position.

More Than Just Your Backs (continued)

- Ankle and Foot Injuries (Sprains, Bunions).
- Golfer's & Tennis Elbow.
- Headaches (Tension headaches and Migraine headaches).
- Hip Injuries.
- Knee (Iliotibial Band Syndrome, Meniscus Injuries, Ligament Injuries, Chondromalacia Patella)
- Nerve Entrapment Syndromes (Carpal Tunnel Syndrome, Ulnar or Radial Nerve entrapment, also entrapment syndromes in the lower extremity).
- Osteoarthritis.
- Plantar Fasciitis.
- Rib, Chest and Sternal Injuries.
- Rotator Cuff Injuries, Frozen Shoulder.
- Sports Injuries (Groin Injuries, Hamstring/Quadricep Strains, Calf Strains, Shin Splints, Achilles Tendonitis).
- Thoracic Outlet Syndrome.
- TMJ Disorders.
- Wrist, Hand and Finger Injuries.

If you are suffering from one of these conditions **We Can Help**.

See Us First

Current evidence-based medical guidelines recommend conservative care, as the first line of treatment for MSK conditions. We are that "Conservative Care". We can offer you the latest soft-tissue therapies (*Active Release Techniques, Graston, Fascial Manipulation, Acupuncture, and Chiropractic manipulation*) combined with a personalized rehabilitative exercise program that meets your specific needs.

As surprising as it is to some of our patients, over half of the patients we treat on a daily basis come to see us for non-spine related injuries. Our success rate in treating these conditions is over 90%. Call 403-241-3772 to book your appointment so we can help you resolve these problems.

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 to set up Direct Claims Submission is some basic information, 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 personal arrangements with your insurance company).



We are MSK Practitioners

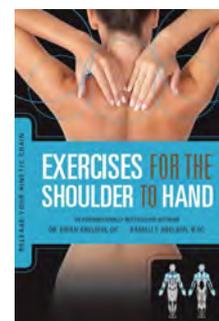
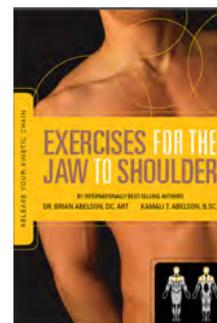
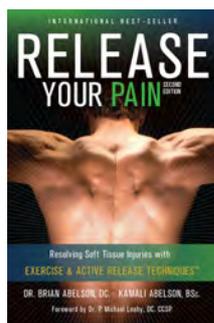
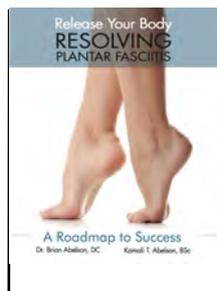
MSK Practitioners are whole body practitioners. Anywhere you have an injury to a joint, muscle, ligaments, tendon, fascia or are suffer from some type of nerve entrapment syndrome come and see us.



NEW Patients Receive Free Books

All NEW patients receive a complimentary copy of one of our bestselling 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

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

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, as 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

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.

We Appreciate Your Feedback & Your Referrals

For almost 24 years Kinetic Health has been serving the Edgemont community and Calgary. We are fully aware that without your support we would not be here. **Thank You** to all of our patients for your confidence in us and for your referrals.

We would also appreciate any feedback you can give us about how to improve our services. It is your feedback that caused us to increase our treatment times in order to serve you better. We really do want to hear you comments, so no matter what your opinion is we want to hear from you.

Obviously nothing makes us feel better than hearing about how we helped to improve someone's life. On the other hand if you are not satisfied with our services, we want to know, so that we can do our best to correct or improve your experience.

Both Dr. Abelson and Dr. Mylonas are dedicated health care practitioners who always do their utmost to help you achieve your health care goals.

We Have Three Excellent Registered Massage Therapists (RMT's) at Kinetic Health.



**Appointments are available Monday to Friday.
Call 403-241-3772 to book your massage.**

Note: Most extended health benefit plans cover massage therapy treatments when provided by a Registered Massage Therapist, and most do not require a physician's referral. If a referral is necessary, Dr. Abelson or Dr. Mylonas can often make that referral.