

Get Healthy, Stay Healthy with Kinetic Health

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

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Fall - 2016

What's New at Kinetic Health

Over the last few months we have added some great new members to our Kinetic Health team. We welcome *Mrs. Sandy Holte* and *Mrs. Mona Sharma* to our Front Office Team. Both of these great ladies can help you with booking appointments, submitting insurance claims, or answering many of the common questions patients have about Kinetic Health.

In addition, two fantastic Registered Massage Therapists *Mr. Steve Froescul, RMT* and *Mr. Simon-Daniel Jolicoeur-Forrester, RMT* have both joined our team, opening up space for popular weekday and Saturday appointments. Both are excellent therapists. We now have four Registered Massage Therapists including *Mrs. Margot Sherrington, RMT* and *Ms Patricia Milburn, RMT* who can help you with all your Registered Massage Therapy needs.



Mrs. Sandy Holte
Front Desk



Mrs. Mona Sharma
Front Desk



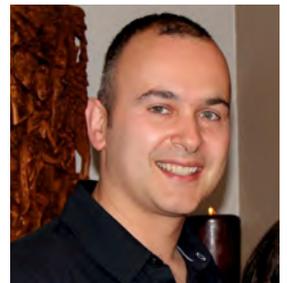
Mr. Steve Froescul RMT



Mr. Simon-Daniel
Jolicoeur-Forrester RMT



Dr. Brian Abelson DC.
Chiropractor, MSK Practitioner,
Best Selling Author, Instructor,
and Clinical Director of
Kinetic Health



Dr. Evangelos Mylonas DC.
Chiropractor, MSK Practitioner,
Author, and Instructor.

Motion Specific Release (MSR)

We are excited to introduce a new technique developed by Dr. Abelson called "**Motion Specific Release**" (MSR). MSR's cutting edge MSR procedures are now integrated into all of our treatment protocols.

Note:
Nothing has changed in the way you make your appointments. You can still make your Chiropractic, Active Release Techniques, or Myofascial Release appointments in exactly the same way. The difference lies in our integration of MSR Techniques into all of our treatments. The time we spend on each appointment and your costs remain unchanged.

What is MSR ?

Motion Specific Release (MSR) is a hands-on evidence-based technique that recognizes the strength of merging diverse perspectives and methodologies to achieve optimum results. We now use **MSR** procedures everyday in our daily clinical practice to achieve incredible results. **Motion Specific Release** has evolved from a constant desire to improve our clinical outcomes and to help our patients get back to the fully functional life they want to lead.

MSR is used to successfully treat a wide variety of musculoskeletal conditions-from head to toe. MSR is not your typical passive technique where the practitioner provides therapy, while the patient sits back and does nothing. MSR requires active participation of the patient in both therapy and during execution of prescribed exercises. (*Article continued on page 2*)

Motion Specific Release (MSR)

Optimum Performance
and Injury Care



The Evolution of MSR

It has been over 25 years since I first started practicing as a musculoskeletal practitioner (MSK Practitioner). My entire career has been a constant process of education and evolution. After eight years of post-secondary education, I thought I knew quite a bit about the human body and how to help people, but in reality my knowledge base was very limited, and my education was just beginning.

Throughout my career I have been extremely fortunate to work with, and teach, alongside some great practitioners from a wide variety of health care disciplines in the MSK world. I have worked with amazing chiropractors, physiotherapists, medical practitioners, osteopaths, acupuncturists, myofascial release practitioners, registered massage therapist, kinesiologists, coaches, Olympic level and professional athletes, and some incredible personal trainers. Working with, and teaching, with these individuals has taught me many great lessons. These life lessons have helped me to develop the **Motion Specific Release (MSR)** procedures, and the courses that we are now offering to other medical professionals. I think it's important to give you a few of my perspectives about these lessons so you can understand the basis of this incredible technique.

Guided to New Perspectives

My career has taught me that we all need to be grateful for those who preceded us. Every MSK technique that is now available today is built off of the work of others. In other words "*we are all standing on the shoulders of giants*" a phrase that is attributed to *Bernard of Chartres* who used to compare us to dwarfs perched on the shoulders of giants. He pointed out that we see more and farther than our predecessors, not because we have keener vision or greater height, but because we are lifted up and borne aloft on their gigantic stature.

MSR procedures would never have been developed without the great teachers I have had, the research that has been done, or the numerous clinical experiences of those who preceded me. Therefore, I Thank my colleagues and teachers for the knowledge and truths of these various perspectives.

After working with so many different types of professionals, I quickly learned that the best solutions usually come by merging a diversity of perspectives. No singular therapeutic modality, profession, or philosophy has all the answers. (I have also learned that anyone who thinks they have the ultimate solution for a given problem is usually deceiving themselves at the expense of the patient.) There is always a better way to provide care. We may not immediately see the solution, but by going through a logical process of investigation and treatment, it is often possible to achieve a complete resolution of most conditions. Integration of multiple methods and perspectives is one of the fundamental precepts of **Motion Specific Release (MSR)**.

Motion Specific Release - Building New Solutions

Just because somebody says "*there is no solution*" to a particular problem does not mean that a solution does not exist. Solutions to problems often require a process of exploration. This does not require us to give up standard orthopedic and neurological tests, or the incredible advances that modern medicine has provided. It does mean that when we do not achieve the results we are looking for, we should start considering alternative methods.

For example, the work I have done in **Fascial Manipulation** (*Stecco's Fascial courses* in Italy and *Anatomy Trains*) has taught me how incredibly important kinetic chain relationships are. At Kinetic Health, we have often achieved a complete resolution of difficult conditions by treating areas of the body that are not normally considered. Another example is how **Traditional Chinese Medicine** has taught me to step outside the normal paradigms of Western Medicine to look for viable solutions along the body's energetic pathways.

Motion Specific Release - Getting Creative

You often have to be creative to achieve great results. In other words, you have to "*think outside the box*". Sometimes we literally have to create a new procedure or exercise based on an individual's specific needs. This creative process is one of the real powers of **Motion Specific Release (MSR)**. By being able to adapt both the procedures we have created (or other techniques) we are able to meet the specific needs of each individual. *(Article continued on page 3)*

Click for great examples of Motion Specific Release (MSR) Procedures.



Golfer's Elbow Kinetic Chain Release - A Motion Specific Release (MSR) procedure we use to treat Golfer's Elbow

<https://youtu.be/nrA5Amv6oz4>



The Popliteal Squat Release - The popliteus muscle is extremely important because it unlocks the knee joint as we begin to flex the knee from the extended position.

<https://youtu.be/DvNfOpchvFU>



Mobilizing the Hip Joint - Hip mobility is a key aspect of your body's Kinetic Chain. Since no joint operates in isolation, lack of hip mobility will affect your knees, ankles, low back, and even your upper extremity.

<https://youtu.be/IOBbP4CQ450>



Increasing Dorsi Flexion - Lack of dorsi flexion in the ankle will affect the entire kinetic chain. Essentially it will result in a ripple effect that could cause problems in the knees, hips, and even the shoulders.

<https://youtu.be/IOBbP4CQ450>

Avoiding the Cookbook Approach

Unfortunately, most treatment methodologies are like cookbooks. Some people love the recipes, while others hate them. The same holds true for treatment methods. What works well for one person may not do so well for the next.

Every person is an individual and must be treated as such. A dozen patients may be diagnosed with the same condition, yet the underlying **cause** of the problem may be completely different for each person. Even the anatomical structures involved can vary greatly. These many variations are the primary reasons why so many people who suffer from chronic musculoskeletal conditions never achieve a full resolution with generic treatments.

Motion Specific Release is a technique that embraces creativity. Creativity is the ability to transcend traditional ideas, patterns, relationships; it allows you to create meaningful new ideas, methods, interpretations, and techniques.

We Can Help

I hope you will come by and experience **Motion Specific Release** for yourself. We have obtained incredible results by using MSR's treatment methodology for a wide variety of conditions. Some aspects of our treatment will seem very familiar (hands-on soft tissue manipulation, and osseous manipulation) while other procedures are new, innovative, and extremely effective.

Our **Functional Exercise Programs** are still a critical component in our treatment methodology. No matter how good the treatment method, without the right exercises, no treatment will provide a long-term solution. **Motion Specific Release** is all about helping you reach a full resolution of your condition so that you can enjoy the freedom that good health brings. We have created over 150 **new MSR** procedures that have greatly benefited our patients.

Come See Us

If you are suffering from any type of MSK injury, please do come and see us. We will do our best to resolve your condition .

To make an appointment call **Kinetic Health at 403-241-3772**

Motion Specific Release (MSR)

Optimum Performance and Injury Care



Click on the links below for more examples of great **Motion Specific Release (MSR) Procedures.**



The Rooster Neck Release - This neck protraction/retraction exercise stretches and mobilizes the postural muscles in the back and front of your neck.

<https://youtu.be/23E8ZBLAdSQ>



Releasing the Diaphragm - The diaphragm plays multiple roles that affect the health of the body. Poor breathing patterns affect gastrointestinal, cardiovascular, lymphatic, and nervous system function.

<https://youtu.be/p9WLMwrfud4>

We Can 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** systems now offer a secure system that allows us to submit your claims directly to your insurance company.

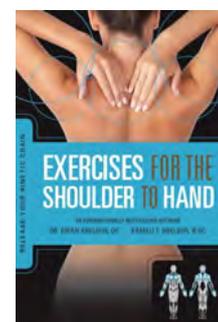
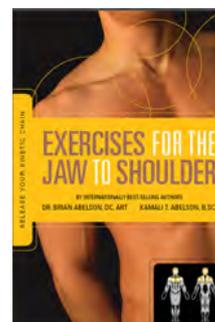
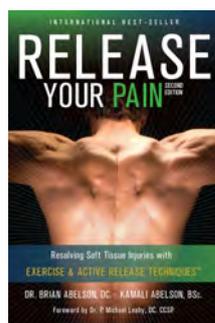
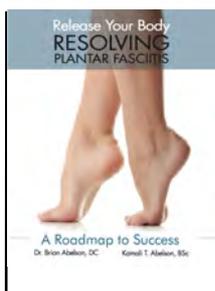
All we need to set up your **Direct Claims Submission** is some basic information, along with your authorization to allow us to submit a Direct Claim Submission on your behalf. This procedure involves you paying for your treatment directly after your appointment. We immediately submit your health claim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



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...

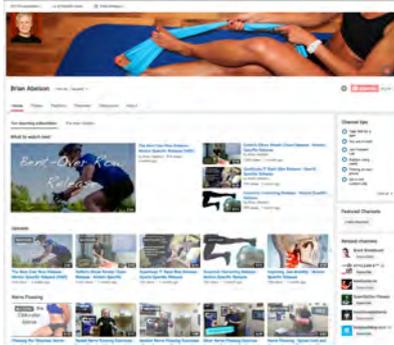


www.kinetichealth.ca

Welcome to our **Kinetic Health Clinic** website. Kinetic Health is located in northwest Calgary, in the community of Edgemont. Our 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.youtube.com/kinetichealthonline

This is the link to our **YouTube** channel. We are constantly updating our channel with new videos about new exercises, MSR treatments, anatomy training, 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.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 ART instructor 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.

We Appreciate Your Feedback, Referrals, & Testimonials

For almost 25 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 many referrals to friends and family.

We would also appreciate any feedback you can give us about how to improve our services. In fact, it was your feedback that caused us to increase our treatment times in order to serve you better.

Obviously nothing makes us feel better than hearing about how we helped to improve someone's life. Your testimonials and referrals mean the world to us. 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, and all our staff at Kinetic Health, are dedicated health care professionals who always do their utmost to help you achieve your health care goals.

We Have Four 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 make that referral.