

# Dr. Brian J. Abelson DC

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## PROFICIENCIES

- **Doctor of Chiropractic** – 25 Years of Clinical Practice.
- **Writer** – Internationally best-selling author.
- **Motion Specific Release (MSR)** – Developer, Lead Instructor, and Practitioner
- **Active Release Technique (ART)** – Instructor and Practitioner
- **Instructor and Trainer** – Program developer and trainer for health seminars
- **Acupuncture (MSK related)** – Over 21 years of clinical practice
- **Exercise** Program Developer and Instructor for over 25 years

## EDUCATION

**Palmer College of Chiropractic - West, San Jose, California • 1989 – 1992**

Awarded Doctor of Chiropractic in 1992 with an award for Clinical Excellence.

**University of Calgary, Alberta – Pre- Medical training • 1985 – 1989**

Biosciences and pre-medicine training.

**College of Traditional Chinese Medicine, National College of Chiropractic  
in association with Bastyr University • 1996 – 2001**

Acupuncture Certification.

**Mount Royal University • 2016 – 2017**

Adult Educator Certificate.

## PROVINCIAL LICENSE

**Alberta Chiropractic Association**

Practice Permit #733 – Authorized to Perform Acupuncture.

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## ACTIVE MEMBERSHIPS

Dr. Abelson is currently a member of the following associations and affiliations:

- Alberta College and Association of Chiropractors.
- Alberta Council of Sports Medicine.
- Canadian Chiropractic Association.
- Canadian Memorial Chiropractic College.
- Palmer West Chiropractic College Alumni.

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## BOOKS PUBLISHED

Dr. Abelson is an accomplished and prolific author of numerous books and articles.

1. **Resolving Plantar Fasciitis** – copyright Canada 2015, by Dr. Brian J. Abelson, DC and Kamali T. Abelson B.Sc. 282 pages published by Rowan Tree Books Ltd. ISBN (978-0-97-338488-8).
2. **Release Your Pain: 2<sup>nd</sup> Edition – Resolving Soft Tissue Injuries with Exercise and Active Release Techniques** – copyright Canada 2012, by Dr. Brian J. Abelson DC, and Kamali T Abelson B.Sc. 314 pages published by Rowan Tree Books Ltd. ISBN (978-0-98786620-2).
3. **Exercises for the Jaw to Shoulder** – copyright Canada 2009, by Dr. Brian J. Abelson DC and Kamali T Abelson B.Sc. 223 pages published in 2010 by Rowan Tree Books Ltd. ISBN (978-0-97338484-0).
4. **Exercises for the Shoulder to Hand** – copyright Canada 2009, by Dr. Brian J. Abelson DC and Kamali T Abelson B.Sc. 251 pages published in 2010 by Rowan Tree Books Ltd. ISBN (978-0-973384864).
5. **Alleviare I dolori muscolari** – copyright 2008, Apogeo s.t.l. Milano Italy by Dr. Brian J. Abelson DC and Kamali T Abelson B.Sc. 226 pages Italian translation of Release Your Pain, published by presso GRAFICA SPIEL (Milano). ISBN (20127).
6. **Conservative Management of Sports Injuries 2<sup>nd</sup> Edition**, (contributing author) – copyright 2007, Jones and Bartlett Inc. 1173 pages. ISBN (978-0-76373252-3).
7. **Release Your Pain: 1<sup>st</sup> Edition – Resolving Repetitive Strain Injuries with Active Release Techniques (First Edition)** – copyright Canada 2003, by Dr. Brian J. Abelson DC and Kamali T Abelson B.Sc. 240 pages published in 2003 by Rowan Tree Books Ltd. ISBN (1013747).

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## SEMINARS TAUGHT

- **Motion Specific Release (MSR)** 2016 to Present – Dr. Abelson is the Lead Instructor and Developer of this multidisciplinary musculoskeletal technique.
- **Active Release Technique (ART) Upper Extremity, Lower Extremity, and Spine** 2002 to 2014 – Instructor.
- **Injury Prevention Seminars** 2003 to Present – Presented seminars to employees and the human resource departments of various organizations about preventative health care and exercise.
- **Sports Seminars** 2001 to Present – Taught techniques for injury prevention, biomechanics, and musculoskeletal procedures to resolve and improve sports performance.
- **Health Seminars** 1994 to Present – Developed and taught a broad range of seminars in topics ranging from preventive health care, nutrition, and spine and back care.
- **Tai Chi and Martial Arts Classes** 1979 to Present – Taught a broad range of martial arts and Tai Chi classes through the Chinese Cultural Associations, and the City of Calgary Continuing Education.

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## SOCIAL MEDIA PRESENCE

Dr. Abelson has a strong social media presence, and has contributed throughout the years with thoughtful articles, books, blogs, videos, and much more. As of February 2018, Dr. Abelson had over **85,000+** dedicated subscribers, friends and followers across his various social-media platforms.



**YouTube** – <https://www.youtube.com/user/abelsonb>



**Facebook** – <https://www.facebook.com/abelsonb>



**Linked In** – <https://ca.linkedin.com/in/kinetichealth>



**Twitter** – <https://twitter.com/kinetichealth>

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## PHILANTHROPIC ENDEAVORS

For the past 25 years, we have donated a portion of all funds raised by our clinic towards the following philanthropic endeavors.

- **UNHCR Canada** – UNHCR, the UN Refugee Agency, is a lifeline for people displaced by violence, conflict and persecution—helping them survive, recover and build a better future..
- **Kiva Micro Loans to Women** – We are presently involved in supporting communities in approximately 20 different countries with a current focus on providing support for women in conflict zones.
- **World Wildlife Fund** – WWF helps to promote significant changes in our global environment such as deforestation, global warming, conservation of species, promotion of sustainable food systems, water conservation, and maintaining the integrity of ocean ecosystems.

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## HOBBIES & PASSIONS

Dr. Abelson has a broad and diverse range of hobbies and passions.

- Readings in science, philosophy, and sports medicine.
- Wilderness adventures, hiking, mountaineering, and skiing.
- Photography and Videography. Dr. Abelson is an accomplished and published photographer and videographer.
- Ironman & Marathon Races. His first Ironman was in 1982, followed by over 40 years of competing in other races and triathlons.
- Martial Arts. Dr. Abelson has spent most of his life studying martial arts. He served as a martial arts instructor for over 20 years with Sifu Mon Wong and holds black belts in several styles.
- Travel (a primary passion) of which he never tires of exploring our beautiful world and its incredible cultural diversity.