

# Dr. Brian J. Abelson DC

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## PROFICIENCIES

- **Doctor of Chiropractic** – 25 Years of Clinical Practice (graduated in 1992).
- **Writer** – Internationally best-selling author of 25+ publications.
- **Motion Specific Release (MSR)** – Creator, Instructor, and Practitioner.
- **Active Release Technique (ART)** – Instructor and Practitioner.
- **Instructor and Trainer** – Program developer and trainer for health practitioners and general public.
- **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 Certificate.

**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 Chiropractic Association.
- 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- Present – Dr. Abelson is the Lead Instructor and Developer of this multidisciplinary MSK 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 March 2017, Dr. Abelson had over **51,295** dedicated subscribers, friends and followers across his various social-media platforms.



**YouTube** – 34, 072 subscribers.

- Over 8 million views.
- 450 exercise, biomechanics, anatomy, and MSK treatment videos.



**Facebook** – 6562 friends and followers.



**Linked In** – 3528 health and wellness related practitioners and business contacts.



**Twitter** – 7133 followers.

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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.

- **Plan International** – (Last 21 years.) Plan International is a global movement for change, mobilizing millions of people around the world to support social justice for children in developing countries. We are presently involved in supporting children from approximately 10 different countries.
- **Because I am a girl** – Part of Plan International. *Because I am a Girl* is a global initiative working to end gender inequality and to promote girls' rights. This program saves lives and rescues young women who, without this program, would be trapped in difficult social situations.
- **Kiva Micro Loans to Women** – (Last 10 years). 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** – (Close to 40 years of involvement.) 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, philophophy, 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.
- Kung Fu, Yang **Style Tai Chi** (Soft Style) and **Hung Gar** (Hard Style). 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.
- Good food, music, dance, and the company of friends is what adds superb flavor to his life.
- Travel (a primary passion) of which he never tires of exploring our beautiful world and its incredible cultural diversity.