



DR. BRIAN J. ABELSON, DC

ACTIVE MEMBERSHIPS

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

- Alberta Chiropractic Association
- Canadian Chiropractic Association
- Canadian Memorial Chiropractic College
- Palmer Chiropractic College Alumni

CONTACT

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EDUCATION

1989 - 1992

Palmer College of Chiropractic - West, San Jose, California

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

1985 - 1989

University of Calgary, Alberta - Biosciences

Biosciences and pre-medical training.

1996 - 2001

College of Traditional Chinese Medicine, National College of Chiropractic in Association with Bastyr University

Acupuncture Certificate.

2016 -2017

Mount Royal University

Adult Educator Certification.

PROVINCIAL LICENSE

Alberta Chiropractic Association

Practice Permit #733 - Authorized to Perform Acupuncture.

BOOKS PUBLISHED

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

- **Motion Specific Release (MSR) Practitioners Guide to the Whole Body** - Copyright Canada 2018 (1147237), by Dr. Brian J. Abelson DC, with contributions by Dr. E. Mylonas DC and Kamali T. Abelson B.Sc. Published by Rowan Tree Books Ltd. ISBN (978-0-9878662-6-4).
- **Motion Specific Release (MSR) Practitioners Guide to the Upper Body** - Copyright Canada 2019 (1158034), by Dr. Brian J. Abelson DC, with contributions by Dr. E. Mylonas DC and Kamali T. Abelson B.Sc. Published by Rowan Tree Books Ltd ISBN (978-0-9878662-7-1).
- **Motion Specific Release (MSR) Practitioners Guide to the Lower Body** - Copyright Canada 2019 (1160186), by Dr. Brian J. Abelson DC, with contributions by Dr. E. Mylonas DC and Kamali T. Abelson B.Sc. Published by Rowan Tree Books Ltd. ISBN (978-0-9878662-8-8).
- **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).
- **Release Your Pain: 2nd 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).
- **Exercises for the Jaw to Shoulder** - Copyright Canada 2009, by Dr. Brian J. Abelson DC and Kamali T. Abelson B.Sc. 223 pages were published in 2010 by Rowan Tree Books Ltd. ISBN (978-0-97338484-0).
- **Exercises for the Shoulder to Hand** - Copyright Canada 2009, by Dr. Brian J. Abelson DC and Kamali T. Abelson B.Sc. 251 pages were published in 2010 by Rowan Tree Books Ltd. ISBN (978-0-973384864).
- **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).
- **Conservative Management of Sports Injuries 2nd Edition**, (contributing author) - Copyright 2007, Jones and Bartlett Inc. 1173 pages. ISBN (978-0-76373252-3).
- **Release Your Pain: 1st Edition - Resolving Repetitive Strain Injuries with Dr. Brian Abelson** | Kinetic Health | Motion Specific Release | Active Release Techniques (First Edition) - Copyright Canada 2003, by Dr. Brian J. Abelson DC and Kamali T Abelson B.Sc. 240 pages were published in 2003 by Rowan Tree Books Ltd. ISBN (1013747).

COURSES TAUGHT

2016 - Present

Motion Specific Release (MSR)

2016 to Present – Dr. Abelson is the Lead Instructor and Lead Developer of this multidisciplinary MSK technique. Author of three instruction manuals for MSR, with courses supported by an extensive library of MSR videos.

2002 - 2014

Active Release Technique (ART) Upper Extremity, Lower Extremity, and Spine

Techniques Instructor for over 11 years. Author of first best-selling book about ART, written for the general public.

2003 - Present

Injury Prevention Seminars

Presented seminars to employees and human resource departments of various organizations about preventative health care and exercise.

2001 - Present

Sports Seminars

Taught techniques for injury prevention, biomechanics, and musculoskeletal procedures to resolve injuries and improve sports performance.

1994 - Present

Health Seminars

Developed and taught a broad range of seminars in topics ranging from preventive health care, nutrition, and spine and back care.

1979 - Present

Tai Chi and Mediation Classes

1979 to Present – Taught a broad range of martial arts and Tai Chi classes through Chinese Cultural Associations, and the City of Calgary Board of Education.

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.



YOUTUBE

Over 140,000 subscribers, and an extensive library for MSR, exercises and health.



LINKEDIN

Over 12,000 health and wellness related practitioners and business contacts.



FACEBOOK

A combination of both friends and followers.



TWITTER

A combination of both friends and followers.

PHILANTHROPIC ENDEAVORS

For the past 30 years, we have donated a significant portion of all funds raised by our clinic towards the following philanthropic endeavors.

- **UNHCR** – The United Nations Refugee Agency, a global organization dedicated to saving lives, protecting rights, and building a better future for refugees, and supporting forcibly displaced communities, and stateless people.
- **World Wildlife Fund** – WWF helps to promote significant positive changes in our global environment such as prevention of deforestation, reduction of climate changes, conservation of species, promotion of sustainable food systems, water conservation, and maintaining the integrity of our ocean ecosystems.
- **Plan International** – Plan International is a global movement for change, mobilizing millions of people around the world to support social justice for children in developing countries.
- **Eden Reforestation Projects** – Eden Reforestation Projects is a non-profit NGO that works in developing countries to rebuild natural landscapes destroyed by deforestation. At least one tree is donated per patient visit to Kinetic Health. A portion of MSR funds is also donated to this important project from each MSR class taught.

HOBBIES & PASSIONS

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

- Science, philosophy, travel, culture.
- 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 various races, marathons, and triathlons.
- Kung Fu, Yang Style Tai Chi, and Meditation. Dr. Abelson has spent most of his life studying martial arts. He served as a martial arts instructor for over 40 years and taught Tai Chi in both live and online courses.
- Travel - is a primary passion – and one in which he and his wife Kamali never tire when exploring our beautiful world and its incredible cultural diversity. So far, he has visited over 43 countries, with many more to come!