

Dr. Brian J. Abelson DC

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PROFICIENCIES

- **Doctor of Chiropractic** – 28+ Years of Clinical Practice
- **Writer** – Internationally best-selling author of 70+ musculoskeletal related publications as well as ten published books.
- **Motion Specific Release (MSR)** – Lead Techniques Developer, Lead Instructor, and Lead Practitioner.
- **Active Release Technique (ART)** – Techniques Instructor for over 11 Years.
- **Acupuncture (MSK related)** – 25+ years of clinical acupuncture practice.
- **Exercise Therapy** – Program developer and instructor for 35+ years.
- **Instructor** – Tai Chi, Clinical Nutrition, Exercise.

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 – Biosciences • 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.

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 West Chiropractic College Alumni

BOOKS PUBLISHED

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

1. **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.
2. **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.
3. **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.
4. **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).
5. **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).
6. **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).
7. **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).
8. **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).
9. **Conservative Management of Sports Injuries 2nd Edition**, (contributing author) – Copyright 2007, Jones and Bartlett Inc. 1173 pages. ISBN (978-0-76373252-3).
10. **Release Your Pain: 1st 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).

SEMINARS TAUGHT

- **Motion Specific Release (MSR)** 2016 to Present – Dr. Abelson is the Lead Instructor and Lead Developer of this multidisciplinary MSK technique. Currently providing ‘live’ training with e-learning to be released in 2021.
- **Active Release Technique (ART) Upper Extremity, Lower Extremity, and Spine** 2002 to 2014 – Techniques Instructor for over 11 years. Author of first best-selling book about ART, written for the general public.
- **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 Meditation 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.

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 December 2020, Dr. Abelson has over **110,500** subscribers (approx.), across his various social-media platforms, who follow his instructional videos, blogs, articles, and other learnings.

YouTube – 88.5 K subscribers.

Facebook – 5K friends and followers.

Linked In – 11K health and wellness related practitioners and business contacts.

Twitter – 6K followers.

PHILANTHROPIC ENDEAVORS

For the past 28 years, we have donated a significant portion of all funds raised by our clinic towards the following philanthropic endeavors.

- **UNHCR** – The UN Refugee Agency, is a global organization dedicated to saving lives, protecting rights and building a better future for refugees, and for 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.
- **Kiva Micro Loans to Women** – Our current focus is on providing support for women in conflict zones.

HOBBIES & PASSIONS

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

- Readings in 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 30 years.
- Travel - a primary passion – and one in which he never tires of exploring our beautiful world and its incredible cultural diversity. So far, he has visited over 43 countries, with many more to come!