

Curriculum Vitae

Dr. Brian Abelson DC, ART Doctor of Chiropractic

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Expertise In...

Dr. Abelson is trained, certified, and practised in the following disciplines:

- **Chiropractic Doctor**
- **Active Release Technique (ART)** – Instructor, Certified in all levels of ART (Upper Body, Lower Body, Spine, and Biomechanics)
- **Sports Medicine/Rehabilitation Therapy**
- **Biomechanics** – Contributing author of Active Release Techniques online training manual.
- **Instructor and Trainer** - Health, nutrition, exercise.
- **Acupuncture**
- **Author** - “**Release Your Pain – Resolving Repetitive Strain Injuries with Active Release Techniques**”. The first book written for the general public that discusses the highly effective Active Release Techniques and its use in the treatment of common soft tissue and repetitive strain injuries.

Professional Overview...

Dr. Abelson is a practicing Chiropractor with over 12 years of clinical experience. He has a broad range of training and expertise that includes Active Release Techniques, Chiropractic, Acupuncture, and Sports Medicine. In addition, he brings to his practice many years of knowledge and experience as an athlete and instructor.

His integrated approach to health and wellness has a proven track record of resolution of chronic injuries, and has led to the publication of books, and many articles in professional and popular magazines. He is also the host and creator of the popular, award winning websites – www.drabelson.com, www.activerelease.ca and www.releaseyourbody.com

Present Positions...

Dr. Abelson currently holds the following positions:

Clinical Director - Kinetic Health

Edgemont Chiropractic – Soft Tissue Management Systems
Bay #10 – 34 Edgedale Dr. N.W.
Calgary, Alberta, Canada, T3A-2R4

Alberta College of Chiropractors

Practice Review Board - Committee Member and Practice Reviewer

College of Chiropractors of Alberta
1870 Manulife Place
10180 101 Street
Edmonton, Alberta, Canada, T5J-3S4

Education...

Palmer College of Chiropractic, San Jose California (1989 – 1992)

Graduated as *Doctor of Chiropractic* in 1992 with an *award* for *Clinical Excellence*. Highly trained in biomechanical analysis, orthopaedic and neurological assessment, anatomy, physiology, x-ray analysis and interpretation, nutrition, and a broad range of physical therapeutic techniques.

Acupuncture Certification (1996 – 2001)

Trained with the *National College of Chiropractic* in association with *Bastyr University – Department of Acupuncture and Oriental Medicine* and the *Alberta Chiropractic Association*.

- Certification awarded for basic and advanced levels of allergy elimination Techniques using TCM.
- General Acupuncture Certification awarded.

Active Release Technique - Soft Tissue Management Certification (1999-2005)

Specialized in the resolution of soft-tissue and repetitive strain injuries. The following certifications were awarded:

- Instructor
- Spine Certification
- Upper Extremity Certification
- Lower Extremity Certification
- Advanced Bio-mechanics Certification. Dr. Abelson was deeply involved in the development and writing of the **ART Biomechanics Manual** – an online document that is currently used to train senior ART practitioners in biomechanical analysis and the use of ART for improving sports and physical performance.
- Member of **ART Elite Provider Network** – a resource for organizations looking to access advanced practitioners of ART for resolving RSI injuries and reducing costs related to RSI injuries.
- Author of first book about ART written for the general public "**Release Your Pain – Resolving Repetitive Strain Injuries with Active Release Techniques**".

University of Calgary, Alberta Pre- Medical training (1985-1989)

Majored in the biosciences and pre-medicine.

Other Courses (1992 – 2002)

- Applied Functional Medicine in Clinical Practice - HealthComm International, Inc
- Applied Kinesiology- International College of Applied Kinesiology
- Biomechanical Analysis - Active Release Technique
- Biomechanical Analysis - Palmer College of Chiropractic West
- Craniosacral Therapy – Upledger Institute
- Extremity Adjusting – Palmer College of Chiropractic West
- Functional Nutrition - Northwestern Health Sciences University
- Homeopathy – British Institute of Homeopathy
- Homeopathy - Heel Homeopathics
- Lab analysis in Functional Medicine - Alberta College of Chiropractors
- Sacro-Occipital Technique – National College of Chiropractic
- Sacro-Occipital Technique – Palmer College of Chiropractic West
- Sports Medicine - Northwestern Health Sciences University
- Sports Medicine and Rehabilitation – Los Angeles College of Chiropractic
- Thompson Drop Technique - Palmer College of Chiropractic West
- Visceral Manipulation – Upledger Institute
- Whiplash Biomechanics – Life Chiropractic College West

Current Provincial-State Licenses...

Dr. Abelson currently holds active licences for Chiropractic with the following:

- Alberta Chiropractic Association.
- British Columbia Chiropractic Association.
- Washington State Chiropractic Association.

Organizational Active Memberships/Affiliations/Associations:

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

- Alberta Chiropractic Association
- Alberta Council of Sports Medicine
- British Columbia Chiropractic Association
- Canadian Chiropractic Association
- Canadian Memorial Chiropractic College
- Palmer West Chiropractic College Alumni
- Washington State Chiropractic Association

Books and Published Articles

Dr. Abelson is a popular and well-received writer, and has published numerous articles that have received critical and positive reviews by his peers. Articles and books can be reviewed from his website: www.drabelson.com

1. **Stretching It's Essential** – Check Up magazine for optimal health, Spring Edition 2005.
2. **Release Your Pain – Resolving Repetitive Strain Injuries with Active Release Techniques** - New 240 page book published in 2003 by Rowan Tree Books Ltd.
3. **Active Release Techniques** – a chapter in the textbook **Conservative Management of Sports Injuries** published by Jones and Bartlett Publishers, Inc. The paperback/hardbound, approximately 900 pages.
4. **Improve your running with ART.** March 2004, Swim/Bike/Run Triathlon Magazine.
5. **ART Biomechanics – Online Manual** – over 500 pages of biomechanical information for senior ART practitioners and students, published 2003. Dr. Abelson was co-writer and technical consultant, Active Release Techniques.
6. **Treating Iliotibial Band Syndrome with Active Release Techniques** – April 2003 – Ironman Alive.com (<http://vnews.ironmanlive.com/vnews/ARTDOC/>)
7. **Improving Core Stability with Active Release Techniques** -March 2003 – Ironman Alive.com (<http://vnews.ironmanlive.com/vnews/ARTDOC/>)
8. **Injuries to the Achilles Tendon** – Mar 2003 – Ironman Alive.com (<http://vnews.ironmanlive.com/vnews/ARTDOC/>)
9. **Shoulder Pain in the Triathlete** – Jan 2003 – Ironman Alive.com (<http://vnews.ironmanlive.com/vnews/ARTDOC/>)
10. **ART - and the Treatment of Sciatica** – Canadian Chiropractic
11. **ART- Gold Medal Skating** – Canadian Chiropractic
12. **Attention Deficit Disorder- The institutionalization of drug abuse and what you can do about it.** Canadian Chiropractic
13. **Cardiovascular Disease – How to save your patients lives.** Canadian Chiropractic
14. **Childhood Headaches** – Don't take them lightly. Canadian Chiropractic
15. **Nutritional Support for Common Geriatric Conditions.** Canadian Chiropractor
16. **Flu Shots, Antibiotics, and your Immune System.** Canadian Chiropractor.
17. **Nutritional Management of Childhood Asthma, Allergies, and Atopic Eczema.** Calgary Child Magazine
18. **The Effects of Nutrition on Traumatic Injury to Connective Tissue.** Canadian Chiropractic
19. **Natural / Functional Considerations for the Treatment of Parkinson's Disease.** Parkinson's Society of Canada
20. **Soft Tissue Management – A Key to Improving Athletic Performance.** October 2001 Canadian Chiropractic

Courses and Seminars Taught

Dr. Abelson has taught numerous courses and seminars in a broad range of health-related and sport-related activities. The following summarizes some of his key instructional activities.

- **ART Upper Extremity** – 2002 – Present – Taught physicians, chiropractors, massage therapists and physiotherapists ART techniques and protocols in conjunction with other ART Instructors at seminars located around the US and Canada.
- **ART Lower Extremity** – 2002 – Present – Taught physicians, chiropractors, massage therapists and physiotherapists ART techniques and protocols in conjunction with other ART Instructors at seminars located around the US and Canada.
- **ART Spine** – 2002 – Present – Taught physicians, chiropractors, massage therapists and physiotherapists ART techniques and protocols in conjunction with other ART Instructors at seminars located around the US and Canada.
- **Health and Injury Prevention Seminars** – 2003 – Present. Presented seminars to employees and human resource departments of various organizations about the benefits of Active Release Techniques in the resolution of soft tissue injuries, and about the cost savings that could result from reduced levels of injury and reduced employee absences.
- **Sports Seminars** – 2001 – Present – Taught the benefits of ART in resolving soft-tissue injuries and for improving sports performance at running clubs and sports clubs.
- **Core Ball Stability Classes** – 2001-2003 – Developed and taught core ball stability classes as a means to strengthen core muscles and prevent soft-tissue injuries.
- **Health Seminars** – 1994 – 2000 – Developed and taught a broad range of seminars in topics ranging from nutrition, chiropractic, benefits of acupuncture, functional medicine, allergy elimination, spine and back care, and preventative exercise programs for the Calgary Board of Continuing Education.
- **Tai Chi and Martial Arts Classes** – 1979 – 2002 – Taught a broad range of martial arts and tai chi classes through Chinese Cultural Associations, City of Calgary Continuing Education, and Kinetic Health.
- **Fitness Classes** – 1979 – 1984 – Taught aerobics and exercise classes at exercise clubs in Calgary and Vancouver.