

## **DORN METHOD**

### **A holistic, effective, safe and non-manipulative therapy to correct misalignments in the spine and joints and a true self-help method!**

The DORN Method is named after its inventor *Dieter DORN*. He developed this self-help method already in the 1970ies in the South of Germany. Since then it has been improved and further developed by *Dieter Dorn* himself and by the many others who have learned and practiced this fantastic method.

The DORN Method is a soft and very effective form of manual therapy to treat diseases and symptoms related with the spine and/or the joints. It corrects vertebrae and joints which are blocked or misaligned.

A misalignment is usually caused by a long-term inappropriate/false strain or acute false movements like twisting or heavy lifting, effects of drugs, alcohol, pollution and even emotional stress.

Particularly, misaligned vertebrae can cause symptoms which are very often not associated with the spine. Even though, the explanation is quite logic:

The spinal cord is the main pathway for information connecting the brain and peripheral nervous system. It connects every cell, tissues and organ of the body with the brain through a pair of nerve roots that branch off from it. Millions of impulses flow continuously from the brain along the spinal cord and out to every organ and tissue - and back again.

Pressure applied to nerves can cause weakness, numbness and poor performance. Likewise, if nerves are rubbed, stretched or otherwise irritated they can develop hyperactive impulses that cause pain, muscle spasm, overactive organ function and other symptoms of poor health.

Usually, this causes pains in the spine, the muscles, tendons, sinews and joints. And since each nerve is assigned to a certain organ, organic dysfunctions like gastric discomfort, constipation, oppressive breathing, bladder trouble etc. can occur.

#### ***How can a DORN Method treatment help you?***

At the beginning of each DORN Method treatment we control the leg lengths.

All three joints (hip, knee, ankle) on both legs are treated by using a gentle pressure towards the particular joint while moving it from a bended into a more straight position.

This is absolutely safe, easy and painless!

A functional difference of the leg lengths is very often caused by a pelvic misalignment.

The pelvis is the basis for the spinal column and the connective part between trunk and legs. Its complex structure of muscles and tendons makes our upright posture possible.

A tilted pelvis leads inevitably to severe misalignments in the spinal column.

After this basic check it's time to control each individual vertebra.



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***What makes the DORN Method so soft and effective?***

In case of classical methods the therapist usually moves you, pulls you, pushes you – sometimes very suddenly and unexpectedly for the client. This can be experienced as a quite brutal and manipulating treatment where energy pathways and body liquids are compressed which causes a real shock for the body. More sensitive people might even experience a mental shock.

The DORN Method is applied with the active support of the client and, therefore within the *natural flow of movement*, e.g. by swinging a leg or an arm or by turning the head.

The movement avoids the natural muscular protection when a vertebra is corrected and encourages a natural realignment. With a soft pressure the vertebra or joint can be brought back into their ideal position without any unintended side-effects.

The DORN Method is a true self-help method, meaning that the client contributes actively or in a supporting way during the treatment and specific exercises for acute pain relief and prophylaxes further strengthen the consciousness for the cause of the symptoms.