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THE 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 invented this self-help method already in the 1970ies in the South of Germany. Since its invention and till to date it has been improved and further developed by *Dieter Dorn* himself and by the many others who have learned and practiced this fantastic method. Among them are classical physiotherapists, doctors, orthopedists and alternative practitioners.

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

What happens when a vertebra is subluxated?

Subluxation means misalignment. A vertebral subluxation refers to a spinal bone which has become misaligned, so that the nerves coming from or leading to the spinal cord can be irritated.

The spinal cord is the main pathway for information connecting the brain and peripheral nervous system. The brain and spinal cord together make up the central nervous system (CNS). The enclosing bony vertebral column protects the relatively shorter spinal cord. 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, keeping a running monitor of how things are functioning.

Pressure applied to nerves because of a subluxation 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.

Subluxation can be 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.



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Degeneration develops when your spine is continually neglected, i.e. you may enter various phases of subluxation degeneration. This progressively worsening condition is often the result of neglected spinal misalignment, injury or misalignment. Because obvious symptoms are not always present, this condition can exist for years without detection.

Very often people have a long history behind them having seen various doctors, having tried many different medications – but all are just treating the symptoms, but not the cause. --- And then a subluxated vertebra is corrected and all of a sudden the symptoms and very often even other minor little problems disappear.

How is the procedure of a DORN treatment?

At the beginning of each DORN treatment the leg length is controlled, followed by the lumbar and lower thoracic vertebrae and the upper thoracic and cervical vertebrae.

Why would you control and correct the leg length and how does that work?

The pelvis is the basis for the spinal column and the connective part between trunk and legs. A complex structure of muscles and tendons makes our upright posture possible. A pelvic misalignment caused by a false sitting posture at a desk, a fall or a one-sided strain can consequently lead to a functional difference of the leg length. And this again leads to severe misalignments in the spinal column.

For a necessary correction of the leg length the client is usually in a lying position. All three joints (hip, knee, ankle) on both legs are corrected by using a gentle pressure towards the particular joint while moving it from a bended into a more straight position. Pains in ankle, knee or hip can be treated with a correction of the leg length. This is absolutely safe, easy and painless!

After the correction of the legs and, now in a standing position, the pelvis is checked for misalignment and, if necessary also corrected. Then it's time for the vertebrae.

The treatment often is continued by the controlling and correction of other joints like the shoulders, elbows, hands and even the jaw and collarbone.

So, what makes the DORN Method so different to other methods or techniques?

In case of classical methods – especially chiropractic - the therapist would move you, pull you, push 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. Further, the movement guarantees that especially a vertebra is not corrected any further than to its normal (or ideal) position.

It is very important for me to mention that the DORN Method (and like all other methods and techniques) cannot do magic and does not replace the consultation of a General Practitioner in case of severe health problems! Further, it strongly depends on the cooperation and the conviction of the client to be willing to take over responsibility for their own health.

The DORN method is a true self-help method, meaning that the client contributes actively or in a supporting way during the treatment. Further each client receives specific exercises which cannot only be carried out when symptoms occur acutely, but can also be used as prophylaxes and to strengthen the consciousness for the cause of the symptoms.