

PELVIC MISALIGNMENT

A pelvic misalignment as the source of all trouble?

Have you ever felt like not standing equally with both feet on the ground?

Our body is a natural product and adapts optimally to nearly every situation. But not seldom without any consequences causing sometimes neglectable, sometimes more serious symptoms.

And you might not imagine that a difference in your leg lengths and an associated pelvic misalignment could be the source of all your trouble.

Are you aligned?

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 pelvic misalignment can be caused by a false sitting posture at a desk, a fall or a one-sided strain and can consequently lead to a **functional difference** of the leg lengths.

Test it:

Take two equal scales, place them right next to each other on a flat ground and stand on each with one foot.

Can you see any weight difference on the two scales? It's not about the total weight – it's the difference which counts!

You are not alone!

2/3 of all adults have unequal leg lengths. 98% are **functional differences** and only 2% have anatomic reasons like accidents, prenatal problems with infections, artificial hips, or bones have not grown properly together after a trauma like a fracture.

If your pelvis is tilted, your entire body has to compensate this misalignment up to the top – and that's what it does!

The Tower Example

Imagine a tower which is held upright with two ropes on two sides. If the tower hangs over to the right side, the left rope would be extremely strained while the right rope would hang loose.

Transferring this to your back the muscles on your left side would be highly tensed and you would simply call it back pain. A possible treatment of this **symptom** would be the injection of a muscle relaxant or the oral ingestion of painkillers.

But this does not treat the real cause!

Why does the tower hang over to the right side?

Very often it's the basic static of the body which is not balanced any more. The pelvis is tilted and the leg lengths are unequal.



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Here are just a few more symptoms which might sound familiar to you. And you might never have had the idea of a pelvic misalignment to be the primary cause:

Dizziness, Headache, Migraine, Tooth problems, Eye problems, Tinnitus, Hick-ups, Psoriasis, Sickness, Gastritis, Liver disturbances, Stiffness, Hip pain, Renal problems, Diarrhea, Incontinence, Lack of vitality, Shoulder pain, Groin pain, Chest tightness, Hyperacidity, Low/High Blood pressure, Epicondylitis, Breathing difficulties, Bladder problems, Sleep disturbances, Carpal Tunnel Syndrome, Circulatory problems, Sciatica, Numbness in extremities,...

How can the DORN Method help you?

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 joints the pelvis is checked and, if necessary also corrected. Then it's time for each individual vertebra. And the treatment often is continued with the control and correction of other joints like the shoulders, elbows, hands and even the jaw joint and the collarbone.