

The Dorn Method

A wholistic, gentle, effective, non-manipulative and safe way to correct misalignments of the Spinal Column and other joints.

It is an effective and safe Manual Therapy and True Self Help Method that can help with:

Backpain, Sciatica, Scoliosis, Neck and Joint Pains, Migraine, Hip-Problems, All Chronic Inner Conditions etc...

The Method is based on natural laws of physics and anatomy and combines TCM (Traditional Chinese Medicine) Principals/Knowledge with Western techniques and principals and has produced great results over many years now.



A Healing "Method" because it combines 3 major factors:

1. **Explanation of the cause of most Spinal and Joint problems** (to avoid future mistakes!)
2. **An effective and safe therapy in cooperation with the patient** (based on nature laws)
3. **Explanation of Self Help Exercises for patient after care** (necessary to prevent and maintain!)

The **DORN METHOD** is "Not just a Therapy" it is a complete HEALING METHOD that teaches People Self Help by showing how to apply the DORN METHOD in a gentle, effective and safe way!

Healing through the Spine - A simple yet very effective method, the 'Dorn Method'

Our skeleton should be symmetrical, harmonic and in a static-dynamic alignment equilibrium. When we 'upset' this 'bone order' then our joints may be moved out of place especially in the spine.

The results of long-term 'bone dislocations' are as diverse as there are names for illnesses today.

When the skeleton is re-aligned people often feel better fast and symptoms of illness can disappear or abate.

The DORN Method is based on the correction of uneven leg length which can be diagnosed in almost every human today. Because of that the pelvis becomes twisted, or the twisted pelvis causes this functional leg length discrepancy, and this often results in a asymmetrical, crooked or displaced spinal column.

The DORN Method or better said its therapy part is a gentle vertebrae and joint treatment. It can be helpful for treating illnesses directly or indirectly connected to the spinal column. It is completely safe but still very effective.

No medication is needed and no medical training is necessary to use the method successful. It can be learned and mastered easily all you need is sensitive, healthy hands.

School medicine has very little yet complicated explanations for the causes and persons many end up having operations or walk around with special build up shoes or insoles. The Dorn Method proves that we can have the same leg length every day and your body will thank you for that.

The corrections of joint or spinal cord misalignments is always done in a 'dynamic', a moving action. Our muscles and especially tensed muscles will always try to hold the positions of the joints and spine and when they are out of order the muscles assumes this 'wrong' position as the correct one and hold it there or in some cases even cause the blockage.

A static correction e.g. chiropractic, is difficult since it needs to overcome the strength of the holding muscles and the patient is often quite tense since the treatment is done "on" him and not "with" him.

The Dorn Method uses motion to divert the muscles tension and in this relaxed state it is reasonable easy to re-align the bones. The same principal as when getting sand through a sieve, you need to shake (move) the sieve in order to get the sand through it!

Although the therapeutic pressure, which is actually a counter-pressure from the patient side, is encouraging the bones to shift position in the same way it normally does it naturally, the whole functional unit of bones-ligaments-muscles and other tissues is treated at the same time because of the dynamic situation during this treatment.

The Dorn Method can be called a 'gentle' Method and NO harm can be done to the patient because the correction pressure is stopped as soon as any (real or intolerable) Pain arises.

Positive results are often immediately achieved and with some easy exercises, that the patient does after the treatment, the Dorn Method can bring long lasting relief.

Thousands of people in Germany and many more other countries have been using the technique successfully

As a therapy or self-help method for about 30 years. In Germany the DORN Method is so popular that it is practiced by numerous practitioners ranging from physios, doctors, naturopaths, massage therapists, to dentists.

The Dorn Method is named after its founder Dieter Dorn who developed this method in southern Germany.

The **BREUSS Massage** is a wonderful gentle intervertebral disc massage that complements a DORN treatment. It is a sensitive energetic manual massage along the spine to dissolve physical energetic and emotional blockages. It is a relaxing finish to further stretch, energize, and regenerate the spine.

For more info or treatment contact **Claude Laurent** on **082 347 4291**.