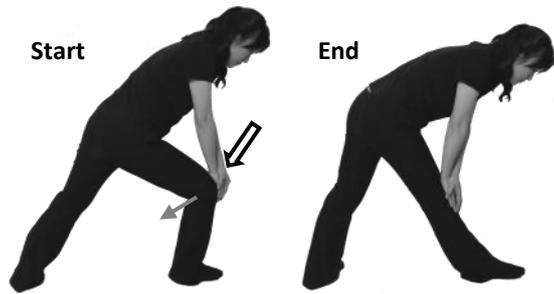


# Dorn Method - Selfhelp - Exercises

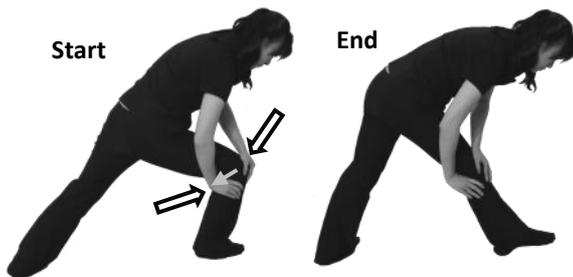
## Knee / Ankle - Joints

» In any case it is recommended to consult a health care provider that you trust before you start any exercise program!



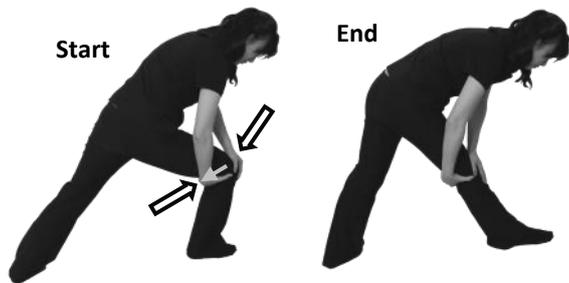
For **knee-joint** alignment put the leg (with the knee joint bent) onto a small stool or the floor and press with one hand above the upper calf muscle directly under the joint and the other hand pressing onto the knee from above while straightening the joint.

Or one hand on the inside of the knee-joint and above the calf muscle the other hand on top of the knee. The hand positions can be changed as shown on the pictures.



While the knee-joint (leg) is straightened a firm counter pressure is given with both hand directed towards the knee-joint.

Repeat this exercise several times and then change to work the other knee the same way.



Try to distribute the pressure onto the knee-joint equally. Breathe normal and stay relaxed.

It is best done several times daily and if necessary (acute knee pains) you may repeat the movement more often.

To align the **ankle joint**, stand with the foot firmly on the floor and bend the ankle joint forward to the maximum position. Then press the heel onto the floor while straightening the joint/leg.

The hands may rest on the knee to exert further pressure and you may also imagine that there is something under the heel that you want to press into the floor while straightening the leg. With this exercise the knee is also treated at the same time.



**Please note:** Do not exercise after any injury following an accident and do not exercise if you experience fever, migraine or inflammations. The exercises must not cause any pain while doing them and it is best to repeat them more often than doing them too intensive. Do not hold your breath during the exercises.

» **All exercises must be done balanced on both sides of the body regardless where the problem is.**

Best results are achieved if all exercises are done several times a day for the first two month then at least once a day after that time. This however should be accompanied by the prevention (avoid wrong movements) and maintenance (muscular treatments like deep neuromuscular massage and correct muscle training, the 3 tools for Self Healing!

Although the DORN METHOD Exercises are very safe if done gently and in the correct way no Liability for any consequence resulting from the conduct of these Exercises lies with the author or publisher. Full Self Responsibility rests on the Practitioner of the DORN METHOD Exercises.

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