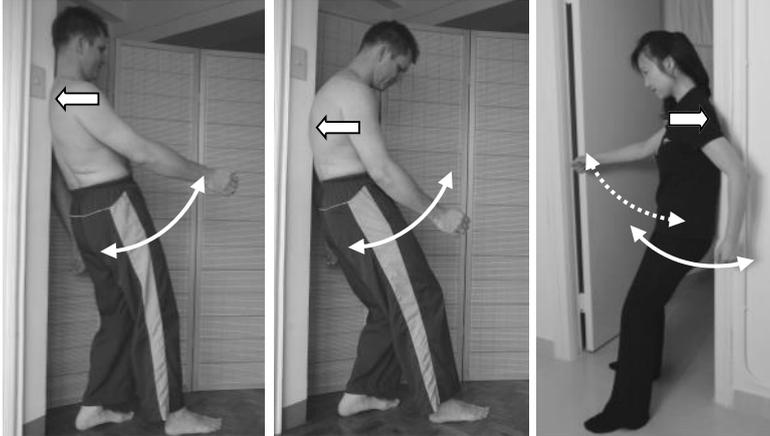


Dorn Method - Selfhelp - Exercises

Spine / Scoliosis - Exercises

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



Spine exercise: Lean / push yourself against the corner of a wall / doorframe / cabinet directly next to the middle of the Spine, feeling the pressure on the side of the spineous processes, and swing with both arms back and front alternate.

Change position downwards every 10 seconds to cover the whole back. Don't hold the breath and don't do if there is Pain. Do this minimum 1 x day better more often. Add additional pressure with opposite leg if necessary.

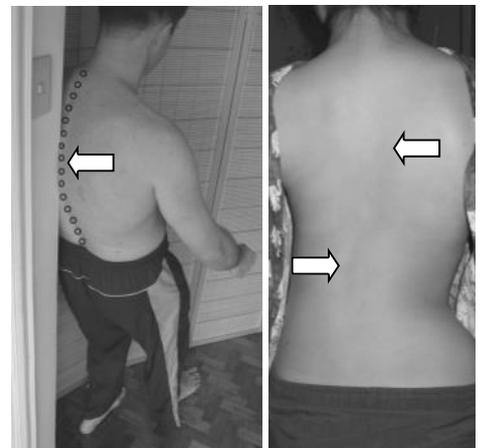
Scoliosis Exercise:

Lean against a corner at the side next to the middle of the spine and directly next to the spineous processes. Counter-pressure point should be at the middle part of the curve. Stay at this position for at least 30 seconds to 1 minute while swinging both arms alternate back and front. Repeat this if there is another curve on the opposite side in a similar way.

Don't hold the breath and don't do if there is Pain.

Do this minimum 1 x day better more.

The more often this is done during the day the faster the curvature of the spine can be changed. Spend approx.. 2/3 of the time on the side with the curvature and 1/3 on the opposite side.



Additional information:

If you do this exercise minimum 1 x day you can develop the right kind of feeling for it so it is possible to treat the known problem areas a bit longer (but maximum 1 minute), however you should never exceed ones own pain limits. If you like to have more counter-pressure at specific areas of the spine you can add additional pressure with the opposite leg (see pictures above).

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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