



The Dorn Method

History

In the 70's Dieter Dorn, from Southern Germany, suffered from lumbago and a slipped disc that was so painful, he could hardly move. He had tried various treatments, but mostly unsuccessfully. There was some easing of symptoms, but no cure, and he was still in great pain. He had heard of an old man living a reclusive life in the mountains who had a reputation as a 'bone fixer' but who could only be reached after a long hike on foot. Even though Dieter was still in great pain he did visit the old healer for a treatment – which, remarkably, left him pain free and mobile again even after only one visit. He was able to resume working at his sawmill – a very arduous job.

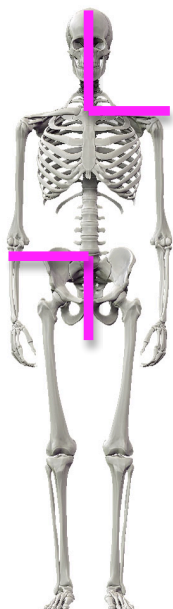
Intrigued by the effectiveness of the simple procedure, Dieter was enthusiastic to learn more about it, and began regular visits to the 'bone fixer' for instruction in order to be able to help others.

To this day, the DORN Method is FREE of becoming a 'registered trademark' following the wish of the Founder Dieter Dorn (who is NOT executing his sole right to register this Method as the Founder). As per Dieter Dorn, this Method must remain 'Folk Medicine', available for anyone.

The Method

The Dorn Method is based on realigning the skeleton structure. Most health issues like migraines, sore necks, lower back (lumbar) problems, wear and tear of the discs, sciatica, sore hips etc. derive from misalignments.

Some of the causes for misalignments are physical or mental stress, sport, stretching, lifestyle, prolonged sitting, poor posture, sitting crossed legged, accidents and other traumatic physical impacts.



This illustration highlights the perfect synergy of the human body.

The plumb line runs straight from the ear, shoulder, hip, knee, right down to the ankle joint.

The whole skeleton structure is aligned in 90° angles.



Cosmic Flow



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Hundreds of muscle layers are evenly distributed on either side of the spine and the body. Muscles keep the body upright and ensure all functional mobility.

Each muscle is designed to do a particular task. If the spine is not perfectly straight, the muscles no longer balance. On one side they may be tight (short) and on the opposite side too loose (long). This is when pain and discomfort start to manifest.



Once the balance is disturbed, muscles are no longer in the right position and can no longer function the way that they are design. They are either under or over worked.

This then leads to muscle tension and stress. In turn, the spine is no longer fully and evenly supported by the muscles. Hence tense muscles can misplace vertebrae, which then can lead to impinged nerves.

Our skeleton is like the structure of a hose. If it is not in perfectly balanced and aligned, we get cracks in the wall, e.g. pain.

The only way to alleviate the pain is to go directly to the source and fix it rather than just to work on the affected area.

It would be equivalent to plastering over the cracks in the wall. They will continue to resurface until the foundation and structure is levelled out.

Dorn therapists start checking the patients from the feet up. All joints and vertebrae are being thoroughly checked and gently corrected and realigned.

After the consultation, the therapist will hand out specific exercises for the patients to perform at home. They only take a few seconds. Dieter Dorn called them 'home work'.

There is no need for repeated consultations unlike other techniques. The patient is in control and is empowered to maintain and/or correct any misalignments independently.

***** It is important to understand that the Dorn Therapy only works on pro-active patients *****