

The Dorn Method - The Gentle Relative to Osteopathy and Chiropractic (check also link: [Research](#))

A wholistic, gentle, effective and safe way to correct misalignments of the Spinal Column and other joints. It is possibly the most effective and safe Manual Therapy available today 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 with Western techniques and principals and it is unrivaled in its Efficiency.

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'

The origins:

Dieter Dorn a German farmer and sawmill owner developed the method himself over thirty years ago. The lay healer since trained hundreds of people in this wonderful technique since it takes only two days to learn and many are now practicing it with equal success. Click on '[History](#)' -Link for more Info!

The basic principles:

The DORN Method 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. A talented lay person can quickly help, in many cases, themselves and those around

them, but of course to use the DORN METHOD on a professional level more experience, training and knowledge about anatomy, physiology, physical therapy like massage etc. is necessary!



The spinal column

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 fast feel better and symptoms of illness can disappear or abate. (Click [Research](#) to read more about very interesting Spine-Organ Connection Studies)

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. (Click to read more about a [Research](#) Study done on Leg Length Difference)

Traditional 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. 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's side, is encouraging the bones to shift position, 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 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. (Do the [Dorn-Method Balance Test](#))