



Dorn Massage

Assessment of the different areas like leg-length, pelvis alignment, thoracic spine, or neck as well as other joints is done in cooperation with the patient. Areas not in Balance are felt by sensitive hands of the therapist or indicated by the patient who feels them when these are being touched.



What it is:

Developed by Dieter Dorn in the 1970's in the South of Germany, it is now fast becoming the widest used therapy for Back Pain and many Spinal Disorders. It offers a sensitive manual procedure to manipulate joints and vertebrae safely get back to their basic and correct position. This procedure is safe as the therapist does not use the more powerful techniques associated with osteopathy, chiropractics, Thaj etc. The Masseurs hands (especially thumb) are applied lightly and pleasantly on problem areas. Client's participation on healing consists in home morning and evening training.

The Benefits:

- Identifying problems before they have significant repercussions
- Back pain
- Sciatica
- Scoliosis
- Neck and joint pains
- Migraine
- Hip-Problems
- Positive Results quickly obtained by adopting some easy exercises
- Long lasting relief



What to expect:

- Following a brief consultation on your general health and any contra-indications to massage we will discuss your treatment process and explain how the therapy works. This will cover the causes of spinal problems, different leg lengths, and learning what to do to avoid the injury in the future. You will be asked to stand whilst your skeletal posture is observed.
- You may or not be undressed depending on the condition being treated. When you are undressed for massage your body is always completely covered with towels. It is only the specific area being worked on which needs to be exposed. The focus is always on you feeling safe, comfortable and reassured.
- Depending on time the entire body may be massaged and examined to identify where the best use of the techniques available can be used. The massage will include stretching, gentle manipulation and light pressure points. First the patient's leg length is controlled and corrected in a laying position. The hip joint is brought to a (more or less) 90 degree position and the leg is brought back to its straight position while guiding bones back into original position with gentle pressure. This can be done by the patient, is absolutely safe, easy and painless! The treatment of Knees and Ankles follow using the same principals, with gentle pressure towards the Joint whilst moving from bended to a more straight position. Then, the pelvis is checked for misalignment, corrected if necessary in standing position, followed by the lumbar vertebrae and lower thoracic columns whilst standing upright. Then the upper thoracic vertebrae are checked, corrected and finally the cervical vertebrae, usually in a sitting position. If any of the lumbar vertebrae (lower back) is not aligned the direction of misplacement is observed and by using gentle, gradually increasing but sensitive pressure with the thumb the practitioner then realigns the bone back while the patient is swinging with the leg on the opposite side back and forth, which distracts the back muscles. This movement is done with the arms swinging accordingly for the upper thoracic vertebrae and the neck moves from side to side while correcting the cervical vertebrae. In principal the bones are guided back into position with gentle pressure (counter pressure), using hand (s) or thumb; a gentle and natural way which the body readily accepts. The correction maybe a little painful but the pain stops the moment the practitioner take his hand off and it is only done in cooperation with the patient to avoid unnecessary discomfort.
- Following the massage there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment. The patient is shown some simple exercises which are actually self-therapy exercises that copy the actions during the treatment part, and it should be explained how to adjust uneven movements and bad postural patterns to achieve long lasting results and sometimes psychological connections are discussed which needs to be addressed to avoid re-occurrences. It is possible you will be invited to return two or three times a week for short sessions to focus on damaged areas or you just might make regular visits to have general aches and stiffness problems reduced. Complementing treatments like deep neuro-muscular massage etc. are advised to assist the Healing and to avoid that the tensed muscles are provoking or causing further misalignments!



Contraindications of Dornova massage

- Pregnancy
- Infections viral or physical
- Recent Surgery
- Thrombosis
- Inflammatory disease

After Care Advice:

Sometimes there are several reactions to be noticed up to several days after the treatment, so do not worry if some of the following happen (see them as a positive healing crisis):

- Dull muscle pain due to the correction (like after a gym workout) and pressure sensitivity on the corrected areas are common.
- Detoxification signs due to an improved metabolism (better nerve function) e.g. flue like symptoms
- Changes in toilet habits and even an awakening of unsolved inner issues may appear.
 - Follow any specific exercises advised
 - Be aware of side effects – use leaflet or internet information
 - Light meal 2 hours before / after
 - Exercise effects Blood pressure