

'Dorn Therapy' by Maureen Liebschner

by Maria Flames - Sunday, October 29, 2017

<https://zurichseeconnections.com/dorn-therapy-by-maureen-liebschner/>

[vc_row][vc_column][vc_column_text]**DORN THERAPY** by Maureen Liebschner[/vc_column_text][vc_column][vc_row][vc_column][vc_column_text]**The Dorn therapy - gentle correction of the spine with dynamic movements of the body**

What is it?

The spine fulfills many important functions as a central, vertical column in our body. It serves as a starting point for many core muscles of the movement apparatus with bending and stretching functions and forms a stable protective covering for the spinal cord. Their natural "double S shape" protects the central nerve system from shaking and allows a greater range of motion due to the different tendencies of the vertebrae. From here the nerves, which are responsible for the functions of the organs, the muscles and the autonomous nerve system, are active.

Often tensions, functional disorders and pain in the body are caused by irritations of the nerves emerging from the spinal column. This can be caused by misalignment, displacements or blockades of single or several vertebrae. If the individual vertebrae are not optimally superimposed on one another, this affects the statics of the entire spine and can have far-reaching effects. In this situation, we either surrender the applied forces finding ourselves in a collapsed posture, or we try to take a "straight" posture through voluntary tension of the muscles, which, however, requires high energy expenditure and in turns into tensions again.[/vc_column_text][vc_column][vc_row][vc_row][vc_column][vc_single_image image="4377" img_size="full"][/vc_column][vc_row][vc_row][vc_column][vc_column_text]**Who developed the method?**

Dieter Dorn (born 13 August 1938, died 19 January 2011) was given his name to the Dorn method. He lived in the Bavarian and ran an agriculture and a lumber mill. In 1973 he was successfully treated by Josef Vogtbauern (a neighbor) with acute pain in his lower back. His curiosity for the old peasants' grasping and tricks was aroused. Thus, Dieter Dorn began to feel and treat people from the memory of his own experience. This was the beginning of the development or re-discovery of this centuries-old therapy. In Europe, there is a tradition of sharing forms of treatment in different areas such as herbalism, massages, etc. Individuals have provided for the health promotion in the village community and family for humans and animals.

In the beginning, Dieter Dorn treated the family and friends. Afterwards, customers from his sawmill and neighbors came to him until finally strange people came to him, who had heard of his successes and now had complaints and hoped for relief. He understood his work as a guide to self-help.[/vc_column_text][vc_column][vc_row][vc_row][vc_column][vc_gallery interval="3" images="4371,4373" img_size="full"][/vc_column][vc_row][vc_row][vc_column][vc_column_text]**How far is the therapy form widely used?**

The Dorn method is so effective that it is now spreading worldwide. Whether in Russia, South America or Australia: in all parts of the world therapists already treat with this gentle spine therapy. In the German-speaking world alone, several hundred physicians, naturopaths and physiotherapists help with "thumbs" to their contemporaries suffering from back pain. And this is very successful. After all, this method has the most solid foundation you can imagine: it is literally copied from nature.

Some examples of connections between spine and body functions

Cervical spine: e.g. Eyesight, hearing, shoulder, upper arm, tonsils, neck muscles, thyroid gland, elbow, synovial bursa in the shoulder

Thoracic spine: e.g. Chest, lungs, breast, bronchia and ribs; stomach, digestion; adrenal glands, allergies (skin), liver; Fallopian tubes, fertility, blood circulation

Lumbar spine: e.g. digestive activity; bladder, knees, genital organs, menstruation

The Dorn therapy in contrast to other therapy forms, such as chiropractic

The Dorn method differs from "conventional" forms of therapy, e.g. of chiropractic by using no jerky hand movements and stretching movements. Also, the movement of a vertebral or articulation is never carried out from the rest position, but always in motion. The patient works with himself and is not surprised by sudden movements. Pendulum movements with arms and legs play an important role in the treatment. Work is done with gentle, thumb pressure (spine) and dynamic compression (joints). These corrections are less traumatic for the body than a "break-in". There are no micro-injuries to muscles or ligaments.

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After a detailed initial discussion, which also includes the discussion about problems with internal organs, a detailed physical examination of the movement apparatus takes place. This includes: e.g. checking and correcting leg length differences and pelvic level; sensing shifted vertebra; massage of tense and shortened muscles; demonstration of self-help activities and identification of deficiencies.

How often should I be treated?

The number of therapies depends on the type, duration and extension of the symptoms.

When it is forbidden to treat with Dorn therapy?

Examples: advanced osteoporosis, inflammations, spinal tumor metastases in the vertebral body, accidents, herniated vertebral disc, immobile patients, when cortisone is used as permanent therapy (side effects of cortisone: bone fracture), acute migraine

Treatment of children and adolescents

Already babies, children and adolescents are often suffering from complaints concerning the movement apparatus. It is precisely with the Dorn method that a very sensible, preventive and helpful treatment can be used.

Why the Dorn method is called a holistic therapy?

Through the anatomical reference - vertebra to internal organs - patients often report an improvement in their digestive, cardiac or respiratory distress.

Example of the effect: A patient has asthma and can get better breath after the treatment with Dorn therapy. What is the reason?

The spine has a close connection to the organs and there is also seen a connection with the meridians. For example by releasing a blockage at the third thoracic vertebra you could explain the better breathing.

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