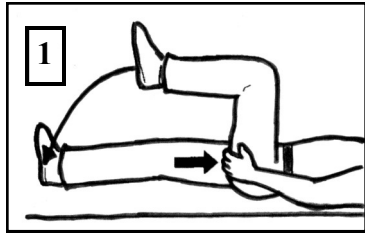


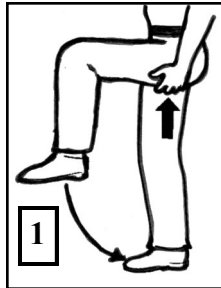
# Dorn Method—Self Help Exercises

All Exercises should be done careful and slowly several times a day. **Do NOT exercise if there is Pain! Or after a recent Accident or Injury.** It is better to do them more often than to do them hard! The Principal is always the same: apply gentle pressure towards the joint during movement, e.g. Hip-exercise: from 90° to a straight position. Exercise #1: several times a day, Exercise #2: several times a day, Exercise #3: min once a day, Exercise #4: min once a day. Do not exert yourself while doing the Exercises and **DON'T hold your breath!**

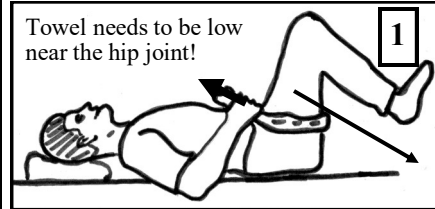


Press with hand onto Hip joint!

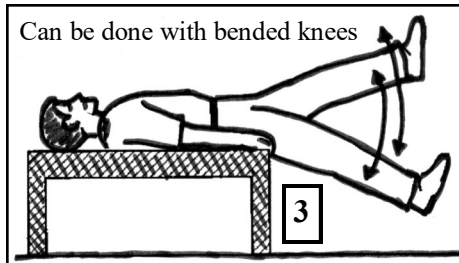
**Hip Exercise:**  
It is important to do this exercise several times every day and best every time after longer sitting (= office, car eating, couch) Min 2 x per side.



A rolled up towel can also be used!



Towel needs to be low near the hip joint!

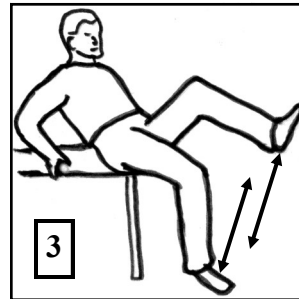


Can be done with bended knees

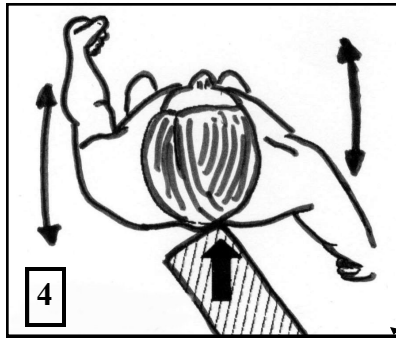
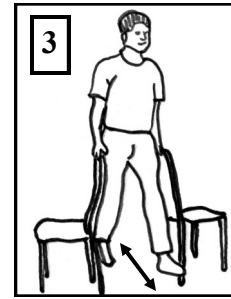
Lay w. upper part of hip on edge of table

**Sacrum exercises:**

Helpful to realign or maintain the correct position of the sacrum. Min. once a day better more! For approx. 30 sec. **Don't do if Pain!**

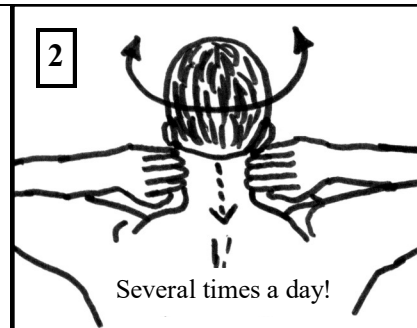


Sit close to coccyx onto corner! Walking in the air!

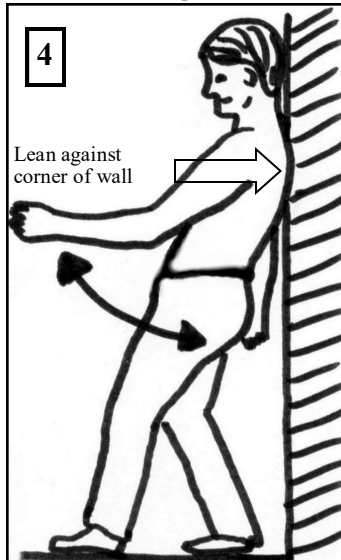


Pressure beside Spinous Processes

**Right Side: Neck Exercise** → Press with fingers on both sides next to the neck processes in the groove between the neck muscles firmly while moving the head from side to side (No No Movement for approx. 10 sec in each position) Change position downwards several times to cover the whole neck area.

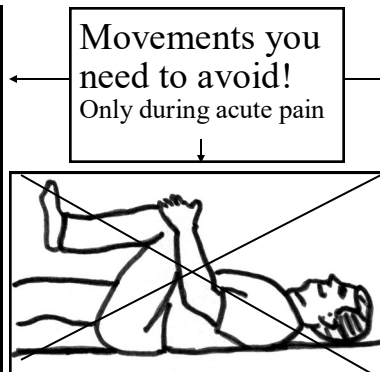
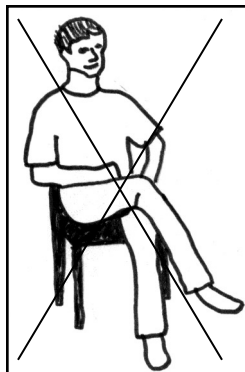


Several times a day!



Lean against corner of wall

**Wall Exercise:** To align vertebrae and scoliosis press next to the processes against the corner of a wall with changing position from up to down while swinging with the arm(s) alternate. (min 15 sec. each Position) Stay longer if there is a problem area (scoliosis or sensitive single vertebrae) It should not be too painful and its better to do it more often than too hard.



**Movements you need to avoid!**  
Only during acute pain

