

DORN METHOD General Information and Homework Reminder!

After a successful Dorn session the body often shows following reactions:

Dull Muscular pain (like after a heavy gym work out) up to three days after treatment
Light Pressure pains on the correction points.
Muscle tension at the corrected areas (e.g. stiff neck)
Detoxification signs: Sweating, Changes in Toilet habits, Unclean skin, Flue symptoms etc.
Awakening of hidden and unsolved psychological issues

Things to Do or Not to Do after a Dorn Therapy:

No heavy Exercises for a few days, best is to rest and give the body time for healing.
No Stretching!, Avoid stretching the hip joint more than 90° with knee turned inward!
(like when fixing shoe laces, or touching toes with straight legs)
No Bending down over the side while lifting even light objects!
No turning in the hips with both feet on the floor and more than 45°!
No sitting with crossed legs!
Watch for correct posture at all times (sitting, sleeping, standing. Lifting etc)!
Drink plenty of good water or herbal teas to assist kidney function! (Detox!)
Do the DORN METHOD Self Help Exercises daily!!! (Don't do them if they cause pain!)
Massage the buttocks muscles several times daily for a few minutes to avoid sciatic pain!

Light Massage is possible after a DORN Therapy but without Stretching!!
Daily walking for min 20 minutes with good, flat sole shoes is recommended!
Reduce alcohol and nicotine intake to assist detoxification process!
Maintain a healthy diet with plenty of fruits and vegetables or high quality food supplements.
Avoid Stress, get plenty of fresh air, enough sun light, and rest.
Pain due to inflammations lead also to muscle tension and should be treated with medication or herbal medicine that help the muscles to relax and reduce the pain (Magnesium and Vitamin E are very good in this case as well) (Ask your doctor for Pain Medication etc. if necessary)
Stress Management Therapies like Reiki, the Five Tibetan Rites or Meditation are recommended

Usual results after a DORN Therapy:

Patient leaves without pain and relaxed and stays like that, or
Patient has less pain and condition improves within a few days, or
Patient has little changes but improves later when doing the Self Help Exercises
Patient experiences first a worsening of the conditions that improves with rest (healing crisis!)

In the rare case that there is no improvement of any pre-existing condition another Therapy-session might be necessary and it is recommended within one to four weeks after 1st session!

If there is still no improvement after three sessions then following might apply:

There is another physical cause for the pain: Consult a doctor for further assessment!
The Patient is not following the advices of the DORN Therapist
The patient wants to stay sick (e.g. gets more attention when not feeling well!)
There are psychological (inner) issues behind the problems (e.g. stress, emotional or spiritual imbalance etc), changes in life-(style) should be considered!

In case of unexpected reactions please contact your Therapist as soon as possible for further advice!