

SELF-HELP EXERCISES FOR RELAXATION

IDEAL FOR HOME OFFICE AND EVERYDAY LIFE

Our body is an ingenious construction! A wonder of nature. We may stand on our feet, but the real core of the body is the pelvis. It forms the foundation for a good, upright posture. The body always wants to be aligned upwards and in a vertical position - therefore: Head up! Standing, running or lying down are natural movements and good for the pelvis. **But our body is not designed for “sitting”!**

When we sit on a chair or in a car, the hip joint rotates. It forms a right angle when sitting and when standing up, the pelvis should turn back to its original position. Often, however, pelvic obliquity or poor posture remains, and this always has an effect on the balance of the whole body system, down to the feet as well as up to the shoulders, neck and head. Everything is connected - every tendon, every muscle and the entire bone system form a unit. The skeleton with the spine forms the statics and each vertebra and joint has its basic order and is in turn connected to the nervous system.

Any disharmony in the static leads to tension or pain!

In order to realign the body, it is therefore always necessary to first bring the pelvis back into its natural position before turning to other parts of the body such as the neck, shoulders or knees. **The self-help exercises based on the DORN method are ideally suited for this.**

Self-correction of the pelvis in a standing position



The leg is lifted at a right angle. The hand lies exactly on the spot where the bone is located inside the leg. Now place the leg back on the ground next to the other foot while steadily pulling towards the head.



Do the exercise on each leg two or three times.



Allowed aids:

A chair, a table or the car can be used as support to help keep the balance better.

A dynamic motion sequence helps to ensure that the correction of the pelvis can be performed without tension. Exhale calmly while doing so!

Self correction of the pelvis while lying down

Exercised several times a day or especially before going to bed, this exercise contributes a great deal to the continuous correction of the pelvis and helps the muscle-tendon system to reorient itself towards the inner core and regain its balance.

Self-help exercise with the hand



The leg is lifted at a right angle. The hand lies exactly on the spot where the bone is inside the leg.



Now the leg is placed back on the pad while pulling steadily towards the head. A dynamic sequence of movements facilitates the exercise and is more effective.



Repeat this exercise three to four times per leg and always do it on both legs. Can be repeated several times until a relaxed feeling of well-being is achieved.

Self help exercise with a towel



The exercise promises even more success if it is performed with the help of a towel.

A thin, rolled towel is held lightly with one hand on the stomach and the second hand grips the other end of the towel a little tighter.



Now the leg is put back on the support with a slight counter traction in a dynamic motion sequence. Breathe out.

Self-help exercise for the neck

The exercise for the cervical spine can be used several times a day in case of slight tensions in the neck or as a preventive measure after getting up in the morning.



The cervical spine is moved horizontally back and forth in a "no-no" movement, with the fingers of the flat inner side of the hand being placed against the cervical spine while applying gentle pressure.

This exercise has a liberating effect and is carried out in three to four stages: from the base of the neck via the middle of the neck to below the ear, or vice versa from top to bottom - always with constant movement of the head and with gentle counter-pressure from the hand or fingers providing support.



The correct handle is on the side of the cervical spine in an upright position with the head pointing upwards. The number of rotations from 10 to 20 times is individual.

The feeling of well-being is the determining factor.



In the case of possible tension pain in the cervical spine, the exact affected area can be worked on a little longer with continuous movement until the tension is released, either with both hands or selectively with one hand or fingertip.

Self help exercise for the shoulders

For relaxation of shoulders, neck and back of the neck. In case of movement restrictions or pain in the shoulder joint. Helps with poor posture in the household and home office.



Guiding principle: Every body has an upright basic posture – the arms laid sideways and standing on the feet in harmonious statics.

Raise the arm or elbow at a right angle... and now pull one handbreadth under the shoulder joint in the direction of the joint.



Then, at the same time, slowly and under constant pressure, move the arm back to the side respectively pull it back into its original position.

Repeat this exercise three or four times per side.



The exercise is good before gymnastics, sports or breathing exercises with circular movements. The shoulder area is relaxed and the chest area is opened to allow free breathing.

Self help exercise for “tired” shoulders

Balancing a plate or a book on the head stimulates the upright posture in an impulsive way. At the same time, conscious walking can be trained. Walking barefoot is allowed and recommended!



Balancing on the head causes an upright gait and helps to achieve an optimal sitting posture with a straight back.



The back muscles are strengthened without power training and the upright posture relieves the internal organs from the pressure in case of incorrect posture.



The exercise helps with hunchbacks, humps and mobile phone necks.



A pleasant tingling and invigorating flow takes place in the spine, which can be sensually perceived.

Self help exercise for the knees

Standing up from a stool or chair

Special exercise for pain sensation in the knee due to a movement restriction or as a preventive measure during sports, frequent stair climbing, mountain running or gymnastics training.



Sit on the edge of the chair, place the foot (of the leg with knee pain) vertically on the floor.



The other foot is slightly pulled back for getting up.
Place both hands on the (aching) knee and stand up with straight back under constant pressure on the knee.



Maintain pressure until the knee is straightened.
Please do not stand up abruptly!

The weight is shifted forward while simultaneously standing up and exhaling.

Swing exercise

This amusing and acrobatic exercise does not explicitly belong to the DORN exercises, but it always helps to also train the laugh muscles.



Playfully rehearsed in the family this is fun and enjoyable!

Ensure that the chairs are stable. For example, family members can sit on the chairs as “weights”.

Give it a try - enjoy!

The original self-help exercises for the pelvis, knees, shoulders and neck can be read in the ring binder by Helmuth Koch, *DORN-Methode, Selbsthilfe-Übungen* [DORN method – self help exercises] (www.dornmethode.com). We are thankful for the kindly provision of the pictures.