

# Dorn Method - Selfhelp - Exercises

## Hip-Joint

» *In any case it is recommended to consult a health care provider that you trust before you start any exercise program!*



### Hipjoint-Exercise:

Lift the Leg to approx. 90° then bring it back to a straight position while applying gentle pressure against the hip joint by pulling on the upper thigh with the hand or a rolled up towel.

In standing position use the hand or fist pulling upwards.

Exhale while applying pressure but stay relaxed.

Repeat minimum 2x per side.

Pull / Press only when the leg is on the downward movement.

Do this Exercises every day several times.

Do it before and after every sport as well.

This helps to keep the legs even in length.

(It is recommended to do this every time after longer sitting, e.g. office, car, eating, TV couch)



**Please note:** Do not exercise after any injury following an accident and do not exercise if you experience fever, migraine or inflammations. The exercises must not cause any pain while doing them and it is best to repeat them more often than doing them too intensive.

Do not hold your breath during the exercises.

» **All exercises must be done balanced on both sides of the body regardless where the problem is.**

Best results are achieved if all exercises are done several times a day for the first two month then at least once a day after that time. This however should be accompanied by the prevention (avoid wrong movements) and maintenance (muscular treatments like deep neuromuscular massage and correct muscle training, the 3 tools for Self Healing!

Although the DORN METHOD Exercises are very safe if done gently and in the correct way no Liability for any consequence resulting from the conduct of these Exercises lies with the author or publisher. Full Self Responsibility rests on the Practitioner of the DORN METHOD Exercises.

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