

Dorn Method - Selfhelp - Exercises

Sacrum - Exercises

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



Sacrum Exercise 1: Lie down flat on a stable table with the buttocks a little bit over the edge. With both legs (feet) in the air make simple up and down movements. Do not hold your breath and stay relaxed. Do not do this Exercise if you feel any Pain. Do it minimum 1 x a day, better more, for approx. 30 seconds (or longer) each time. (In case of trouble doing this try to move one leg only up and down then the other) The movements must come from the hip joint mainly, but they may look like riding a bicycle.

» Alternatively you may lie onto the edge of a large book (e.g. telephonedirectory etc.). This can be done on the floor (exercise mat). The book is placed below the pelvis as table replacement.



Sacrum Exercise 2: Sit with your Sacrum at the lower part where the Coccyx is against the tip / corner of a stable table. Lean a little backwards and hold yourself in place careful with the hands on the edges of the table.

With both legs lifted up make simple up and down movements.

Do not hold your breath and stay relaxed.

Do not do this Exercise if you feel any Pain.

Do it minimum 1 x a day, better more, approx. 30 seconds each time.

(In case of trouble doing this try to move one leg only up and down then the other)

Additionally we recommend the use of the selfhelp-tool:

SPYNAMICS Sacro Aligner: www.spynamics.com



» Alternatively you may lie on the floor (exercise mat) onto a tennisball placed directly under the lower sacrum (coccyx area). With both legs lifted up make simple up and down movements. Do not hold your breath and stay relaxed. Do not do this Exercise if you feel any Pain. Do it minimum 1 x a day, better more, approx. 30 seconds each time. (In case of trouble doing this try to move one leg only up and down then the other)



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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