

# Dorn Method - Selfhelp - Exercises

## Neck - Exercises

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

### Neck Exercise 1:

Press with fingertips gentle against the transverse processes of the cervical spine (C2 to C7), in the groove between the neck muscles, while turning the head relaxed side to side (No No Movement).

Repeat again with a front-back (Yes-Yes) movement.

After approximately 15 seconds change position downwards several times to cover whole neck.

Don't hold the breath and don't do or adjust (pressure/ movement) if there is too much Pain. Minimum 3 x a day better more often.

The position of the head is straight or if possible even a bit tilted backwards (= look up!)



### Neck Exercise 2:

Press with thumb against the transverse processes of the Atlas (C1) about one finger width behind the ears just below the Mastoid Process with gentle pressure directed 45° upwards and to the front while turning the head side to side for approx. 15 seconds. Repeat again with front-back (Yes-Yes) movement. Do not hold the breath and don't do or adjust (pressure/ movement) if there is too much Pain.

Minimum 3 x a day better more often.

### Neck Exercise 3:

Press with fingertips of index and middle finger downwards and inwards at the groove by the lowest part of the neck (careful: sensitive area!) while turning the head from side to side (No No Movement) for approximately 15 seconds. Do not hold the breath and don't do or adjust (pressure/ movement) if there is too much Pain. Minimum 3 x a day better more often.



**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 neuro-muscular 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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