

## Some 'Insights' on Pain and the Dorn Method

All Methods for the treatment of joints have been, so far, also a pulling (traction) and a quite forceful mobilization or adjustment with fast thrusts etc..

Joint treatments following the Dorn Method principles are done by gently (like a loving touch) pushing (guiding) the joints back into their proper position. Pushing instead of pulling – what a development!

Joints are complicated structures which have been fine-tuned over millions of years by evolution and not a problem of 'wear' and 'tear', as modern medicine is seeing it. The joints have, for their optimal function, different receptors with different 'Jobs' – first described by Barry Wyke in 1967. It is quite interesting that these Mechanisms didn't find their way into the general Anatomy books; nobody seems to be interested in that – with the exception of the Pain science.

Today we have detailed knowledge about the complex Help-System that our body uses for protection of damage. It is the multilevel cooperation of damage-receptors, Position-receptors, a reduction system with lowering impulses from the Brain. This is done through the guidance of muscles and tendons by stimulating the Proprioceptors in the joint capsule and an influence on the Gamma system of the Muscle with its peripheral and central part.

Proprioception is the Self-recognition system of the body. Even with our eyes closed, we still have a quite clear impression about our position in the space surrounding us, the position of our arms and hands. This is possible through sensory-systems in the joints and muscles that constantly transform information to the brain about the position within a space.

The exact mechanics are more complicated as described and not as important in our case, what is interesting for us is following:

- Rhythmic, slow and steady movements and controlled movements are capable to lower (reduce) pain-impulses by sending touch- and movement signals to the Brain before the pain-impulses arrive there.
- Through specific impulses like traction and pressure the structures of the Motion-apparatus are stimulated in a way that movement and position is better recognized by the joint-receptors new and better.
- Impulses of the same strength are not recognized by the nervous system. A change only happens through change in the impulse-level.
- The better the recognition possibility of the Proprioception, the better the 'realization' of the environment, the movement and reaction-possibility of our body.

From the Experience and Knowledge of the Method and the Knowledge about impulse-recognition we can say:

During a Dorn Treatment a harmonizing of the nociceptive (pain) and mechanical impulses from the nerve-endings through stimulation of the Proprioceptors (position-messengers) takes place.

The Dorn Treatment brings the bio-mechanical and neurogenic functional disruption of the movement segment in harmony.

The Dorn Treatments for the Joints fulfill all pre-requisites of a Pain Reduction treatment.

This Article is based on the theory about Backpain from Thomas Zudrell and it is not based on evidence based studies but experience evidence from the practical application of the DORN Method.

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