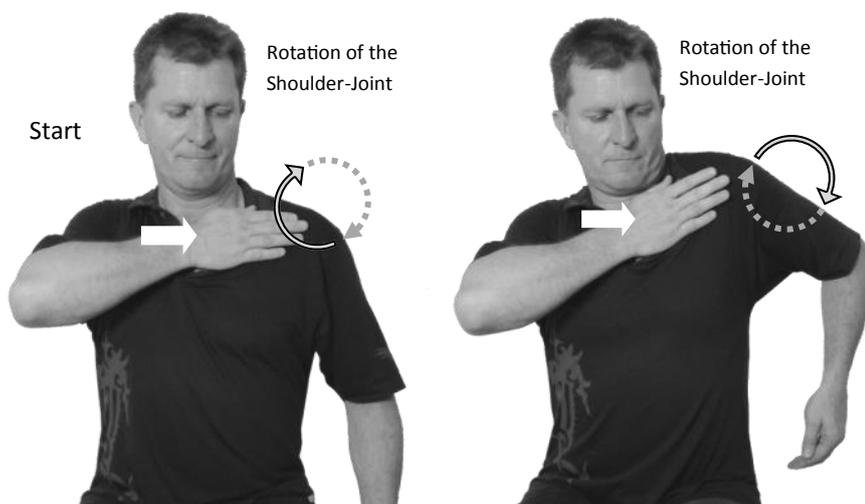


# Dorn Method - Selfhelp - Exercises

## Shoulder / Elbow-Joints

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



To treat and align the **collarbone-sternum joint** we press with the ball of thumb of one hand directly on top of the joint inwards and outwards and a bit downwards while we rotate the opposite arm and shoulder (lift and turn) upwards and backwards.

This is also repeated several times while we breathe (exhale) relaxed.

It should not be too painful during the pressure and movement.

It is recommended to repeat this several time a day in case of acute problems and minimum once a day for prevention and maintenance. The improvement in this area requires a little patience and may take quite a while. Through the meridian connection this area is very important and recommended for patients with shoulder, neck or ear problems like tinitus.

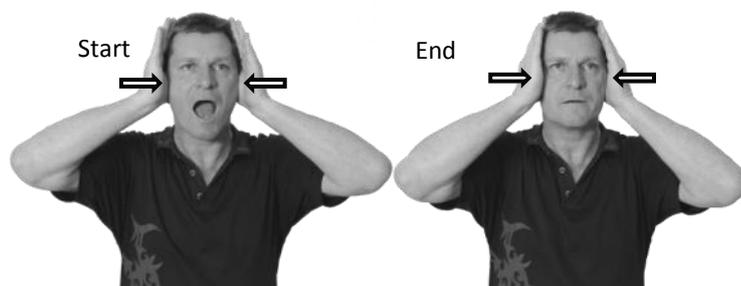
1. To treat and align the **jaw-joint (TMJ)** we place the flat hand left and right at the lower jaw and open the mouth (approx. 70-80%).

The closing of the mouth is then done (assisted) with a gentle pressure towards the joint! Do this 10 to 15 times per exercise and repeat several times a day. Do not press too firm and interrupt when it is too painful. Sometimes it is possible to hear a cracking sound at the jaw!



2. **Jaw-joint (TMJ) exercise:** With the ball of thumb we press careful directly against the joint from the side and open and close the mouth 10 to 15 times. Do not press too firm and interrupt when it is too painful! Sometimes it is possible to hear a cracking sound at the jaw!

An improvement in this area may take quite a while and requires some patience.



**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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