

# 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!*

The shoulder joint is quite flexible and is capable of a wide range of movement, but it is also one of the weakest joints in our body and most real-life luxations occur in this joint.

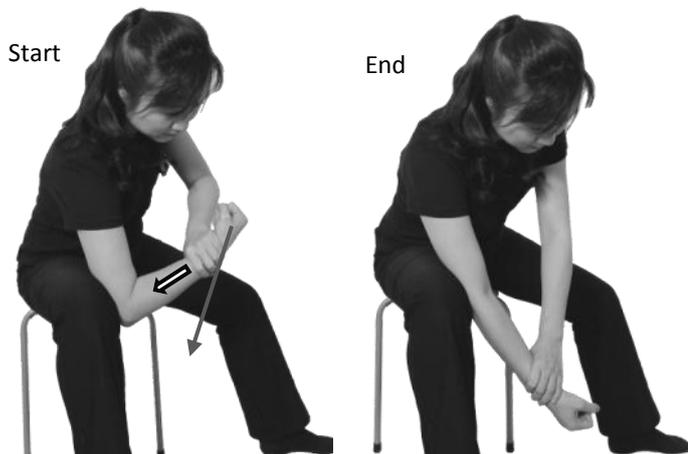
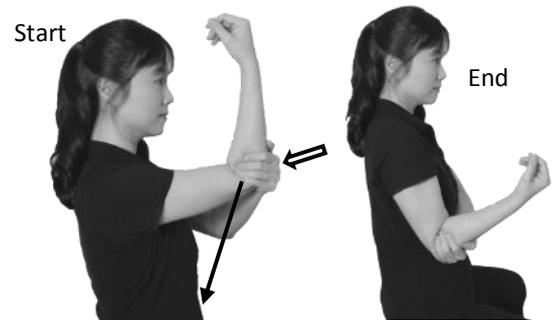
To treat this joint, we lift the arm sideways to about 90° and then hold the upper arm with the other hand in the middle and push it towards the shoulder joint while the arm is lowered and brought back to its normal position.

This movement is repeated several times in a relaxed manner and you should exhale every time you push and move the arm.

Another possibility is to lift the arm to the front and then hold the elbow with the other hand and push towards the shoulder joint while moving the arm back to the normal position. Again repeat this movement

several times and exhale while exerting gentle pressure. You may lean your back against a wall while doing this exercise. There should not be any pain while pushing and moving the shoulder joint. These exercises can help in easing shoulder pain but should be done regularly even when there is no pain just so you can maintain the proper position of the shoulder joint.

Recommended several times a day for patients with problems and minimum once a day for those who just want to prevent or maintain.



To treat and align the **elbow-joint** we grab the under-arm at the wrist area and press (pull) towards the elbow while the upper arm is resting against the thigh (or elsewhere).

Then we move the arm to a straight position (neutral position) while the pressure is kept firm all the time. This is also repeated several times while we breathe out (relaxed) during the movement.

It should not be too painful during the exercise.

It is recommended to repeat the exercise daily several times for patients with acute shoulder problems and minimum once a day as prevention and maintenance.

**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 months 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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