



# Gentle touch good for sore backs

by **JEREMY WILSHIRE**

FRUSTRATED back pain sufferers might find solace in a gentle German therapy being practised exclusively on the northern beaches.

Avalon resident Barbara Simon settled in Australia two years ago and has enjoyed a growing client base since starting work at Avalon's Equilibrium health clinic, in McMillan Court, last year.

Ms Simon said the joint and spinal therapy of Dorn and Breuss, which she learned in her native Germany, consisted of three main steps: balancing leg length, aligning the spine without harsh movement, and spinal massage using St John's wort oil.

"As far as I know, I am the only person in Australia practising this ther-

apy, but it is becoming very popular in Europe because it is not a violent manipulation of the spine," Mrs Simon said.

"The muscles surrounding the spine are kept in movement while the vertebrae are gently pushed back into their original position."

Mrs Simon said people were often sceptical of the treatment at first, but left singing its praises.

"I've had clients that have tried everything - physiotherapists, acupuncturists, chiropractors and osteopaths - and I've been lucky enough to help them," she said. "I'm now looking to train some people so more Australians know about it."