

a back for the future

Tired of headache pain, **Rosamund Burton** tried a German farmer's remedy to find some relief.

I am lying on a massage table as a small German woman lifts my legs up off the table and into the air. "Your left leg is longer than your right," she tells me. I look down at my beaded Balinese shoes on the floor beside me and have visions of having to wear lace-up orthopedic ones from now on.

She bends my left knee and straightens it again a couple of times, and then does the same movement on the right. "Now they are equal," she says.

What am I doing? I'm with Barbara Simon, and I'm having dorn therapy. I've sought her out after having enough of the headaches I've been getting above my eyebrows, accompanied by a sore neck.

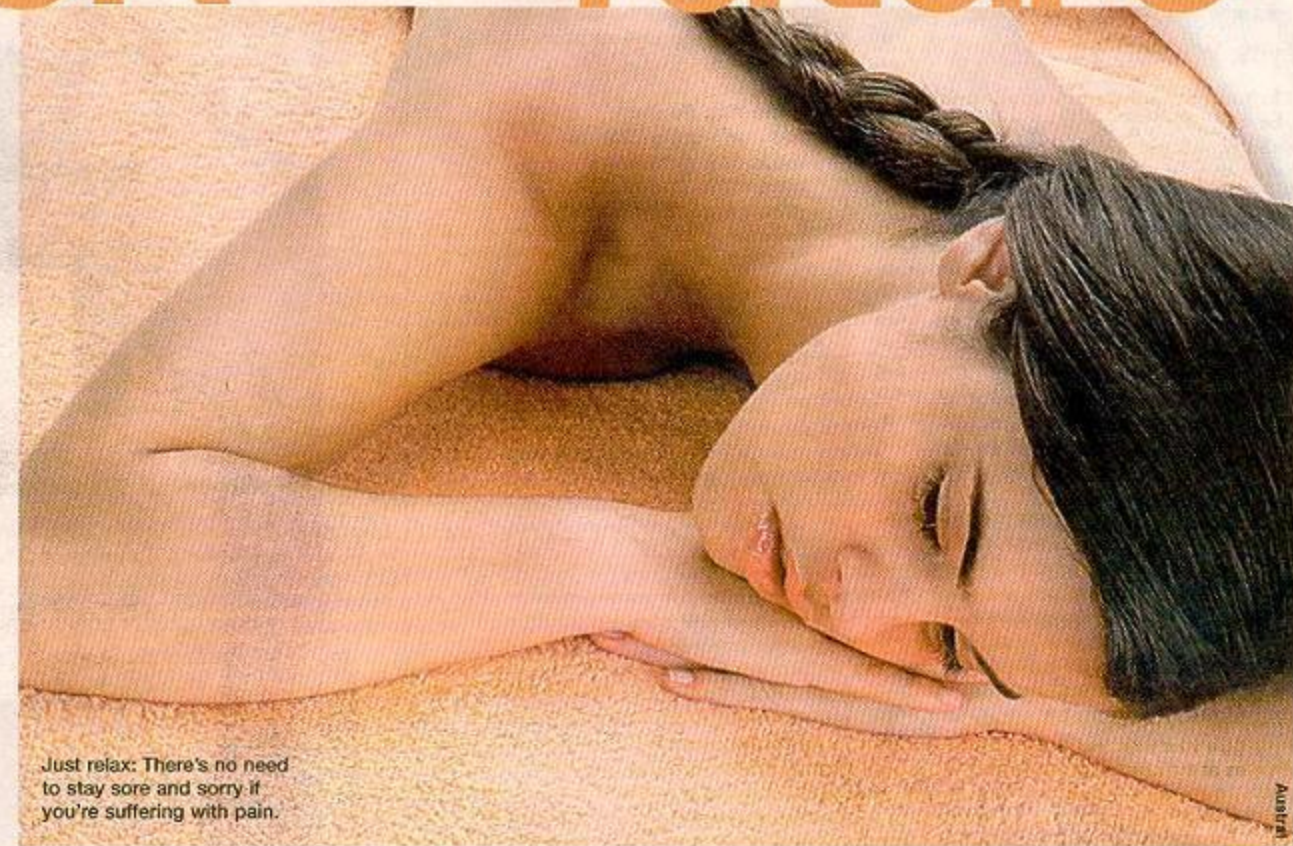
Simon holds my legs in the air again, and ascertains that my knees are equal, but my ankles are not. She explains that one leg is longer than the other because the ankle joints are not joined properly, and teaches me an exercise to put the joint back into the correct position.

For my hips, which are also out, I have to put my hand under my buttock and raise my leg with my knee bent, and then straighten it. I feel like a horse scraping the ground with its front hoof.

a new cure

Dorn Therapy was established by Dieter Dorn in Germany in the 1980s. Suffering from very painful lumbago, Dorn went to see a farmer, known as a settler, who worked on backs. The farmer applied pressure to some of Dorn's vertebrae, and he was immediately able to move freely and easily again.

Dieter Dorn developed this technique and decided to see if he could help his



Just relax: There's no need to stay sore and sorry if you're suffering with pain.

wife, who'd suffered from headaches for 20 years. Her doctor had told her that the headaches were caused by two protruding cervical vertebrae. Dorn pushed the vertebrae back into their correct position, and within a few hours her headache was gone.

Simon trained in Germany five years ago, and has been practising Dorn Therapy in Sydney ever since, treating mostly back and neck pain, headaches, dizziness, and also eye and ear problems. I sit on the stool, leaning forward with my hands on the table, as Simon massages St John's Wort oil into my back. As she works on the lower left side she tells me to swing my right leg backwards and forwards. With Dorn Therapy, the body is treated while in motion which relaxes the muscles and allows spinal imbalance to be corrected.

pain, pain go away

Next, Barbara works on the right side of my upper back, and I swing my left arm back and forth like an elephant swaying its trunk. Then she manipulates my neck by pushing my head from side to side before massaging St John's Wort oil into my back. Apparently the St John's Wort oil will increase the liquid between the discs of my spine. These discs can lack liquid due to lack of sleep, and also dehydration, Simon explains.

Simon places silk paper, which enhances the absorption of the oil, over my back before leaving me alone in the room for a few minutes. The session ends with instructions to sleep on my right side, hold the telephone receiver to my left ear, drink plenty of water and to do my hip and ankle exercises.

A few days later I realise I am no longer experiencing headaches and if I do feel a twinge in my neck I do the exercises and it goes away.

So if back, neck and head pain are part of your life, dorn therapy does seem to work. I just have to remember not to do the horse exercise at the bus stop as people do stare.

■ Barbara Simon is based in Avalon, NSW, and charges \$100 per session.

■ To book a session, or for more information call (02) 9918 8057 or 0407 946 294, or visit www.backcaresolutions.net