

Releasing back and joint pain



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What is Energy⁺ ?

With Energy⁺ revitalisation programs of Balance@Work we boost your vitality, your performance, your creativity, your attractiveness, your charisma and zest for life!

Releasing back and joint pain

Back problems cost money and energy!

There is no other organ that is exposed to such diverse and extreme conditions such as the back.

Back pain costs our economy and all of us as insurance and taxpayers a nice sum of money. A study commissioned by the Sports Science Institute in Magglingen (CH) estimated the cost per case for the year 2000 to over CHF 1.850. Of this total, nearly 740 francs on treatment costs, the greater part on work absences and reduced work performance. In extreme cases, back pain can lead to disability.

A lack of sleep and sedentary activities endanger our joints in our body. Many complaints arise from the displacement of the vertebrae, which press on nerves.

For our customers we verify on demand the whole body structure.

Troubleshoot bodily disorders with gentle pressure

The Dorn Method is a very gentle and safe manual therapy which was developed to focus on the causes of common back and joint pain. The Dorn Method avoids unnecessary stress to muscles and ligaments and involves no jerky manipulation, no thrust moves or 'clicking' and 'crunching' of joints which some people fear or dislike.

It is also a self-help system, where therapists promote good posture and teach a set of simple self-help exercises for clients to practice at home, the aim being to help maintain long term health and to help prevent back pain.

Time and effort: 40 minutes

Can be repeated

