

Therapy Regina

Therapy Regina - Dynamic Spinal Therapy was first developed by Rolf Ott, in Switzerland during the 1980's. This particular method of bodywork combines hands-on bodywork and the use of energies to address joint issues, realign the spine and resolve spine and posture problems. This gentle kind of bodywork is suitable to treat lots of health concerns for a variety of individuals. It is always better to consult with a doctor of medicine previous to beginning whatever form of bodywork regime so as to make certain that there are no contraindications.

There are several practices and concepts included with Dynamic Spinal Therapy. This therapy borrows from Conventional Chinese Medicine the concept of qi or also called life force. A huge focus of Dynamic Spinal Therapy is the promotion of a healthy and even flow of qi round the body. It also relies on traditional Western styles such as Swedish massage so as to adjust the body in a physical way.

Usually, a Dynamic Spinal Therapy session lasts around forty minutes. The session normally starts with an ear reflexology test. The points on the ear are tested and next the response is noted. The Dynamic Spinal Therapist then utilizes a special stylus to trace the meridians of the body, searching for blockages or spots of weaknesses while following the flow of qi.

After the energy work session is finished, the therapist makes adjustments to the pelvis and to the spine, initially with the client face up and afterward with the customer face down. The client is encouraged to relax deeply as the muscles are intensely stretched. The session is finished with a gentle rocking that is meant to encourage the release of tension, and promote relaxation while realigning the spinal column. There are various therapists who skip the energy part of the session and concentrate instead on the bodywork.

Clients would usually feel deeply relaxed subsequent to a session of Dynamic Spinal Therapy has finished. With the added tension release and vigorous stretching, the body's posture is supposed to improve. Sometimes conditions which lead to back ache and soreness could be alleviated at least partly. Theoretically, regular sessions could keep the customer's body and energy balanced, improving general well-being and overall health.

Dynamic Spinal Therapists could be found all across the globe for individuals who wish to further explore this therapy. Find out how experienced your practitioner is and which educational facilities they were trained at. It is also a good idea to know their particular method regarding bodywork in order to be certain that they would be a good match for you. It could take a few sessions before you see results. If you feel your therapist is not the best match or completely suitable for you, it may be an alternative to politely ask if he or she could recommend another practitioner.