

## Therapy Kitchener

Therapy Kitchener - Dynamic Spinal Therapy was first developed by Rolf Ott, in Switzerland in the 1980's. This method of bodywork combines hands-on bodywork and the use of energies so as to help realign the spine, resolve spine and posture problems and address joint issues. This particular gentle form of bodywork is suitable to cure numerous health problems for a variety of people. It is always wise to consult with a medical doctor previous to beginning whatever form of bodywork regime in order to make certain that there are no contraindications.

There are many practices and concepts included with Dynamic Spinal Therapy. This particular therapy borrows from Conventional Chinese Medicine the concept of qi or likewise called life force. A huge focus of Dynamic Spinal Therapy is the promotion of a healthy and even flow of qi around the body. It also relies on traditional Western styles like Swedish massage to adjust the body physically.

The standard Dynamic Spinal Treatment will last for almost 40 minutes and start with an ear reflexology test. The points on the ear are tested and afterward the response is noted. The Dynamic Spinal Therapist then makes use of a special stylus to trace the meridians of the body, looking for blockages or spots of weaknesses while following the flow of qi.

Following the energy work, therapists then make needed adjustments to the pelvis and spine. Initially the client will start face up and next the client will then lie face down for the adjustments. Clients are encouraged to relax while the muscles are being stretched out. The session is finished with a gentle rocking which is meant to encourage the release of tension, and promote relaxation while realigning the spinal column. There are several therapists who skip the energy portion of the session and concentrate on the bodywork instead.

Clients will often 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. Occasionally conditions that cause soreness and back ache might be alleviated at least partially. Theoretically, regular sessions can keep the customer's energy and body balanced, improving overall health and general well-being.

For people who are interested in exploring this particular therapy, Dynamic Spinal Therapists can be located all over the globe. It is wise to ask practitioners regarding where they took their training and how much experience they have. It is even a good idea to know their specific approach regarding bodywork in order to ensure that they will 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 could be an alternative to nicely ask if she or he could suggest another practitioner.