

***Dan Speier***

***"Natural Spinal Column Therapy"***

***Patient Information***



***Dear Patient,***

In this brochure I would like to inform you about the treatment method which I have been applying in my practice: "Natural Spinal Column Therapy" or "Gentle Orthotherapy". Below are some answers to frequently asked questions. Should you still have any further questions I will be glad to answer them personally.

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### ***Important information***

At this point I would like to emphasise once again that particularly at the beginning of treatment it is possible and actually occurs frequently that the painful condition initially worsens. Almost every patient experiences stronger pain during the initial phase of treatment. Don't let this throw you off course. This condition is a completely normal part of the therapy. Under no circumstances should you interrupt or even break off the therapy without prior consultation with the therapist. If you have any questions contact me directly.

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### **What does "Natural Spinal Column Therapy" or "Gentle Orthotherapy" mean?**

"Natural Spinal Column Therapy", also referred to as "Gentle Orthotherapy", is a form of treatment that is applied to conditions of misalignment of the vertebral column or the musculoskeletal system. This method avails itself only of the application of targeted, pressure-sensitive movements - without the use of any medication or surgery.

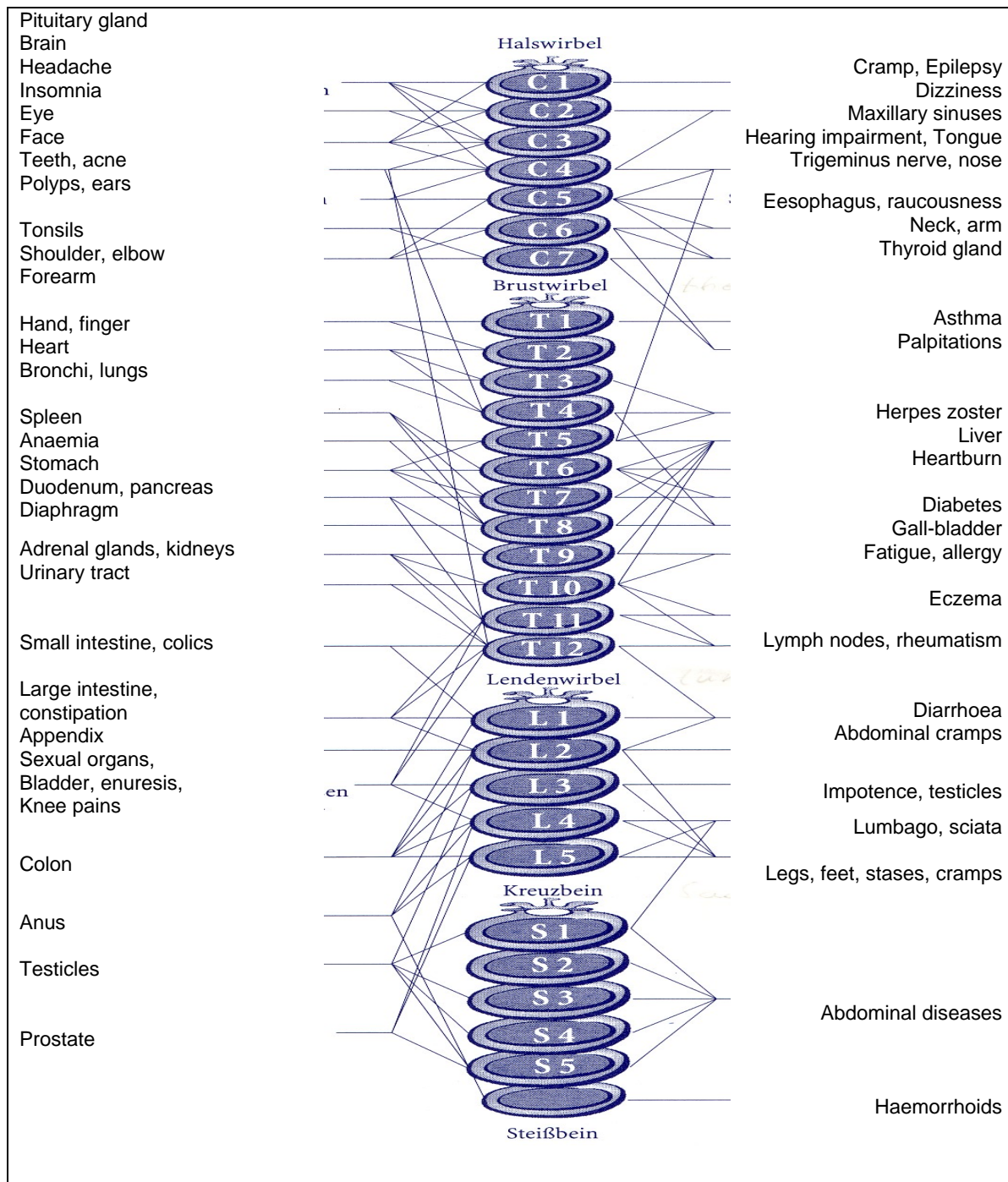
The purpose of this new method of treatment is to put the vertebral column back into a harmonious condition through specific, pressure - sensitive grips, without exerting any pressure but instead by applying short, precise movements to the appropriate spot.

This method is safe and practically free of pain. During the period of the therapy the patient should refrain from taking any pain relief medication or injections. For if the cause of the pain is an inflammation, for example, taking painkillers may cover up the symptoms. In this case the treatment could not be applied in accordance with the actual condition and this could worsen the condition.

What conditions can be treated by the "Natural Spinal Column Therapy"?

The therapy is applied to conditions that have their origin in a misalignment of the spinal column and/or the musculoskeletal system. These can manifest themselves directly at the affected spot (primary symptom) or in peripheral areas (secondary symptom). The illustration below describes the segments of the vertebral column and how they are interconnected with the peripheral organs and possible symptoms.

The symptoms listed below may be caused by a misalignment of the spinal column and can be treated accordingly.



C = Cervical vertebrae  
 T = Thoracic vertebrae  
 L = Lumbar vertebrae  
 S = Sacral vertebrae

## How does the spinal column work?

To enable a better understanding of spinal problems, here is a brief explanation of the development, structure and function of the vertebral column:

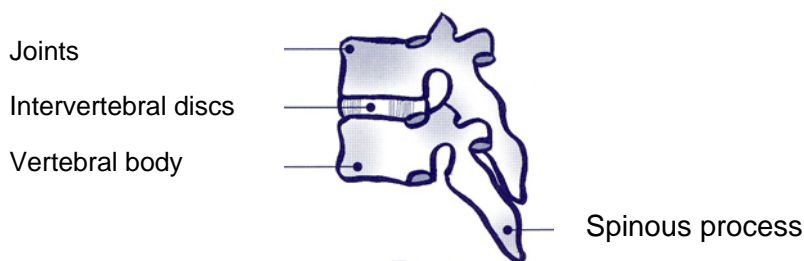
During week four of pregnancy, certain cells of the embryo join to form cell colonies which will later develop into vertebrae and discs of the spinal column. When the growing foetus is around 60 mm long (week 11 of pregnancy) the vertebrae and intervertebral discs are already easy to distinguish. Ossification of the vertebrae begins already at this point, and it may last until the 25th year of life.

The main function of the vertebral column is to protect the spinal cord and provide support to an erect-walking person.

The vertebral column has a curvature marked by static complexity and is composed of various elements: vertebrae, intervertebral discs, ligaments and muscles. The individual vertebra consists of the vertebral body, the spinous process and the two transverse processes. These parts enclose the spinal canal that holds the spinal cord.



The vertebral bodies are joined to form a flexible column, with the ligaments keeping the joints aligned and the muscles that run between the spinous process and the transverse process providing stability and support. Nerves extend from the neural arches to supply the organs.



## **How do problems with the spinal column originate?**

Causes include:

Obesity or heavy work

Extended periods of standing or sitting

Movements producing one-sided pressure

Lack of exercise for compensation

Emotional burdens such as wherries, stress, anger and anxiety which leads to inner tension

Violent impacts (tumbles, accidents)

These causes may lead to a misalignment of the vertebrae or to a dislocation of the intervertebral discs. This narrows the affected neural arch and compresses the emerging nerve root whose function is then impaired. The consequence is pain in the back (primary symptom) and in the affected body parts (secondary symptom) or organs which can no longer be supplied by the nerves because of the compression.

## **What symptoms suggest that treatment is necessary?**

Oblique head or body posture

Sloping, uneven shoulders

Bent spinal column

Unlevel hips

Frequent headaches

Back ache

Pain in arms or legs

### **Is the "Natural Spinal Column Therapy" suited for children?**

Yes. Problems with the spinal column often begin in childhood. A problematic delivery can already be the cause of problems with the position of vertebrae in infants. Rapid growth, falls, luxations and poor posture may have late consequences for the spinal column. The earlier such problems are recognised and treated appropriately, the easier it is to prevent and correct postural deformity and related damage.

Examinations from the third year onwards are recommended.



### **How long does the therapy take?**

The duration of the therapy is as individual as any suffering and condition is individual. Besides, the success of a therapy and, therefore, its duration depends on the patient's actual living situation and the duration, that is, the history of the condition.

Assuming you have had a problem with your spinal column for the last couple of days that was caused by an inappropriate movement, experience shows that this can be solved quickly. A condition that has become chronic, on the other hand, calls for a longer therapy. It is important to know that the body's health condition is restored in cycles. The therapy often makes the patient feel better quickly. In many cases the patient then takes the disappearance of the symptoms to mean complete and full recovery. This is not the case, however, because symptoms often disappear before their cause has been fully eliminated. The patient may even suffer a relapse before the spinal column has stabilised again in its natural position. Full recovery takes its time and the therapy cannot be terminated until the cause is eliminated and the patient is free of pain.

The duration of the therapy is completely individual and under no circumstances should it be suspended or ended prematurely.

### **Do any specific measures need to be taken after the therapy?**

Yes. But they depend on the patient's constitution and habits and cannot be generalised. You will therefore receive personal and individual recommendations and advice on how you can preserve the healthy condition of your spinal column and, thus, your general health, including instructions for building up and strengthening the muscles that support the spinal column.

If you intend to keep yourself and your body fit in other ways I recommend, with exceptions: swimming, Yoga, Tai chi and, where appropriate, cycling and other types of exercise that strengthen your back. Finally, regular check-ups by appointment are recommendable.

### **Can sinews "wear out" from the treatment method applied?**

A misaligned spinal column exercises constant pressure on sinews and muscles which hardens them over time. In the therapy, however, extremely sensitive pressure is exerted on the sinews for only fractions of a second. Sinews are elastic by nature and tolerate this kind of treatment without any problems over longer periods of time.

### **Is there any age limit for this therapy?**

No.

The individual nature of the therapy allows the sensitivity of the punctuated pressure to be adjusted to the patient's health condition and the structure of his or her skeleton.

### **What happens if the therapy is prematurely suspended?**

In the therapy slight pressure is exerted by hand on the affected parts. An initial reaction to this may be an irritation, for instance if the tissue is inflamed. If the treatment is suspended in this condition the pain may indeed become worse.

### **Does it have to "crack" during treatment?**

The "cracking" sound which the patient often hears is no characteristic or indication of the effectiveness of the treatment.

Does "Natural Spinal Column Therapy" provide relief to the following conditions?



***Unlevel pelvis***

The treatment straightens out the unevenly positioned iliac crests. This eliminates restrictions to movement and pain, and it makes shoe inserts superfluous.

***Intervertebral disc conditions***

"Natural Spinal Column Therapy" makes it possible to bring slipped discs and subluxated vertebrae back into their natural position. This way surgery can be avoided in many cases.

***Lumbago***

Pain can usually be eliminated quickly by freeing the pinched vertebrae.

***Whiplash***

Treatment can be applied if there are no fractures. The sooner the patient comes to an appointment the more effective the treatment against the usual conditions will be (headache, numbness in arms and hands).

For further areas of treatment see spinal column illustration.

## **Is the success of the "Natural Spinal Column Therapy" long-term?**

The objective of the therapy is to bring the spinal column back into its original, healthy condition. When this objective has been achieved and the natural static has been built up and stabilised, the most valuable pre-requisite for the durable health of the spinal column is fulfilled.

