

## Therapy Stratford

Therapy Stratford - Developed in Switzerland during the latter part of the 1980s by Rolf Ott, Dynamic Spinal Therapy is a bodywork technique that combines hands-on body work and energy work in order to resolve spine and posture problems, address joint issues and realign the spine. It is a really gentle type of bodywork and is suitable for individuals who experience various health conditions. It is always better to check with a medical doctor previous to starting any form of bodywork regime so as to make certain that there are no contraindications.

Dynamic Spinal Therapy integrates concepts and practices from various schools of bodywork. It depends on the concept of qi or otherwise known as life force, borrowed from Traditional Chinese Medicine. A huge focus of Dynamic Spinal Therapy is the promotion of a healthy and even flow of qi around the body. It likewise relies on traditional Western styles such as Swedish massage to adjust the body physically.

The standard Dynamic Spinal Treatment would last for nearly 40 minutes and begin with an ear reflexology test. The points on the ear are tested and after that the response is noted. The Dynamic Spinal Therapist then uses a particular stylus in order to trace the meridians of the body, searching for spots of weakness or blockages while following the flow of qi.

Following the energy work, therapists then make required adjustments to the pelvis and spine. At first the client will begin face up and afterward the client would 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 supposed to encourage the release of tension, and promote relaxation while realigning the spinal column. There are some therapists who skip the energy portion of the session and concentrate on the bodywork instead.

Customers would normally feel deeply relaxed right after a session of Dynamic Spinal Therapy has ended. With the vigorous stretching and added tension release, the body's posture is supposed to improve. Every so often conditions that lead to soreness and back ache may be alleviated at least partially. Theoretically, regular sessions can keep the customer's energy and body balanced, enhancing general well-being and overall health.

For people who are interested in exploring this particular therapy, Dynamic Spinal Therapists can be located all around the globe. It is wise to ask practitioners regarding how much experience they have and where they took their training. It is even a good idea to understand their specific technique about bodywork in order to be sure that they would be a good match for you. It can take a few sessions before you see results. If you feel your therapist is not the best match or absolutely suitable for you, it may be an alternative to politely ask if he or she can recommend another practitioner.