

The **SpynamicsSacroAligner™** - User Instructions

Based on the Principles of Osteopathy, Physical Therapy and the Dorn Method, using gentle counter-pressure during dynamic (movement) to help the structural system in a better alignment, especially the pelvic girdle, the spine and other joints, we developed special self help – self therapy exercises that enable the patient to do home therapy, a fact that is in our opinion most important and necessary to promote the self healing mechanisms of our body.

It usually takes several weeks or even months for our body to convert the necessary adaptations.

One of these exercises uses a tennis ball that is placed at the lower part of the sacrum, partly replacing the hand of the therapist, while lying onto it and doing certain movements. (visit. www.dorn-method.com self help exercises)

Based on this exercise we developed a self-help tool called **Spynamics Sacro Aligner™**. This tool follows the shape of a normal human sacrum and lower lumbar spine and partly replaces the hands of the therapist.

The **Spynamics Sacro Aligner™** allows self therapy after a professional manual therapy or a self therapy without prior treatment if the problems are not yet too severe.

With regular use, we recommend 2 x daily for up to 10 minutes, the patient can re-align and re-balance the structural system, especially the pelvic girdle, and therefore often achieves or promotes a fast pain relief...

How does it work?

The user simply places his body correctly onto the **Spynamics Sacro Aligner™** with the head of the tool at the lower part of the sacrum close to the coccyx and the humps of the tool at the lower lumbar vertebrae area.

The therapeutic pressure comes from the body's own weight (gravity). The **Spynamics Sacro Aligner™** is like a cradle for the sacrum that elevates the whole pelvis a little.

Now simple movements like an up and down with the legs (from the hip joint), or a rocking motion directed towards the feet and head or a rocking from side to side can be made while the whole body is resting relaxed on the tool. This will gradually and gently guide the sacrum back into its base in the ISJ (Ilio-Sacral-Joint).

Furthermore the stress onto the ligaments and muscles of this area is reduced due to the elevation of the pelvis especially the deep muscles can relax which leads to a fast pain relief.

The **Spynamics Sacro Aligner™** can also be used at other areas of the spine. The head of the tool is placed at the curvature of the lumbar spine (lordosis) so only the humps exert pressure onto the transverse processes of the upper lumbar and lower thoracic spine. Simple movements like boxing towards the ceiling can be made in this position.

This is again done in lying position. During this exercise the spine is elevated, gently stretched and re-aligned.

Then the **Spynamics Sacro Aligner™** is turned around and placed from the top downwards with the head of the tool in the neck curvature (lordosis) and the humps exert pressure at the thoracic spine.

Further the **Spynamics Sacro Aligner™** can be placed at the occiput on the back side of the head and slightly higher, just behind the ears, where it achieves a so called 'still point' which is also used in Cranio Sacral Therapy and Cranial Osteopathy.

The **Spynamics Sacro Aligner™** may be used in standing position while leaning against a doorframe or wall.

The tool is very lightweight and can be brought anywhere easily.

It is a versatile self help – self therapy tool we recommend to all back pain sufferers and to therapists to assist their work and therapy outcome.

Step by step instructions (review) how to use the **Spynamics Sacro Aligner™**: (For more detailed information and photos, video demonstrations etc. please visit: www.spynamics.com)

You need a little space on the floor and best an exercise or yoga mat. Place the **Spynamics Sacro Aligner™** correctly under the sacrum. Rest in this position for a little while with the legs angled or outstretched. Breathe deeply and normal before beginning with the movements.

The first movement is a simple up and down with the legs, from the hip joint, as shown in the brochure and demo-video with angled or straight legs.

After about one minute you can do some rocking movements directed towards the feet and head and form side to side.

Repeat these 3 movements, up and down – towards feet and head – side to side, up to 3 minutes total then rest relaxed with the full body weight for another (up to) 10 minutes on the **Spynamics Sacro Aligner™** with legs angled, outstretched or placed onto a little stool. **Remove the tool and stand up slowly by turning over the side to avoid dizziness!**

You can use the **Spynamics Sacro Aligner™** in other areas as well:

To use it in the upper areas of the spine place the head of the tool in the curve of the lumbar spine so only the humps are pressing onto the sides of the upper lumbar / lower thoracic spine, or you place the head of the tool into the curve of the neck so again only the humps are pressing onto the sides of the thoracic spine. You may change positions careful and slowly to cover almost the whole spine. On each position you can do some simple movements, e.g. boxing with the arms towards the ceiling or gentle rocking motions, to achieve a certain massage effect (like a firm Shiatsu Massage) and to assist the re-alignment of the spine.

On the head you can use the **Spynamics Sacro Aligner™** by placing the humps directly at the occiput or slightly higher so they induce a 'still point'. You may stay up to 10 minutes in these positions if you feel comfortable enough.

Like shown on the spine-model (see brochure or website) place the tool correctly and stay relaxed and breathe normal.

If you need more pressure you can place a book under the **Spynamics Sacro Aligner™**. After the exercises please stand up carefully and slowly to control dizziness.

The **Spynamics Sacro Aligner™** can also be used on a wall or doorframe:

In the sacrum position you can use the arms pressing against the opposite side of the doorframe while swinging with the legs alternate. Slightly higher positioned the body is leaning against the humps of the tool while swinging both arms alternate. The position can be change several times to cover most of the spine.

The **Spynamics Sacro Aligner™** may be used in a sitting position to achieve an upright sitting posture (on any chair e.g. office chair, dining chair, car etc.) or as support while sitting on the floor when doing meditation as alternative to the yoga lotus seat position. The pubic bone area of the pelvis is now gently resting against the head of the tool and the humps are supporting the sacrum and the connected ligaments of the area. This position does not allow the pelvis to slide (rotate) towards the front, therefore promoting an upright position that contributes to an effective pain relief.

Caution: During the first days the body may show some adjustment reactions which can occasionally be a little unpleasant. **This is normally a so called healing crisis and should subside after latest one week. In case of unexpected reaction or if you are not sure please consult your doctor before you continue using the **Spynamics Sacro Aligner™**.**

Pleas give us your feedback after you made some experiences with the **Spynamics Sacro Aligner™**

Thank you

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