



***Move
via your brain***

*Consciously learn how to use
your body unconsciously*

Think, feel and act

Incorrect use of your body can result in complaints such as headaches, neck pain, backache or slipped discs. To address these complaints it is better to tackle the root source rather than engage the symptoms. Dunnewolt balance-therapy will assist you to do this.

Balance-therapy will teach you how to guide your thinking, feeling and acting. You will learn how to use your brain in the right way, enabling you unconsciously to steer your body in the correct manner: awareness of movement. This will ensure torso stability; the basis of a balanced musculoskeletal system.

Balance-therapy will actively train your balance, simultaneously improving your mobility and coordination. You will learn how to feel and process vital information subconsciously, enabling you to tackle the very root source of your complaints and work on a lasting improvement.

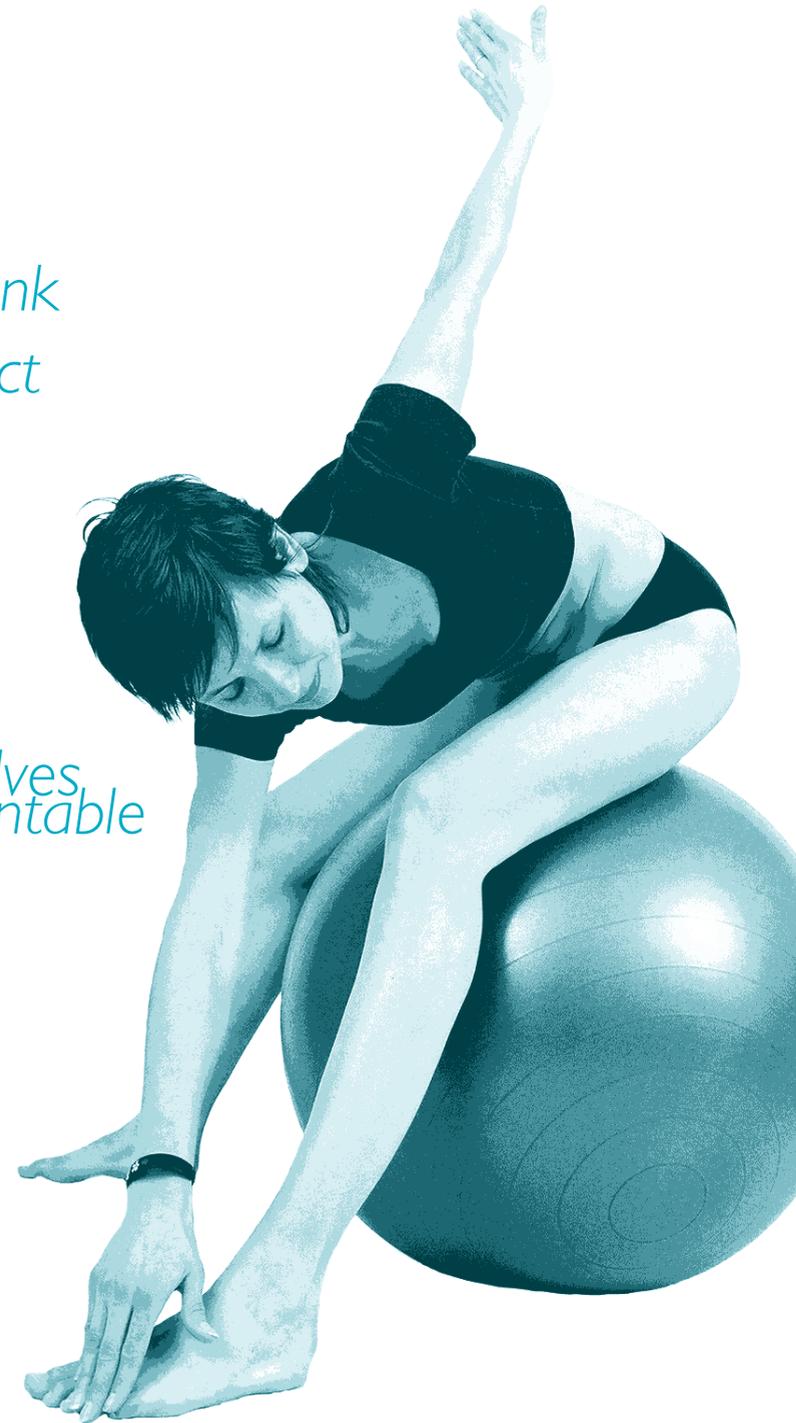
Balance-therapy is suitable for treating various complaints and chronic conditions, including:

- Headaches, backache and neck pain and slipped discs
- Scoliosis
- Pelvic instability and incontinence
- RSI / CANS
- Parkinson's disease
- Multiple Sclerosis (MS)
- Fibromyalgia

In addition to treating complaints and conditions, balance-therapy will also improve sports performances and give you up to 30% more energy in your daily life.

Think
Feel
Act

Brain
Themselves
accountable



Head Center Heels



Solvejg Dunnewolt

Swedish born Solvejg Dunnewolt has been working with balance-therapy for more than 25 years now and has over these years treated many satisfied patients in her practice in Wassenaar. In her experience, balance-therapy will deliver excellent results when complemented with regular physiotherapy. Balance-therapy can also be used by other therapists, including occupational therapists, speech therapists and Mensendieck/Cesar remedial therapists.

Almost everyone who tries balance-therapy will experience from the very first session what it feels like when the body is in balance. This will motivate you to continue exercising until you no longer experience regression. The treatment process used in balance therapy is client focused. You will set your own objectives and take responsibility for achieving these aims. Solvejg Dunnewolt, your practitioner, will give you information and provide skill training and will guide and support you during your improvement process.

The theory behind balance therapy

Balance-therapy has been around for decades and has been successfully used with various complaints and conditions. Balance-therapy will teach you how to (re-)discover your body's correct posture. The premise is simple and clear: The autonomic nervous system regulates your posture without you being aware of it. We can influence this by stimulating the vestibular system. The feeling for movement and posture and the functioning of muscles and joints improve through continuous correction of the body. The basics underpinning balance-therapy are:

Head

Your brain is the central steering system. The vestibular system controls the body and is required to work optimally in order to make an alert relaxed posture possible.

Centre

The centre of your body is required for integrated movement, without overloading other areas of the body. The body centre is located approximately 3 cm below the navel.

Heels

Standing on your heels and then rolling off your feet by way of the big toe will impart a stretching reflex to the neck and shoulders. This will only occur if the heel bone is straight. The heel bone will straighten if there is pressure on the big toe.

The body in a perpendicular line

When head, centre and heels are functioning optimally, the body will have an active balance and stability. The body will acquire a straight perpendicular line. Muscles, skeleton and nerves will be working in optimal harmony, making the body feel like a single unit; a total. Correct body posture leads to various positive results: abdominal breathing > less energy use > improved blood circulation > more self confidence > fewer injuries > a slowing of the ageing process. Taken together, these points form an inseparable chain.

Gives
perpendicular

Discover the strength of correct posture

Balance-therapy will teach you to balance your body and to keep it that way; at work, at home and in your free time. The strength lies in your own experience of the correct posture via the perpendicular line.

Training with a sitting ball and trampoline will improve plasticity and stability. The pelvis, the basis for torso stability, is the focus here. The knees relaxed and the heels on the ground are the starting points for standing and sitting and for abdominal breathing. The spine is in a state of active balance.

Training never singles out one group of muscles, but rather focuses always on the totality. When emphasis is placed on the larger muscle groups (as is the case in fitness centres), totality is lost. This can cause an imbalance between muscle groups (locally) and between different parts of the body (totality). Balanced posture provides excellent support for anyone suffering from pelvic instability or incontinence. Due to the pelvis becoming central in the perpendicular line, the basic tension in the pelvic floor muscles will automatically be restored and included in the totality.

What does balance-therapy cost?

Consultation fees

The fee for a 50 minute balance-therapy consultation (a so called double consultation) is € 60. You can pay this directly after your consultation by cash or debit card, for which you will receive a receipt.

Reimbursement by your insurer

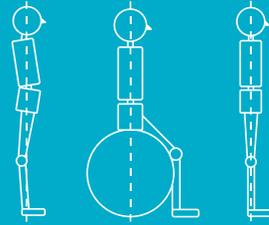
Reimbursement of your consultation (whole or in part) will depend upon your insurer, your care package and your policy excess. We do not have any contract agreements in place with insurers, therefore you will need to contact your insurer to enquire if you are entitled to a reimbursement. Dunnewolt balance-therapy is registered as a physiotherapist under ref. number BIG 69033516204.

Without therapy: watch the ball!

The correct sitting ball can be purchased at balance-therapy Dunnewolt for € 35. The Original Trimiline trampoline costs 165 euro. Without clear instructions on the ball's use and the correct posture, using the ball will be of little value. We would recommend you book a 50 minute consultation.

Abdominal breathing
Core stability
100% Stable





Balance-therapy in short

Balance-therapy is focused on the reorganisation of the body's basic posture by giving movement experiences. The vestibular system and the regulating mechanisms of posture and movement form the key elements. Exercises with a sitting ball or trampoline will activate the vestibular system. This system sends signals to the brain to ensure that your posture acquires an optimum balance without you being aware of it.

Balance-therapy will teach you to feel how you can best use your body: awareness of movement. Via the brain's sub-consciousness you will be made aware of good posture and optimum movement. In short: you will consciously learn how to use your body unconsciously. Dunnewolt balance-therapy is part of regular health care and will therefore be covered by insurers.

Dunnewolt Physiotherapy Practice

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