

Can the Dévény method be used successfully with adults?

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Locomotor disorders (e.g.: rheumatoid and orthopaedic diseases) make tendon movement difficult or in certain cases they even block it, resulting in pathological changes in the muscles and tendon tissues (painful knots, retractions). This unique treatment method does not focus on the painful process of learning the movements and practicing them: instead of this, the Dévény method first applies a manual technique to correct the errors in the connective tissue. After this mechanical obstacle to the movement has been removed comes the second phase of the treatment, active gymnastic exercise tailored to the age and condition of the patient. Excellent results can be achieved with such treatment, for instance in the case of painful shoulder muscle retraction, disorders of the spinal column in the neck and waist area, post-treatment of broken bones and after various operations.