

School for Walking, Munich and also welcome to our practice Rogall & Diercks GbR Physiotherapie und Massage

You can improve your health and your bodily intelligence by taking part in our individual therapies, day courses or training in groups.

Our school for walking and our practice concentrates on your joy in mobility as prevention against pain. We offer also specific therapies for functional problems and pain-relieving treatment for your mobility system.

You will get to know the ingenious construction of your body by learning simple anatomical and physiological basics, the concept of Fuß-Schule München and Spiraldynamik®, yoga and Traditional Chinese Medicine (TCM).

Our work focuses on the good posture in walking, but we also concentrate on training to correct movements and posture in your everyday life.

Realizing the quality of your movements and discovering your ability to coordinate your strength will lead to your well-being and prevent damage to your body.

If you learn how to move properly with specific training, you will be ready to increase your range of movement. You will develop a physical awareness!

For further information about individual therapy, the concept of Fuß-Schule München and Spiraldynamik® and costs click on www.fussschule.com and then on “**Physiotherapie**”. Our courses are presented on “Kurse”. If you click on “Kontakt”, you will find our mail-contact on: info@fussschule.com. You can get background information on our staff by clicking on “**Team**” and “**Link**” informs you about interesting addresses concerning feet and other health treatments.

Have fun and off we go!

School for Walking

“Where your feet can learn how to walk“

Our feet are in many respects a miracle of nature. In their evolutionary course they have developed from an instrument, which grasps and carries things, into an organ of locomotion.

28 bones are connected with 22 joints; over a hundred ligaments support us. 20 muscles with their strong tendons provide the ability to move and give you stability. Numerous nerves make your feet sensitive. With their help you can feel pressure and the stretching of your muscles, tendons and ligaments. Your feet are able to perceive uneven patches; they can distinguish between soft or hard, warm or cold, rough or smooth terrain.

Every day our feet have to carry a thousand tons of weight and during our lifetime we walk about ten thousands of kilometres. Although we mostly neglect our feet, they carry us everywhere and we expect outstanding achievements from them.

Nobody would continue their journey by bike or car with a flat tyre. The majority of grown-ups however, walk lifelong through on flat, hollow or splayed feet or sunken arches.

If your feet walk on their rims, the axis of your legs is put out of kilter, your joints become overstrained and your back, knees and toes hurt. The scalpel threatens. You fight the symptoms but you do not solve the problem. Nevertheless you continue overstraining your feet, not because you lack good will, but because you do not know any better. Small detrimental inclinations over years have enormous effects – as well as does too little exercise.

About a thousand experts integrate the techniques of Fuß-Schule München and Spiraldynamik ® into their work, mainly dancers, pedagogues, physiotherapists and teachers of physical education.

Mobility intelligence as a third factor catches on, following mental and emotional intelligence. You can integrate the new mobility qualities into your everyday life – without needing any additional training. Each movement turns into a personal training progress.

For Articles on our School for Walking click on “Abendzeitung” (pdf), “Neue Post” (pdf), “Gong” (pdf),
Articles on sunken arches and high arches click on (pdf)

Walking-School for Children **“Healthy feet for your child”**

What is true for grown-up feet is equally true for children’s feet. When they are seven years old, children should have developed their feet’s arches and they should have learnt how to walk upright.

The Walking-School for children teaches them everything they should know about walking. Playfully and for the fun of it parents and their children learn about the construction of their feet and how to use them. Thereby they also prevent future difficulties. In individual therapies children with foot problems are able to detect the ingenious construction of their feet.

During the school year 2008/2009 the Walking-School trained at the primary school Ichostraße that was financed by a health project. You can find photos clicking on

www.ichoschule.de

All our Courses are held in German

Day Courses at our Walking-School

with Thomas Rogall

Discover the brilliant construction of your feet:

The masterpiece of evolution is created for lifelong stability – step by step. Chronic overstraining of your feet is the main cause for problems. Try regaining your bouncing elasticity and dynamic stability. Preventative measures for people who walk or/and run a lot and therapeutic measures for people with foot problems.

Costs: 100,- €.

Introductory Courses to Spiraldynamik®

“Healthy feet step by step”

The dates on which courses take place look at the German version of our home page.

Time for Mobility

with Angela Diercks

She will teach you various elements from Iyengar-yoga and stretching. The exercises should preserve our body's elasticity. They should also strengthen your feeling of stability, balance and coordination. Angela Diercks has studied physiotherapy and Spiraldynamik® and will support and correct you individually.

You can get further information from Angela Diercks, Fuß-Schule München.

Methods in Physiotherapy:

Spiraldynamik ®

The concept of Fuß-Schule München and Spiraldynamik ® is an anatomically well-founded concept of therapeutic movement. In simple terms: It is 3-dimensional instructions for your body. Spiraldynamik ® teaches you a lasting and intelligent consciousness of your body. Movement is nature's recipe for your personal health. The other side of the coin: Anatomically incorrect movements lead to chronic damage, whereas almost imperceptible, incorrect weight loading in everyday life can lead to chronic symptoms of overstraining, like muscle tension, pain, limited mobility and premature signs of wear. The answer is: "Anatomically intelligent movement!" Here quality is a decisive factor.

Moving intelligently means: to feel good and prevent damage to your health. It is ideal for all people who love movement. If you would like to get further information, please click on the following file with an article written by Dr. Christian Larsen, co-founder of Spiraldynamik ®.

[Der koordinierte Fuß \(pdf\)](#)

Yoga

The model is the traditional Hatha-Yoga, but it is also connected with the philosophy of the Indian Ayurveda. The antique Indian philosophy does not only aim at the body, but also at the human being as a whole. It helps to develop a feeling for your health, your psychological and emotional conditions and for personal reactions to environmental situations. In the centre of attention is the person's balanced personality.

Difficult positions in yoga will be combined with easily comprehensible dynamic exercises, so that you can develop your ability in coordination. These exercises lead to powerful movements, to intelligent mobility, pleasure and well-being of body, spirit and soul.

Shiatsu (Japanese "finger pressure")

Shiatsu is a Japanese method of massage treatment. Its roots lie in the Traditional Chinese Medicine. It aims at the regular flow of energy, the Chi, along the meridians and in the whole body. The flow of energy is triggered by movement and stretching techniques, and soft pressure with of finger, palm, elbow or knee. Shiatsu takes place on a mat on the floor with a patient dressed in comfortable clothes. As a rule the treatment is experienced as very agreeable, relaxing and healing. Your power of self-regulation is stimulated and strengthened. Welcome to an exciting journey to your body and your spirit!

Foot Reflexology Therapy

The Foot-Reflexology Therapy is a holistic method in order to ease pain in your organs, bones and muscles systems. It has an especially strong effect on a person's mood and it stimulates power of self-regulation. It causes a detoxication of your body via your organs of excretion, i.e. intestine, kidneys, skin and respiration organs.

For further information click on www.fussreflex.de

Reflective Breath Therapy

Dr. Schmitt's Therapy of Respiration offers holistic therapeutic support disturbances of the respiration and mobility system, inner organs, and with neurological and psychosomatic problems. We use manual techniques, applications of warmth and

respiration exercises. Stimulations of the body's receptors influence the rhythm of breathing and achieve an optimal respiratory optimization and movement ability. The result is increased well-being.

Classical Massage Treatment

You can enjoy Classical Massage Treatment for your well-being and/or recognize the cause of tension. Experienced and knowledgeable hands reveal the origins of pain and sickness.

Massage Treatment of the Connective Tissue

is a method that seems to have been forgotten, but is however still a very effective method of treatment. It has its most important effects on the vegetative nervous system that directs our organs, the circulation, blood vessels and all the rhythms of the body. It takes place with the patient is in a sitting position.

Hot Rolls and Frigotherapy

The so-called Hot Roll is an ancient household remedy to apply warmth. It is easy to learn how to use it. The humid heat, that is created by rolled up towels soaked in hot water, lead to a stronger circulation in your skin and in the deeper layers of tissue. It is ideal to dissolve pain caused by muscle tension.

Frigotherapym (Ice) is used with acute inflammatory processes that are characterized by swelling, reddening, heat and pain. With longer lasting illnesses metabolism can be stimulated by using Kneipp applications, which support the healing process.

Lymphatic Drainage

Our lymphatic system is designed for detoxication and purification. The lymphatic drainage stimulates the removal of swellings. Because it involves small circular movements it helps you to relax and this also supports the healing process.

Dorn-Method

The Dorn-Method is a soft treatment of vertebrae and joints. It can be applied to heal illnesses and pains which are directly or indirectly connected with the spinal column. Softly and with feeling, but also in a powerful way, dislocated vertebrae and joints are relocated to their ideal position. Simple exercises at home guarantee a lasting success.

Costs for Private Treatment

of 50 minutes for adults: 60,- €

for children and adolescents 50,- €

We also accept private prescriptions

Register for treatment: Tel. 089/ 62 06 09 06

Fuß-Schule München, Praxis Rogall & Diercks GbR Physiotherapy and Massage

You arrive at **Fuß-Schule München, Giesing, Tegernseer Landstraße 37a, rear annex on the first floor in the backyard between the Tchibo-shop and Apotheke.**

Situated between „Tela-Post“ and „Ostfriedhof“. You get there by either U2 Silberhornstraße, by tramway 15/25 and 27 (three-minute-walk) or by bus 58.

In the backyard there are two specially signed parking places for the clients of Fuß-Schule and Praxis.

Photos of our practice rooms click on [Bilder der Räumlichkeiten \(pdf\)](#)

Our practice rooms can be rented for seminars and workshops. For information about costs and contract click on [hier](#).

Thomas Rogall

born in Munich on 11.01.1961

state-recognized physiotherapist and medical masseur

Spiraldynamik Advanced Level

Head of the Fuß-Schule München

Member of staff in the Praxis Rogall & Diercks GbR Physiotherapie und Massage

Lecturer for Basics in Medicine at the E.S.I München

(Europäisches Shiatsu Institut) und bei

CITA-München (Centrum für Integrale Tanz- und

Ausdruckstherapie/Coaching)

Lecturer at the VHS (Volkshochschule) Buchenried and at the E.S.I Vienna

Angela Diercks

born in Rendsburg/Schleswig-Holstein in 1964

state-recognized physiotherapist

Member of staff in the Praxis Rogall & Diercks GbR Physiotherapie und Massage

Yoga and Pilates trainer, Shiatsu-therapist, foot-reflex-zone therapist,

Spiraldynamik Advanced Level

Dorn-Therapy

freelance lectures and seminars in Munich and Melbourne

Lecturer for Basics in Medicine at the E.S.I München

(Europäisches Shiatsu Institut)

Karen Janker

born 1968 in Hamburg

freelance staff-member of the Spiraldynamik-Fuß-Schule

Director of the Fuß-Schule for Children

Teacher for Dance and Gymnastics for Dancers after finishing her studies in dance and pedagogy at the Lola-Rogge Schule in Hamburg.

Studies in contemporary dancing techniques as a guest student at the Dance Centre Iwanson and contracts

at the Opera houses in Hamburg and Munich

Member of Tanztendenz e.V. and Tanzmedizin e.V.

Head of "Zertifikat Tanzmedizin"

Spiraldynamik Advanced Level

Dana Hermer

born in Leipzig in 1981

state-recognized physiotherapist

freelance member of staff in the Praxis Rogall & Diercks GbR Physiotherapie und Massage

Spiraldynamik Basic Level

Therapist for Reflectory Respiration Therapy

Therapist for Bobath (adults/Basic Level)

Foot-reflex-zone therapist

Dorn-therapist

Nicole Lojewski

born 1976 in Augsburg

Ergotherapist

freelance member of staff in the Praxis Fuß-Schule
focus on working with children

Spiraldynamik Advanced Level

Foot-reflex-zone therapist

works in the practice for

"ambulante neurologische Komplexbehandlung und Nachsorge Prof. Fries"

München-Pasing, Teilhaberrehabilitation