



## ANINA BRUNHART

I grew up in Obwalden in an old house, very connected to nature, and spent my entire childhood and school years there. During secondary school, I got to know and appreciate physiotherapy through my own experiences. I completed a trial week and from then on, I knew I wanted to become a physiotherapist.

In Landquart, I found a training position and completed my physiotherapy education from 2000 to 2005. Afterward, I moved back to Obwalden for another two years to work in the practice where I had done my trial apprenticeship.

In the fall of 2007, I returned to the Rhine Valley and worked for four years in the Principality of Liechtenstein, where I started a family and primarily focused on my children and household tasks. I greatly enjoy my two children who were born in 2011 and 2013.

During this time, I took on various substitute positions. From May 2015 to November 2016, I worked part-time in a practice in Buchs. In February 2017, I successfully completed my training as a Dry Needling Therapist.

I have intensively studied manual trigger point therapy and dry needling. I find the painful points in the muscles very fascinating, along with the symptoms they can cause, and how targeted therapy can alleviate them. I am always pleased when I apply this therapy to people and can experience how I can reduce pain and resolve functional disorders.

Since the end of November 2023, I hold the qualification of Dipl. Spiraldynamik® Specialist Level Intermediate MED. Spiraldynamik primarily focuses on a three-dimensional anatomically-functional movement and therapy concept. (See Therapy Offer SPIRALDYNAMIK® – [www.spiraldynamik.com](http://www.spiraldynamik.com))

I am very happy that, alongside my children, I can now practice my beloved profession here since January 2018. Being able to work and exchange ideas in the interdisciplinary team at Chiropractic Bad Ragaz is a great enrichment for me.

