



Complementary Therapy Project

Bowen Technique

What is the Bowen Technique?

A non-invasive physical therapy using very gentle and subtle soft tissue manipulation. Bowen works on precise points of the body across muscles, nerves and connective tissue, realigning and restoring balance to muscular-skeletal structures and organic systems. Bowen is a gentle therapy and suitable for all ages.

What does the treatment involve?

Each treatment usually takes about 45 minutes, mostly working through light clothing.

A unique feature of Bowen therapy sessions are the frequent pauses when the therapist leaves the room. This allows the body to respond and enables the healing processes to begin to work. The client is left to rest at the end of treatments for the same reason.

- As it is difficult to be sure of the exact origin and cause of pain, the whole body is usually treated on the first visit – including back, shoulders, neck and knees.
- Often there is rapid and dramatic improvement, for example, in back pain or shoulder mobility.
- Often, improvements may not be felt until a few days after the treatment (apart from a deep sense of relaxation) when the patient might notice an absence of discomfort as if the problem has 'gone away by itself.'
- Often there may be unexpected improvements in areas unrelated to the original reason you approached the therapist.

The Bowen Technique is not necessarily a long-term program. Often two or three treatments, scheduled about a week apart, can be sufficient to achieve lasting relief from even long-standing pain. However, in some cases, further treatments may sometimes be required.

What to do during a course of treatments:

Other physical or manipulative therapy should be avoided just before, between and for about a week after Bowen Therapy. This is because Bowen Therapy initiates a cascade of changes within the body, which continue for several days after the sessions. If the body is overloaded with messages the subtlety of the treatment could be interrupted.

How does the therapy work?

The Bowen Technique is not massage. The practitioner uses thumbs and fingers in gentle rolling movements across muscles, nerves and connective tissue. These gentle yet powerful moves send messages to the brain resulting in immediate muscle relaxation

This important capacity to stimulate an overall sense of deep relaxation and the regular pauses during the treatment allow the body to absorb the information. The healing process then begins, allowing the body to find its own natural balance.

What can Bowen therapy treat?

Bowen therapy helps to promote healing, pain relief and recovery of energy – treating the whole body rather than a specific condition or disease.

Conditions it is suited to treating include: • back pain • sciatica • shoulder and neck problems • RSI • tennis elbow • knee and ankle problems • injuries from sports and accidents • asthma and other respiratory conditions • chronic sinusitis • headaches and migraines • chronic fatigue • emotional problems • stress • hormone irregularities • digestive and bowel problems • kidney problems • problems related to lymphatic drainage.

For more information about the technique see the European College of Bowen Studies website:
www.thebowentechnique.com

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