

The Bowen Technique

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The Bowen Technique is a gentle, “hands-on” therapy used to relieve musculoskeletal pain and relax the nervous system.

Treatments consist of a series of precise movements over various structures of the body (e.g., muscles, nerve plexuses). Sessions are generally 30 to 60 minutes long, repeated at five to ten day intervals (seven days being considered optimal). Treatments can be performed through light clothing. Conversation and other distractions are avoided during treatments, and often the clinician will leave the treatment room during natural breaks in the protocol to allow the patient the opportunity for complete relaxation.

Although the number of sessions required will vary depending on the condition treated, patient lifestyle and other factors, benefits are generally noted within two to four treatments. Rarely an aggravation of symptoms occurs, but will pass within a few days. The Bowen Technique is safe to use with newborns, the elderly and during pregnancy.

TREATMENT AFTERCARE

- Ensure adequate hydration (a general guideline is 2 L water daily)
- Stand and sit with weight evenly distributed on the feet for the remainder of the day following treatment
- Ensure gentle movement every 30 minutes for the remainder of the day following treatment
- Avoid use of other therapies for at least one week following treatment
- Avoid aggressive contraction of the muscles, particularly the muscles that were subject to treatment (e.g., strenuous exercise, ice packs) for at least one week following treatment
- Avoid aggressive relaxation of the muscles, particularly the muscles that were subject to treatment (e.g., very hot baths, massage) for at least one week following treatment

REFERENCES

Rentsch E, Rentsch O. Bowtech: the Bowen Technique: a training and instruction manual. Hamilton Victoria (AU): Bowtech Pty Ltd; 1997.