

BLUFFER'S GUIDE: THE BOWEN TECHNIQUE



RELAXING: The Bowen Technique helps sports injuries

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What is it?

The technique was developed in Australia in the Fifties by chiropractor Tom Bowen.

It is a gentle, hands-on, complementary therapy which, it is claimed, sends impulses to the brain to trigger the [body's](#) own healing mechanism.

Therapists apply very gentle pressure to soft tissue at key points on the body to support and boost the body's own ability to naturally rebalance and heal itself.

There is no manipulation and the treatment is so light and relaxing that it is safe for all ages, from [newborn](#) babies to the elderly.

What are the benefits?

Therapists claim musculo-skeletal pain such as back pain, tennis elbow, sporting injuries and arthritic pain respond well to the therapy as can respiratory problems and some digestive disorders.

The technique is also used in some children's clinics to help overcome conditions such as attention deficit hyperactivity disorder (ADHD) and learning difficulties.

Many proponents have reported [feeling amazing](#) benefits after just one session and therapists claim that in some cases long-standing pain can be relieved in three to five sessions.

What Is involved?

The therapist uses his or her thumbs and index fingers to make light rolling motions over specific points on the body.

You can sit or lie down to have the treatment which can be performed through light [clothing](#).

There is no pulling or cracking of joints but rather a sequence of very precise and gentle moves over muscles and soft tissue, with frequent periods of rest that allow the [treatment](#) to be absorbed.

Each session lasts 30 to 45 minutes.

What's the cost?

Expect to pay about £30 to £40 for the first session with subsequent sessions costing about £25 to £35.

CONTACT

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