

BOWENWORK (THE BOWEN TECHNIQUE)

Client Instructions

Bowenwork is a specific series of muscle and connective tissue moves designed to release restrictions and initiate the healing process. Bowenwork addresses every system in the body: joints, musculoskeletal, circulation and internal organ systems. The gentle moves send powerful neurological impulses to the brain. The brain processes the information and realigns the body. Respecting this feedback loop is essential for allowing the body to restore its natural balances. For this reason, clients are asked to avoid other types of bodywork for a short time, because they may stop the process the body has started. You may notice changes taking place throughout your body over the next week. You can maximize this process by following the instructions below.

Before Session

- There should be at least 2 days before, and 5 days after other forms of bodywork and a Bowenwork session.
- Avoid caffeine prior to your session; after all, you're here to relax.

Day of Session

- Wear loose, comfortable clothes.
- No heating pads or ice packs.
- Avoid strenuous exercise the day of and the day after session.
- If you are worked on for low back pain or have the pelvic procedure done, do not sit for more than 30 minutes at a time without getting up and going for a short walk. This includes driving (pull over, walk around the car) or sitting at a desk. When you stand up from sitting, including arising the next morning, get up putting both feet on the floor at the same time.

During the Following Week

- Avoid all other forms of bodywork: massage, acupuncture, physical therapy, magnets, etc. for at least 5 days after your Bowenwork session.
- Drink lots of water (2-3 quarts per day, spaced throughout the day).
- No heating pads or ice packs or hot tubbing.
- Take a 10 – 20 minute walk each day: this will help integrate the changes your body is undergoing.

Follow-Up

- Return in about a week for a follow up session to stabilize the new patterns initiated by the first session and to build on the progress.
- Your practitioner will discuss your individual situation for any additional sessions (if more are needed).
- Once your condition is resolved, you may choose to schedule occasional "tune-up" sessions for stress relief, muscle tightness, or other problems you may experience.
- If you have a chronic, long-term problem, you may need regular sessions over a longer time period.