

Bowen Technique

What is Bowen technique

Bowen technique is a soft tissue remedial therapy that involves the therapist using fingers or thumbs to move over muscle, ligament, tendon and fascia in various parts of the body.

The main feature of Bowen technique is that between sets of moves the therapists will leave the room and allow the patient to rest. This is a key element of Bowen and is a defining aspect of the technique. The break is believed to allow the body the opportunity to create a decision about what action needs to be taken in response to the moves given.

A Bowen technique session

In a typical session, the practitioner will initially address the whole body. As a general rule, moves will be made over the lower and mid back and legs, the upper back and shoulders before finishing with neck moves.

Each session will vary according to the skill and experience of the therapist, as well as the presenting problems of the client. Aftercare advice may then be given to each patient and may emphasize the importance of movement, the drinking of water and the return for further treatments.

How Bowen technique may help

The most common presentation is back pain, however Bowen addresses the whole body and conditions including frozen shoulders, neck pain, hay fever, asthma and migraines.

Choosing a practitioner

It is important to choose a qualified practitioner who has undertaken all the necessary training to understand the theory and practice of Bowen technique.

The Complementary and Natural Healthcare Council (CNHC), which is supported by the Department of Health, can help when choosing a practitioner. We ensure that all Bowen technique practitioners on our register have trained to the national standards of practice in the Bowen technique. The CNHC has established a voluntary register for complementary healthcare practitioners who all meet the required levels of competence and practice.

Further information and registered practitioners can be found on the CNHC website www.cnhc.org.uk or by contacting the Bowen Forum at www.bowenforum.org.uk.