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### **Bowen therapy: Treating acute and chronic musculoskeletal discomfort effectively and gently**

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**B**owen Therapy was developed in the 1950s by Mr. Thomas Bowen, in Australia. Bowen Therapy is an effective, gentle, non-invasive body therapy. Anecdotal evidence abounds with case studies of the relief people of all ages have obtained through accessing Bowen Therapy to improve their health and well-being. Musculoskeletal issues respond particularly well to Bowen Therapy, whether they be acute or chronic conditions.

One of the reasons for this is that nothing in Bowen Therapy is forced. The gentle moves performed are to stimulate healing, not to repel. Bowen Therapy has often been referred to as the 'homeopathy' of bodywork. This comparison is made due to the 'less is more' approach when working with clients. Essentially Bowen Therapy works holistically on the fascia (connective tissue) of the body. It aims to treat the cause of issues, not the symptoms. As every part of the body, muscles, organs, skin and tendons etc are connected by fascia, when a Bowen Therapy 'move' is used the fascia relaxes and moves more readily, therefore enabling the body to be more at ease. The body is then able to move from a sympathetic to a parasympathetic state and as a result, is able to

begin the healing process. An excellent example would be the 65-year-old man, with years of pain in the lumbar region due to herniated disc causing compression of nerves along with severe arthritis diagnosed in early 2014. He had been prescribed Lyrica and Tramadol. He presented for Bowen Therapy in July 2014. By the fourth Bowen Therapy session, he had reduced his Lyrica by half and by the fifth session he was no longer taking the Tramadol. After three more sessions, he was not taking any prescribed medications and was only taking Glucosamine. Now four years later he has a Bowen Therapy session about once a year and takes paracetamol occasionally if he feels he needs to.

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