



The Bowen Technique Client Instructions

The Bowen Technique is a specific series of muscle and connective tissue movements used to treat a wide range of musculoskeletal problems and sports injuries, as well as other conditions such as asthma and hay fever. These gentle, yet powerful moves, send a neurological impulse to the brain which help realign and restore balance to the muscles, joints, and nerves. Many of the moves are located along acupuncture meridians or on specific points that are known to stimulate and balance the body's energy. You may notice changes taking place in your body over the next one to four days.

The following instructions, if followed, will increase the effectiveness of the Bowen treatment.

On the day of treatment:

Do not sit for more than 30 minutes at a time without getting up for a short walk. If driving, stop every 30 minutes and walk around the car.

No hot baths, heating pads or ice packs. A brief shower is acceptable.

Strenuous exercise should be avoided. Gentle exercise such as walking is acceptable.

During the following week:

Homeopathic medicines are OK.

No massage or treatments involving adjustments, physiotherapy, hot or cold packs, or acupuncture.

When getting out of bed, chair, or car seat, take your weight evenly on both feet, versus one foot at a time when you stand. This helps to maintain the balancing effect the treatment has on the body.

Drink plenty of water. Preferably a minimum of $\frac{1}{2}$ cup every hour or half your body weight in ounces daily.

Call me if you have any questions about the process your body is undergoing.

Recommended follow-up treatment:

Return in 7 days

Return in _____