



## What To Expect After Bowen Therapy

**The technique addresses every system in the body:** internal organ systems as well as the musculoskeletal and nerve structures. The Bowen moves stimulate neurological impulses to the brain, which take time to process an aligning of the body. Respecting this process is essential for allowing the body to restore its own natural balance. Bowen Therapy will continue to process over the next several days. Following the instructions below will allow this to proceed unhindered.

**Common reactions to the treatment are:** Feeling amazingly better (try not to overdo it if this occurs). Feeling unbelievably tired (rest as your body is in a healing state). An increase of pain to your areas of concern: This is because some inflammation was protecting the areas of concern and the treatment has had an overall de-inflammatory effect. Most people require a few visits to cement the benefits to the treatment and most people do well to have a few weeks off once things begin to improve, this allows your body the healing time necessary and gives a sense of the time frame for follow up visits.

### On the Day of Treatment:

- Try not to sit for too long without getting up and walking a few steps. Even when driving – stop and walk around or run an errand. Lay comfortably and rest, without having to get up.
- Standing and rising. Sit with your weight evenly distributed on your feet so as not to place strain unevenly in your lower limbs, low back and hips.
- Strenuous exercise should be avoided immediately after Bowen therapy. Gentle exercise, walking or gentle swimming is fine. For athletes on schedules of exercise try and limit as much as possible exerting those areas of concern that have received treatment – They need time to heal.
- Drink good water, to help the body expel its waste products.
- Avoid hot tubs, heating pads or ice packs. A brief, warm shower is acceptable. Avoid any selfapplied physical therapy unless you need to manage acute pain.

### During the Following Week:

- Avoid massage, chiropractic adjustments, acupuncture, physiotherapy, hot tubs, hot or cold packs, or even long periods in a dental chair. (It is not because these are not of value; it is because you need to know the effect of each).
- Continue to drink a high quality water such as Fiji.
- A gentle walk each day is recommended. Additionally, a gentle walk each time pain is present. Do continue to take medications that you were previously using and consult the prescribing physician for advice about them.
- Please call us if you have any questions about your progress.

### Recommended Follow-up Treatment:

Once your condition is resolved, you should schedule Bowen Therapy treatments either for maintenance and certainly when needed.