

THE BOWEN TECHNIQUE

With back pain now one of the major reasons for visits to the GP, it's great that a treatment is available that is fast, pain-free and doesn't involve any manipulation.

Australia has been the birthplace of a number of revolutionary physical therapies in the last 60 years, but The Bowen Technique must be one of the most extraordinary. Developed by Tom Bowen in Geelong, South Australia, the technique involves a series of gentle rolling moves over connective tissue with frequent pauses which help realign the body, stimulate energy flow and balance the body at a cellular level. Making use of the body's own ability to heal itself achieves an holistic balance, embracing the client's physical and emotional aspects.

NATURAL GIFT

Certainly the technique frequently works very quickly. Tom Bowen himself was extremely busy in his clinic, as was verified by the 1975 Victorian government inquiry into alternative health care professionals. The study documented Bowen seeing some 13,000 clients per year as assessed over a 27 week period. Considering treatments were seven days apart and most people needed only two or three treatments, that was an amazing number of clients per year.

Tom Bowen discovered that he had a natural gift for healing after brief medical training and service in the second world war and developed the technique over a number of years up to the time of his death. In 1974, whilst attending a health conference in Adelaide, he was introduced to massage therapist Oswald Rentsch, Rentsch knew nothing of Bowen's work and spontaneously asked if he could train with Bowen, he was invited to Geelong by Tom and spent 30 months studying and learning Tom Bowen's skills.

Bowen had no time to document his work and eventually gave Oswald and Elaine Rentsch permission to record his technique. They were able to introduce Bowen's healing technique in their own clinic in Hamilton, Victoria, but, at Bowen's request only started to pass the knowledge on to others after his death in 1982.

EXCELLENT REPUTATION

It is misleading to think that the Bowen Technique is just good for back pain. Certainly it has an excellent reputation for treating it, but it also seems to be very affective for Asthma and other respiratory conditions, frozen shoulders, headaches (migraine & sinus), knee and hip restrictions, pelvic imbalances and muscular conditions and many others.

Many IPTI members are Bowen Technique practitioners, if you require further information then contact The Bowen Association UK at www.bowen-technique.co.uk call them on 01205 319100 or if you are more traditional you can write to them at The Bowen Association PO Box 210, Boston PE21 1DD.