

BOWENWORKS

Eighth NEWSLETTER

Autumn 2006



Clinic News

After the closure of Napiers Clinic at Culpeper, I had to look for another clinic that would be suitable and within central London. I have now found one based in the very heart of Covent Garden which is called: The Meeting Rooms (part of the Walkin-Backrub) Neal's Yard (not to be confused with Neal's Yard therapy rooms or shop) Covent Garden.

The clinic will run on Thursdays from 5th October 1pm-7pm. Bookings can be made through me by email, the website or simply by phoning.

Fee Revision

From 1-10-06 fees will be as follows:

Bowen Therapy:

Camberwell: £40

Home Visits: From £50

Covent Garden: £50

Some discounts for children, students and OAPs

Life Coaching:

Camberwell: £70

Covent Garden: £80

Any existing client who refers me two new clients or more who book treatments will receive a free treatment themselves!

Pain Management Course

Throughout September I have been attending a Pain Management Course at Guys and St Thomas' Hospital in London. The course, called INPUT is a residential course where patients learn to manage chronic pain. Patients learn relaxation techniques and Cognitive Behavioural Techniques to manage their pain and follow a carefully structured exercise plan to increase their range of movement, as people with chronic pain often reduce their exercise and movement in response to pain. Patients also learn how to 'pace' activities – such as sitting, standing, walking etc and are generally shown how to cope with their pain whilst 'getting their lives' back. Some of the skills I learned on the course will be invaluable to me as a therapist and I hope that I will be able to pass them on to you.

Chronic pain is defined as pain that has lasted longer than six months. Do you think that this is you? Have you got a pain condition? Of course Bowen might help, but if you are interested in attending INPUT, which has an international reputation, then your GP, or even myself can refer you to the programme. There are two and four week programmes and once a month INPUT holds an open afternoon. For more information visit:

<http://www.inputpainunit.net/>

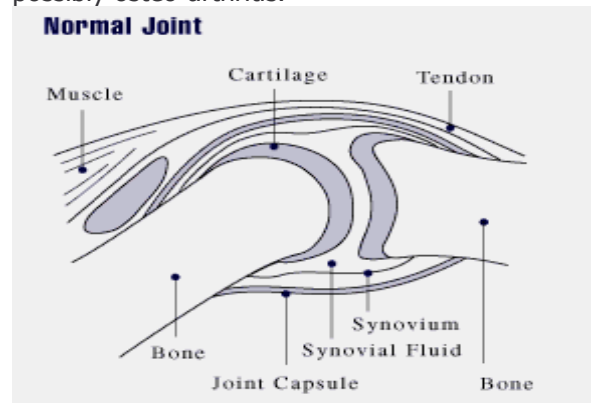
Focus on 'Noisy Joints'

People are often very concerned about the noises that their joints make and in particular, whether the noises are harmful.

The simple answer to this is no. There are two different sounds that might be heard; the creaking sounds of the knee or neck for example are really just the sound of the joint capsule lubricating the cartilage so that the joint moves smoothly. The other sound which is more like a popping sound – for instance in the hip or shoulder is just a ligament that has 'jumped' across the bone. Again, this is not harmful.

When an osteopath or chiropractor make you click or pop they are just releasing gas in the joint. Just give your fingers a sharp pull – you might hear them click. That is the same sound and sensation.

Finally, some people who have a particularly clicky joint; for example a finger, like to pop it often sometimes to annoy other people. This is OK to do now and then, but it is best not to do it too often – think of what happens when you over-scratch your skin. Eventually it will cause some wear and tear, or possibly osteo-arthritis.



National Back Pain Week

As part of National Back Pain week, which is 16-21 October 2006, I will be giving **50% off one Bowen treatment taken during that week**. If you need a treatment, then please take advantage of this offer. This offer will be open to new patients as well. I am a professional member of 'Backcare'.



2006 Bowenworks Clinic Schedules:

Day	Clinic	Contact
Wed	Home Visits or Camberwell SE5	07947 475082
Thursday	The Meeting Rooms Neal's Yard, Covent Garden	07947 475082
Friday	Camberwell, SE5	07947 475082

Isobel Knight

07947 475082

www.bowenworks.org/www.lifecoachtrainer.com