

BOWENWORKS 13th NEWSLETTER Autumn 2008

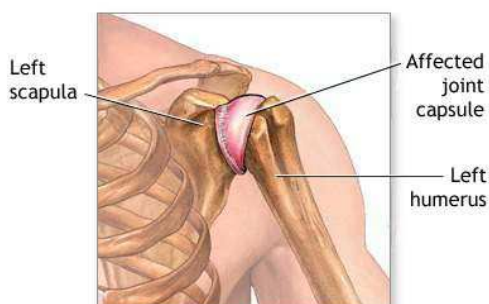
Bowen for Shoulder Injuries

When you ask people about Bowen for the first time, the chances are that they may well have heard about its success with shoulder injuries by way of an introduction to the therapy. This is indeed true, and an academic study was done about the use of Bowen Technique for Frozen Shoulder Injuries at The University of Lancaster, led by Dr Bernie Carter. The study, which can be found on my website (on the News Page) reported that, *"Bowen gave an overall 70% improvement in terms of shoulder mobility"*. This is indeed an impressive result, and for the majority of the participants a good outcome in what can be a long-standing condition.

Frozen shoulder is characterized by pain and loss of motion or stiffness in the shoulder.

The causes of frozen shoulder are not fully understood. The process involves thickening and contracture of the capsule surrounding the shoulder joint. Pain due to frozen shoulder is usually dull or aching. It can be worsened with attempted motion. The pain is usually located over the outer shoulder area and sometimes the upper arm.

The hallmark of the disorder is restricted motion or stiffness in the shoulder. The affected individual cannot move the shoulder normally. Motion is also limited when someone else attempts to move the shoulder for the patient.



ADAM.

I am happy to give formal/informal talks with practical demo on Bowen. Please ask me!

Masters in Dance/Sports Science

In September 2008 I am starting a Masters in Dance Science at Laban (Contemporary Dance School) which is affiliated to City University.

The course, which includes modules on anatomy, physiology, biomechanics and psychology is about injury prevention and safe dance practice.

I am very interested in working with dancers, especially classical ballet dancers, and the acute injuries sustained by dancers.

The Bowen Technique is as yet under-documented in research terms. To improve my chances of using Bowen to help dancers, it will be necessary to demonstrate why it is a good alternative therapy to physiotherapy or osteopathy through a scientific research approach. It is therefore extremely likely that my MSc thesis will involve the efficacy of the Bowen Technique in treating dancers with acute injuries.



2008 Bowenworks Clinic Schedules:

From September 2008, Clinic will now on a Sunday from 12-6pm, with occasional Monday clinics running 11am-5pm

Prices to be held at 2006 levels!

*Clinic – The Meeting Rooms
14 Neal's Yard
Covent Garden, WC2 9DH*

For further details and the latest information please look at my website:

www.bowenworks.org

Isobel Knight
07947 475082