

BOWENWORKS

13th NEWSLETTER

Autumn 2009

Clinic Schedules and Charges

The past twelve months has been very busy for me professionally and I have been undertaking an MSc in Dance Science & Medicine and developing my expertise in working with dancers. To that end I have decided to make some changes to clinics, and with regret, an increase in charges.

I will no longer be continuing to practice at Covent Garden partly due to clinic changes there, and a limited availability. I will therefore mainly be practising from my home in the (nice!) part of Peckham. My main clinic day will be Wednesday and some evening appointments and occasional weekend appointments will be available.

I am also going to be treating patients on Wednesdays at Laban Health in Deptford, mainly treating dancers.

My clinic charges (from home) will now be as follows from 1st September 2009:

£45 for adults

£35 for full-time students/OAPS (off-peak hours)

£30 for children (5-18)

£15 for babies/children under 5

Adults – Special Rate!!!
3 treatments for £120
(save £15)

Cancellation Policy

There are still some people who have no respect for my time or other patients awaiting treatment. From 1st September all new patients will be required to pay in advance of their first and subsequent treatments before they will be seen. This is now becoming standard practice in many complementary health clinics. If you do not give most professional practices (e.g. dentists) 24 hours notice of a cancellation, you are charged. I am sorry to implement this policy, particularly to people who do behave in a considerate manner. It is not a

decision I have taken lightly. Patients will have the choice of paying by BACS into my account or by cheque.

Should I ever give my patients less than 24 hours notice, they will be given a free treatment.

Joint Hypermobility Syndrome

I have a particular interest in treating patients with Joint Hypermobility Syndrome (JHS). JHS is a hereditary, systemic and symptomatic connective tissue disorder¹. People can have hypermobile joints such as the one in the figure below, but they may not have any symptoms or pain at all. People who have JHS often experience pain because of their tissue laxity and may experience fatigue, poor joint proprioception and a range of other symptoms. JHS is a poorly diagnosed condition with only one in 20 being correctly diagnosed. JHS is diagnosed by a Rheumatologist, but Bowen can help with the joint pain, fatigue and often soft-tissue complaints (e.g. tendonitis) that are related to the condition. I have recently conducted research into dancers who have JHS and I am interested in treating people who are hypermobile. Please contact me for further information, or visit the Hypermobility Association website <http://www.hypermobility.org/>



Figure 1: Hypermobile Elbow Joint

Refer a patient to me offer:

Refer a new patient to me and get a £15 discount for your next treatment.

Remember that regular Bowen MOTS will help you feel healthy, energetic and well!

¹ Grahame R. hypermobility and hypermobility syndrome. In: Keer R, Grahame G. *Hypermobility Syndrome – recognition and management for physiotherapists*. Philadelphia, PA: Elsevier.,2003, pp.1-15