

Bowenwork[®] at Swedish

What is Bowenwork and what are the benefits?

Bowenwork is a gentle series of precise rolling motions over muscle and joints to promote reduction of pain and muscle tension. Each movement or series of movements is done to stretch muscle and elicit a nervous system response, ideally resulting in increased range of motion, relaxation and pain reduction. Once the neuromuscular system has been activated, positive changes may occur to musculoskeletal, respiratory and lymphatic systems.

Bowenwork is appropriate for people with conditions including:

- Chronic pain
- Fibromyalgia
- Chronic stress and fatigue
- Insomnia
- Overuse injuries
- Neck and back pain
- Headache/migraines
- Sciatica
- TMJ
- Shoulder impingement
- Pelvic pain

What to expect during a Bowenwork session?

Occupational therapists and physical therapists, who have a special interest in Bowenwork, are the professionals at Swedish who provide treatment using the Bowenwork technique. Bowenwork begins after a comprehensive therapy evaluation and treatment plan. Each individualized treatment session lasts about an hour. Typically, Bowenwork is performed over skin and received while lying on a mat table but alternative treatment positions may be utilized. The therapist performs a series of movements followed by a short rest period. This pause following Bowen-work allows the body to respond to the stimulation before an additional series of movements. Some patients notice improved range of motion, reduction in pain and improved sleep after Bowenwork and it is typical for improvement to continue over the next five to seven days. A home exercise program will also be provided with recommendations to participate in a gentle conditioning program.

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