

**Bowen** therapy is a form of bodywork or touch therapy. It involves gently stretching the fascia, the soft, fibrous tissue that covers all your muscles and organs, providing pain relief and relaxation. Bowen therapy is a type of myofascial release. It's considered a complementary or alternative treatment.

Using a precise and gently rolling technique over muscles, tendons and ligaments, along with surrounding the fascia and skin. The idea is it reduces pain, tension by stimulating the nervous system.

Bowen was created by a non-medical practitioner, Thomas Ambrose Bowen (1916-1982 in Australia). He felt this system could reset the body's pain response.

Bowen therapists believe this therapy acts on the autonomic nervous system. It is thought to decrease the sympathetic nervous system (fight/flight response) and lower it to the parasympathetic nervous system (rest and digest).

While research has not yet confirmed this, many practitioners and clients have given anecdotal benefits. Yet people continue to seek out this therapy for a wide range of issues.

Conditions often addressed by Bowen therapy:

- Frozen shoulder
- Headaches
- Neck /Back pain
- Stress
- Fatigue
- Anxiety
- Stiffness and reduced range of motion

More research is needed on the long-term effects of Bowen and perhaps more on why it works. But for those who have tried it, most report change in symptoms and more importantly feeling very relaxed and softer after.



Similar treatments:

Massage  
Nervous System Reboot/Somatic Exercises