

## Where can I learn more about Bowenwork?

The Bowenwork Academy USA

<http://bowenworkacademyusa.com/>

Bowtech - The original Bowenwork Technique  
from Australia

<http://www.bowtech.com/>

Please consult with your healthcare provider  
before starting any complementary therapy.

# Bowenwork

## An Overview



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## What is Bowenwork®?

**Bowenwork® is a form of touch therapy that consists of gentle hand movements over muscle to stimulate the underlying tissue or fascia.** The precise movements gently stretch the muscle and tissues, rolling skin over the muscle from one side to the other. **These moves initiate an energetic impulse that is believed to create a series of cellular and muscular responses that ultimately stimulate the nervous system, including the brain. Once the brain receives these signals, the nervous system sends messages to reset or restore normal function.**

The series of movements performed during a Bowenwork session are firm enough to move the fascia, a sheet of fibrous connective tissue that surrounds and binds together muscle, organs and other soft tissue structures that lie under the surface of the skin. Although the movements are also mild enough to be painless, they do elicit a series of energetic impulses that realign the microfibers that constitute the body's nervous system.

## Why should I use Bowenwork®?

Although there are very few studies about the effects of Bowenwork®, the therapy is gaining recognition by health care providers throughout the world for its use in treating:

- chronic and acute pain, particularly sciatica, back and neck pain, joint pain, and fasciitis
- joint dysfunction and reduced mobility
- headaches, including migraines
- gastrointestinal disturbances
- infertility and other reproductive issues
- breast tenderness
- lymphedema

**Cancer survivors have found Bowenwork® to be particularly helpful when trying to manage the symptoms associated with chemotherapy (GI disturbances, headache, muscular aches and pains) and surgical complications (lymphedema, impaired mobility, and joint tenderness).**

Bowenwork also appears to have a positive effect on fatigue and stress because of its calming influences on the nervous system.

## Is Bowenwork® right for me?

**The number of Bowenwork® sessions needed is dependent on your condition, but chronic conditions may take between 4 and 8 sessions over several weeks to manage.** Usually you will be asked to wait approximately 1 week between sessions to allow your system to re-set. **The average cost for each session is between \$45.00 and \$75.00.**

**Bowenwork may be performed through light clothing. While treatment sessions usually take place lying on a treatment table, Bowenworkers are skilled in accommodating special needs and will work with you to provide the session comfortably.** No special oils or lotions are used during Bowenwork sessions.

## How do I choose a Bowenwork® provider?

**Bowenwork® originated in Australia in the 1950s from the teachings of Thomas Bowen. Oswald Rentsch, one Bowen's students, developed a series of notes and techniques which have since been standardized into the Bowenwork® educational and certification program.** These precise movements are taught by registered Bowen Therapy Academy of Australia (BTAA) instructors in a series of basic and advanced courses.

**In the U.S., the Bowenwork Academy USA (BAUSA) is the only organization recognized to teach and certify Bowenworkers in the technique.** This academy maintains academic programs as well as a registry of providers who meet the standards of the Bowen Therapy Academy.