

# What is Bowen Therapy?

**This factsheet is for guidance only and has been produced with assistance from healthcare professionals**

Bowen is a gentle therapy developed in Australia by Tom Bowen in the 1950s. Simple moves made on the body enable the nervous system to re-adjust, and balance itself. It is used to help with pain, stiffness and anxiety, and is deeply relaxing.

## What to Expect in a Treatment

The therapist will ask you some general health questions and decide on the most appropriate treatment for you. Treatments last from 15-45 minutes, are very gentle and non-invasive, and can be done on the skin or through light clothing.

## How does Bowen work?

The technique balances the body by activating the nervous system helping your body to retrieve its memory of a relaxed balanced state of being and to re-adjust. Fascia, a type of connective tissue found all through the body, plays a major role in postural alignment, muscle co-ordination and overall function. It can be painful if the fascia is stiff, contacted, or dehydrated due to disease, injury or surgery.

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This leaflet is updated regularly. For the most up to date information please visit [loros.co.uk/care](http://loros.co.uk/care)

## In cases of comments or complaints, please contact:

Chief Executive or Director of Care Services, LOROS, Groby Road, Leicester. LE3 9QE

or, Care Quality commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne. NE1 4PA

## Alternative language copies available:

If you would like this information in another language or format, please contact the Patient Experience Lead PA on (0116) 231 8435

Bowen can affect the fascia, improving posture and mobility.

Bowen may help alleviate pain and stress associated with:

- muscular aches and pains
- joint stiffness and pain
- anxiety
- respiratory problems
- headaches

## Who can be referred for Bowen?

Treatments are offered to LOROS patients on the Ward and as an Outpatient, subject to availability of the therapist.

## Who can refer you for Bowen?

Please speak to any member of staff who will be able to refer you.

People generally find Bowen an extremely relaxing and positive experience.

**LOROS** Groby Road, Leicester LE3 9QE

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