

# **BOWENWORK CLIENT INSTRUCTIONS**

Bowenwork is a specific series of muscle and connective tissue moves designed to release restrictions and initiate the healing process. Bowenwork addresses every system in the body: joints, musculoskeletal, circulatory and internal organ systems. The gentle moves send powerful neurological impulses to the brain. The brain processes the information and realigns the body. Respecting this feedback loop is essential for allowing the body to restore its natural balances. For this reason, clients are asked to avoid other treatments for a short time, because they may stop the process the body has started. You may notice changes taking place throughout your body over the next week. You can maximize this process by following the guidelines below.

## **Before Treatment**

There should be a 3-4 day wait between other forms of bodywork and a Bowenwork session.

## **Day of Treatment**

Please wear loose, comfortable clothes. A cotton t-shirt and sweat or yoga pants is ideal.

No heating pads or ice packs.

Avoid strenuous exercise both on the day of and the day after a session. If you are worked on for low back pain or have the pelvic procedure done, do not sit for more than 30 minutes at a time without getting up and going for a short walk. This includes driving (pull over, walk around the car) or sitting at a desk. When you stand up from sitting, including arising in the morning, get up by putting both feet on the floor at the same time so that when standing the weight distributes evenly on both feet.

Avoid yoga and tai chi on the same day.

## **During the Following Week**

Avoid all other forms of bodywork: massage, acupuncture, energy work, magnets, etc. for 5-7 days.

Drink lots of water (2-3 quarts per day) unless water intake is restricted by your doctor because of a medical condition.

No heating pads or ice packs.

Take a walk each day to help integrate the changes your body is undergoing.

## **Follow-up**

Return in about 7 days for a follow up session to stabilize the new patterns initiated by the first session.

Your practitioner will discuss your individual therapy protocol for any additional sessions if more are needed.

Once your condition is resolved, you may choose to schedule occasional maintenance sessions for stress relief, muscle tightness or other problems.