



# ANIMAL NURTURE

Promoting holistic pet care for quality and quantity of life.

## BOWEN THERAPY

Bowen therapy is a soft tissue manual technique based on the work of Tom Bowen (1916–1982). It involves myofascial stimulation and movement of soft tissue using a very specific technique. These movements can be applied singularly or in sequence with strategic rest periods during the treatment session. The rest periods, lasting anything up to two minutes, are an important part of the treatment, allowing the body to adjust to changes to the soft tissue after application of the moves.

It is a good idea not to use other modalities such as hot packs, massage or physical therapy for the duration of the Bowen course because these therapies can reduce the effectiveness of the Bowen. This is particularly important between the first and second treatment.

Treatment sessions tend to be fairly short but the effects can be evident for anything up to 10 days. Some discomfort, similar to muscle soreness after unusual exercise, may occur for a day or so after treatment. Once this passes the animal is often obviously improved. Older, obese or medicated animals tend to react more strongly than younger, fit animals.

The first two treatments are ideally one week apart, if more treatments are necessary the time span can be increased. The number of treatments required varies and may depend on the age of the animal, whether the condition is long standing or acute, and the degree of injury or stress.

Conditions that are likely to respond to Bowen therapy include musculoskeletal problems, ie any condition that changes the posture and puts musculature under stress; after fractures where wasting has occurred; arthritic animals which change weight distribution to 'save' a sore leg or hip; animals after trauma such as car accidents, particularly if scar tissue is present; and back problems also respond well. Some emotional problems can also reduce, for example, cats over-grooming or urinating in the house due to stress.

This is a relatively new therapy and not much has been researched or written about its efficacy and mode of action. It is, however, a gentle, non intrusive therapy that can be powerful in its results and is quick to apply. This makes it a more economical and less stressful alternative to more traditional therapies currently available. It is worth discussing your animal's particular needs with a Bowen therapist to establish whether treatment would be of benefit.

Rosemary Hood & Suzanne Dewar  
28A Hooley Road  
Midvale WA 6056

Phone: 9274 8722  
Mobile: 0439 522 138  
Email: [info@animalnurture.net.au](mailto:info@animalnurture.net.au)  
Web: [www.animalnurture.net.au](http://www.animalnurture.net.au)