

BOWENWORK® (THE BOWEN TECHNIQUE)

Client Guidelines

Bowenwork is a specific series of muscle and connective tissue moves designed to release restrictions and initiate the healing process. Bowen addresses every system in the body: joints, musculoskeletal, circulation 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 modalities 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 instructions below.

Before Session

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

Day of Session

- · Please wear loose, comfortable clothes.
- · No heating pads or ice packs.
- Avoid strenuous exercise, both on the day of and the day after Bowenwork.
- 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 the next morning, try to get up putting both feet on the floor at the same time.
- 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).
- 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 visit.
- Your practitioner will discuss your individual treatment protocol for any additional sessions (if more are needed).
- Once your condition is resolved, you may choose to schedule occasional "tune-up" sessions for stress relief, muscle tightness, other problems.
- If you have a chronic, long-term problem, you may need regular sessions over a longer time period.

Bowenwork® Intake Form

me		DOB	M/F
Address			
E-mail (Bowenwork use onl	y)		
Phones (h)	(w)	(c)	
Occupation	Sports, hobbies		
Emergency contact	Referred by		
Please check all that apply:	Chest pain	Hamstring pain or tightness	Pain, other (location):
_Abdominal / digestive problem	Colic (baby)	Headaches	1 ani, outer = (location).
Allergies / hay fever	Constipation	Heart problem	Pelvic pain
Arthritis – (location):	Diabetes	Hernia	Plantar fasciitis or neuroma
	Diaphragm pain or tightness	Hip pain	PMS or menopause
Asthma	Diarrhea	Hip replacement	Pregnancy
Ankle problem	Dizziness	Incontinence / bladder (adult)	Prostate problem
Back pain (location):	Ear or eye problem	Infertility	Rib pain / subluxation
	Edema, general	Jaw / TMJ problem	Sacral pain
ed wetting (children)	Elbow pain, tennis or golf	Joint replacement	Sciatica
Bone spurs	Fatigue, chronic	Knee problem	Scoliosis
Breast lump	Fibromyalgia or polymyalgia	Liver problem	Shin splints
_Breast pain	Fibroids - (location):	Lung problem	Shoulder problem
Breast implants		Magnet usage	Sinus problem
Bronchitis	Fracture	Migraines	Sleep / energy problem
_Bunion	Fallen on tailbone / coccyx	Numbness(location):	Tinnitus
Bursitis	Gall bladder problem	WINDOWS AND ADDRESS AND ADDRES	Uterine or ovary problem
_Buttock pain	Heating pad / ice pack usage	Orthodontia, extensive	Wrist or thumb pain
Cancer	Heating / ccoling salve usage	_Orthotics in shoes	Other:
Carpal tunnel syndrome	Hammer toes	Osteoporosis	

List activities compromised by condition(s):	
hade in the site(s) of pain on the enotomical drawing and note the service of	1 64 40
Shade in the site(s) of pain on the anatomical drawing, and rate the severity of o	each pain on a scale of 1-10;
	Neck ROM:
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(个人人) (个人)	Shoulder ROM:
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Pain intensity scale – 2) Mild pain (annoying, nagging)	
4) Discomforting (troublesome, numbing)	
6) Distressing (miserable, agonizing, gnawing) 8) Intense (cramping, dreadful, horrible)	
10) Excruciating (tearing, crushing, unbearable)	
Current medications (it is sufficient to state purpose, such as cholesterol, high b	olood pressure, osteoporosis):
Recent hands-on modalities received:	
have stated, to the best of my knowledge, my known medical conditions. I understand that Bowel aduction, relief from muscular tension and/or spasm, facilitation of circulation and energy flow, a the practitioner does not diagnose illness or disease, nor treat specific physical or mental disorny changes in my condition, and will contact my practitioner should I have any concerns.	and relief from stiffness. I understand
ignature	Date