



Bowen Therapy could help Olympic hopefuls

There is no doubt that you will know that London 2012 is mere months away. From 27th July, you will be able to see the Games, which include tennis, judo, athletics and diving, in full swing.

However, if Olympians swing a little too hard, an injury could cost their country.



Janos Baranyai

During the Beijing Olympics in 2008, U.S. shot putter Adam Nelson's rib slipped out of place while he was practicing, which meant that the previous silver medal-winner picked up nothing.

Also at the 2008 Beijing Olympics, Hungarian weightlifter Janos Baranyai bent his right arm backwards and collapsed whilst competing and had to be taken to hospital.

And it's not only athletes that could strain themselves. During the run up to the Olympics, the public are encouraged to get involved with a lot more sporting activities which can lead to a lot more sporting injuries.

Typically to recover from a drastic sporting injury, months of rest and physiotherapy are needed.

However, on top of regular physiotherapy, Olympians (and aspiring Olympians) could benefit from Bowen Therapy.

The Bowen Technique is a natural, drug-free, non-invasive, complementary therapy.

Rather than 'making' the body change, Bowen 'asks' the body to recognise the ailment and make the changes it requires.

During the 30-60 minute treatment, the Bowen practitioner makes small, rolling movements over muscles, tendons, ligaments and soft tissue at precise points on the body, using only the amount of pressure appropriate for that individual. No hard-tissue manipulation or force is needed or used.

Between each set of moves, the body is allowed to rest for a few minutes, to allow it to absorb the information it has received and initiate the healing process.

Bowen releases stress at a very deep level, the technique has a calming effect on the Autonomic Nervous System and sets the scene for the body to heal itself and bring itself back to homeostasis (physiological equilibrium).



It is a great emotional release too, helping with stress management, fatigue, sleep problems and anxiety, aiding the mental outlook of sportspeople.

Bowen also helps with posture problems, migraine, respiratory problems, arthritis and hay fever.

For further information on Bowen Therapy and to find registered BTPA members in your area visit www.bowen-therapy.co or call 0844 561 7173