

# Is Back Pain Holding You Back?

According to a recent report carried out by The British Pain Society there are ten million chronic pain sufferers in Britain alone which affects not only their social life but interferes with their working life. Back pain costs the UK billions of pounds in health bills, loss of earnings and lost productivity. However, many people in the UK who are unable to work due to back pain are not covered by this or by allowances. Instead these sufferers are reliant on their partner or early retirement.

Following a recent survey, British businesses lose an estimated 4.9 million days from employee absence due to work related back pain. The North East suffers more than most, with two people in every hundred having to cope with the condition. As a result, each affected employee takes 19 days off work, which in turn puts the business at stake.

GPs tend to refer patients to chiropractors, physiotherapists, acupuncturists and in some cases suggest surgery. In recent studies carried out by the NHS there has been a significant increase in teenagers suffering with back pain. This age group costs the NHS nearly £4billion per year alone working out at an average of £8,000 per teenager. Despite this the number of back pain sufferers is still prominent with treatment showing no guarantee of success. Bowen Therapy is an alternative therapy which has slowly but surely been sweeping the nation over the last 20 years.

The Bowen Technique is a natural, drug-free non-invasive complementary therapy which was invented in Australia and introduced to the UK in the 1990s. Bowen Therapy has a particularly strong record of success in the treatment of back pain. A national study, carried out by The Bowen Therapy Professional Association (BTPA), showed that 95 per cent of back pain sufferers experienced either complete relief or a marked improvement, after a series of no more than three Bowen treatments.

It prides itself on being able to trigger the body's own healing systems. Rather than 'making' the body change, Bowen 'asks' the body to recognise and make the changes it requires. With primarily fingers and thumbs, 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 is generally pleasant to receive, each session lasting 30 – 60 minutes, depending on the age of the client and the nature of their condition. Many clients become so relaxed they fall asleep during the treatment.

Short-term (acute) injury may be resolved in one to three Bowen treatments, while long-standing (chronic) conditions may require longer. A gap of five to ten days is recommended between Bowen sessions; so that the body can process the subtle information it has been given. Once the healing process is underway, the treatment would have taken the relief off your back meaning you can carry out activities in and outside of the workplace which you had on hold. As well as back pain Bowen Therapy also may help with a host of other health issues such as: frozen shoulders, sports injuries, whiplash, migraine, hay fever, asthma, IBS, fertility matters to name but a few.

Adventurer **Bear Grylls** explains: "Bowen Therapy has helped keep my body together despite the continual bashing it takes. It's a vital support in putting right a whole range of new aches and pains, making sure that old injuries don't cause me problems, and helping me fight stress and fatigue."

As with many other alternative therapies the success of a treatment mainly depends on visiting a legitimate, well trained practitioner, who is a member of BTPA (The Bowen Therapy Professional Association). BTPA is the largest UK professional association for qualified Bowen Therapists. Members of this association are qualified in Anatomy and Physiology and First Aid. They are also fully insured, abide by a strict code of conduct and ethics and are committed to a programme of continuing professional development.

**To find out more about how Bowen Therapy can help you, contact Nicholas Tobin on 0749 659 6969**

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[www.bowentherapy.org.uk](http://www.bowentherapy.org.uk)**

## ARE YOU IN PAIN OR SUFFERING WITH STRESS?



### SYMPTOMS REPORTED TO RESPOND TO THE BOWEN TECHNIQUE



- Migraine
- Stress
- Hayfever
- Jaw Problems
- Bronchial Complaints
- Tennis Elbow
- Carpal Tunnel
- RSI
- Kidney
- Hamstrings
- Sciatica
- Knees
- Ankle & Feet
- Headache
- Neck Pain
- Whiplash
- Frozen Shoulder
- Breast Problems
- Back Pain
- Digestive Problems
- Nausea & Colic
- Menstrual & Fertility Problems
- Pregnancy
- Pelvic Problems
- Grain Strain
- Joint and Muscle Problems
- Fatigue

- The Bowen Technique is gentle, subtle and relaxing hands-on treatment.
- Not a form of massage; there is no manipulation or adjustment of hard tissue.
- Safe for people of all ages; promotes healing, pain relief and recovery of energy.

Three or four treatments at weekly intervals are usually sufficient to achieve lasting relief from even long standing pain.

**Treatment Costs £40 for an individual session or £105 in ADVANCE for a series of three.**

**93%**

OF PEOPLE SURVEYED BENEFITED FROM BOWEN THERAPY

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