

What is it Equine Bowen Therapy?

The practitioner uses thumbs or fingers to make a series of precise, rolling type moves over specific muscles, tendons and ligaments, stimulating the fascia, muscles and tissues in the body, encouraging the body to realign itself.

No force is used or needed, as **it is not a massage**.

During the treatment there are a series of short breaks where the horse is left resting to allow its body to respond to the gentle moves that have been performed. This rest period is an important part of the treatment and gives the body time to make the subtle and fine adjustments, which help to re-balance, relieve tension and reduce pain. It is these features, which make Bowen *unique*.

How is it different from other therapies, such as Chiropractic, Osteopathy or physiotherapy?

All these therapies are excellent therapies, but Bowen differs in several respects. Osteopaths and chiropractors often use adjustments, or 'cracks' to realign the structure of the body. They will make a diagnosis and treat the area of concern.

With Bowen Therapy the approach is rather different. The therapist does not diagnose, they will take a case history but the treatment does not set out to treat specific conditions or ailments. Instead the body is treated as a whole unit, without referral to named disease.

What does it treat?

Practically any problem can potentially be addressed and importantly many owners use it as a means of equine health maintenance as a preventative measure.

Common presentations include: -

- Intermittent lameness
- Muscle stiffness
- Unlevelness, disunited gait or irregular action
- Muscle atrophy or uneven development
- Stiffness on one rein
- Uneven shoe wear
- "Cold back" or sore back
- Lymphatic issues or weakened immune system
- Uncharacteristic change of behaviour
- Deterioration of performance.

Remember the part you play too, your horse will appreciate a balanced weight on its back. Any correction may not hold unless you, the rider are in complete structural balance too!

How will my horse benefit from a treatment?

Your horse should have noticeably more elevation in its stride by freeing the shoulder and more power from its hindquarters. Being more balanced promotes a content temperament and in turn heightens performance.

Bowen boosts the immune system, if your horse is recovering from illness or injury this "boost" to the lymphatic system can only be a benefit in clearing toxins and speeding up recovery.

Note, treatments will not be given:-

Without your vets permission.

On the same or next day as shoeing.

Within two days of worming, vaccination or dental work.

If there are any contagious diseases at your location.

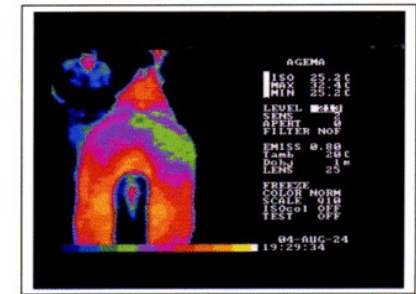
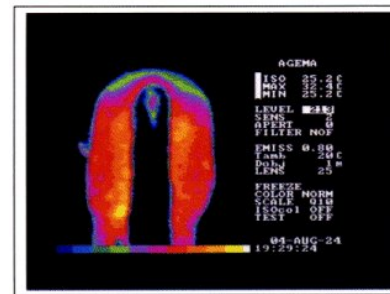
Prior to competition or strenuous work.

Just after feeding.

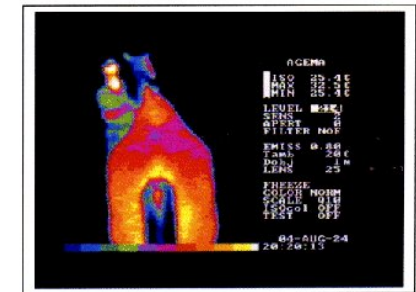
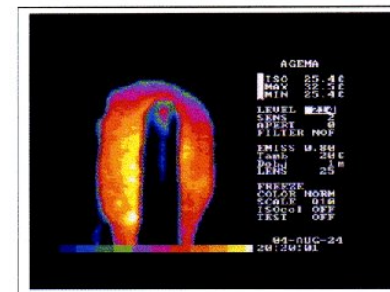
Thermographs.

The preferred temperature for the horse is shown as a light orange to yellow colour. The greens and blues indicate a cooler temperature and indicates reduced blood circulation in these areas.

Before Bowen – notice the cooler areas.



After Bowen – increase in blood flow & temperature clearly visible.



Steve Chick 07789 60 23 11