

## “Bowen Hands” In Home Health

As a home health Physical Therapist, I often visit clients with recent total knee replacements. Often times, when I arrive at their home during post-op week 1, they are experiencing significant pain, edema, and restriction of knee and ankle ROM (range of motion). Being able to incorporate Bowen therapy into my plan of care has revealed some surprising results relating to pain and edema management, improved ROM, and decreasing gait abnormalities.

At my initial visit, staples are still in place, the wound is covered with a bandage, and there is little time due to an extensive intake process, so just a few Bowen moves are performed. Most times, I choose BRM 1 and/or Ankle procedure as these are not done directly on the knee. Often times, Respiratory moves are completed due to the latent lung effects of the anesthesia or if the client presents with increased agitation and anxiety from the pain. The Pelvis and Kidney procedure are also favorite choices to assist with the edema. As the knee incision heals, the knee and hamstring procedures are incorporated. Generally, the time frame allotted to me is 2-3 weeks, so procedures chosen are determined by the unique needs of each client.

Prior to becoming an accredited Bowenwork therapist, I would incorporate the more traditional physical therapy approaches at my home visits including cold therapy, therapeutic exercises, gait and transfer training, home safety and fall prevention. My approach to pain management was meds, positioning, and cold therapy. Now, my “Bowen Hands” are an additional tool that I bring to my clients, mostly elderly, when I visit them in their home. As with the many Bowenwork testimonies, the results tell the story.

*Ruth explains, “After a knee replacement surgery, I was in quite a bit of pain and had a high level of anxiety that accompanied the pain. I had never heard of Bowenwork before, but was more than willing to try anything to relieve my suffering that was driving me to the edge. After the first treatment I had an entire day of respite from pain and anxiety. To say that I was utterly astonished on the results is an understatement. Continued treatments have made amazing progress towards my full recovery. I even called friends in California and New York to suggest that they find Bowenwork providers in their area, as I knew it would help with their issues. I am thoroughly convinced that this treatment can help each and every one of us in our healing processes.”*

The numbers also tell the story. Each visit I document the edema measurements, pain ratings and ROM of the knee. In the majority of the cases at time of discharge, pain levels are down to 0-2/10, ROM of the involved knee is markedly improved, and edema is reduced significantly. Ambulation is now performed with minimal discomfort if any, and the antalgic gait is markedly improved. In the discharge summary to the doctor, it is always such a pleasure to report that goals of therapy were met and make mention that cross fiber Bowenwork soft tissue mobilization was utilized in my plan of care. It is humbling and amazing to witness each client’s response to this gentle, yet powerfully effective manual therapy and I feel blessed to be able to offer it to my clients.

*Mary Falk, PT*

*She is the owner of Restoration Physical Therapy, LLC: Specializing in Bowenwork to restore Health, located in Lake Stevens, WA and works on-call part time for Swedish Visiting Nurse Services.*

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