

THE USE OF BOWEN FOR THE TREATMENT OF MUSCULAR TRAUMA

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When the violence in society reaches out towards you, it is good to know that Bowen is there to help you pick up the pieces.

The treatment of Lloyd was both an emotional and educational experience for me. Father and fellow practitioner, Lloyd was hijacked and shot in a supposedly “safe” place on the 29th of March 2015, on an otherwise calm and peaceful Sunday afternoon. The violence took only moments but the recovery took longer. Here is Lloyd’s story:

LLOYD WRITES:

Carjacking and pavement shootings are things in the movies and sometimes the newspapers. It can’t happen to me. I’m almost 2m tall and weigh 95kg – no little thug would be so stupid.

Well, I was carjacked and shot and left bleeding on the sidewalk. The major problem is that for about 20 years, I have been in a trial fibulation and take the anti-coagulant, Warfarin. As I lay on the sand hurting and bleeding profusely, I seriously considered that I may die. Luck was on my side on that day, four weeks ago – the bullet had passed through my quads and torn my hamstring but missed the femur and, more importantly, the femoral artery.

However, even with a self-applied tourniquet, I left about two litres of my blood in the sand and leaked quite a bit more on the way to Emergency.

About four hours later, I was stabilised and transferred to ICU. Two days later my daughter, a Bowen therapist, discussed exercises with the hospital physiotherapist and I was discharged and sent home with a course of anti-inflammatories and some strong painkillers. Even with her gentle touch, the next few weeks would be painful, especially gastrocs, but I have been up and about for two weeks and have been treating clients again without a problem.

Thank goodness for Bowen.

CHANNON WRITES:

I approached treating the injury with some trepidation, not wanting to cause more harm or encourage further bleeding of the seeping wounds. I discussed the matter with the physiotherapist at the hospital and she seemed positive about the basic hamstring moves that I showed her, gently gliding around the wounds themselves. The bullet had transversed the left leg, through the medial quadricep, going under the femur, and coming out on the lateral side of the hamstrings.

Treatment 1: 1st April 2015 - BRM 1, Supine moves of hamstring, bursitis moves.

Lloyd was still terribly dizzy and light-headed from the loss of blood and the first treatment took place in a chair with his legs propped up on a stool. The moves were exceedingly gentle, just a little tease of the tight muscles, but the results were obvious. The bursitis moves were done about 1cm from the skin surface above each of the wounds but Lloyd confirmed that he could feel them and I could definitely feel a resistance. After the treatment, Lloyd confirmed that his wounds felt better and he was not as uncomfortable.



Treatment 2: 4th April 2015 - BRM1, BRM2, BRM3, Hamstring, Quadriceps.

I did the basic BRMs to try and relax the patient, after his traumatic experience and also to assist in realignment after his limping walk and the fall from being pulled out of the vehicle. Lloyd had no lumbar arch and his left side was higher and pulled tighter. The lumbar muscles barely moved under my hands and his gluteus muscles were rock hard. As I addressed the BRM 9-16 moves, his arch slowly relaxed into some semblance of normality. Before

addressing the hamstrings, I did repeated “feathering” movements over the gastrocs to ease swelling and tension.

The hamstrings and quadriceps were bowstring tight on both sides but relaxed under the mild coaxing of the Bowen moves. Understandably, his neck muscles were as stiff as his lumbar spine and feeling them relax under the gentle Bowen moves was a wonderful reward.



Treatment 3: 13th April 2015 - BRM1, BRM2, BRM3, Hamstring, Quadriceps .



When Lloyd lay down on the table, I once again noticed the distinct lack of lumbar arch. The spineus erectus muscles were taut all the way up to the shoulders but particularly on the right side, due to compensation. Lloyd’s legs were swollen, tight and sore.

The hamstring moves needed to be done with extra care but the muscles relaxed at the slightest persuasion. Working over taut muscles, bruises, wounds and swelling, and regardless of trauma and stress, the body still responded under Bowen and relaxed to allow healing.

Treatment 4: 19th April 2015 - BRM1, BRM2, BRM3, Hamstring, Quadriceps and bursitis

This time I was pleased to see that Lloyd’s arch was still evident, although his right side was much tighter from compensation. Due to extra mobility, Lloyd’s hamstrings and gastrocs were tighter from protecting the wounds as he walked around. I checked Lloyd’s responses during the leg procedures and was able to put more pressure into the hamstring moves and was also able to do the bursitis procedure lightly against the skin around the wounds. The swelling and bruising were already fading, although the wounds still wept a little and would continue to do so for a few days longer. I feel that it is thanks to Bowen and a strong spirit that the healing took place with such ease.

