

## *Treating Sciatica*

Perhaps the most wonderful aspect of BowTech is its "forgiving" nature. This does not imply that I believe we should be sloppy in our work. Rather it indicates the power of this modality, even in the hands of the beginner.

So my challenge to myself and to all other BowTech practitioners is to give the best treatment we are capable of giving and continue to study at every available refresher as well as associate with other BowTech practitioners for exchanging experiences, frustrations, successes, and treatments.

Case 1: Terry (age 38) had suffered from excruciating sciatica for 7 weeks (She had previously had this condition several years earlier which was relieved after five weeks of chiropractic treatment.) At this time, chiropractic work was providing only momentary relief. She was using a quad-legged cane for ambulation.

As I interviewed Terry, I explained that she couldn't do both therapies and would she be willing to give Bowtech a chance. After all, what did she have to lose? On Tuesday, I administered treatment #1. (p 1, 2, 3 with long rest periods)

Response: She called the next day and wanted to return on Friday because she had received so much relief.

On the following Tuesday, was treatment #2 (p 1, 2, 3, coccyx)  
Response: She had continual improvement.

On treatment #3 (p 1, 2, 3, coccyx and pelvis) She "forgot" her cane in the treatment room, and walked out without it.

Response: There was a 90% improvement in all symptoms.

Her fourth treatment was five days later as she was going out of town on a driving trip with her husband. He did promise to stop every thirty minutes so she would have the opportunity to walk around.

PS: Her trip was great!

Case 2: This case of sciatica and sacral pain began in July 1996. Ardis is a 76 year old female. She has been going weekly to the chiropractor, tried energy work and electrical acupuncture.

Her first treatment was on October 7, 1997 in which I administered p 1, 2, 3, and the coccyx move. I again chose long pauses (5 minutes minimum) where indicated to allow ample time for the work to activate her healing mechanism.

Response: She had "some relief" of the pain which returned by the end of the week. (NOTE: She had followed a worker around

her home for 3 hours for an environmental evaluation and didn't rest even though she knew she needed it.)

Treatment #2 was one week later: p 1, 2, 3, coccyx, and pelvis.

Response: She continues to improve and commented to me: "as soon as the pain quits, you forget you have it." She did experience tinges of pain when standing without movement.

Treatment #3: p 1, 2, 3, coccyx, hamstrings.

Response: "I have a ways to go but I have come quite a ways."

Treatment #4: pl, 2, 3, kidney and coccyx.

Response: "my sciatica and low back problems are so much better, I want to work on other things."

Having been a body worker since 1976, I have seen many modalities, some with greater successes and some with lesser. In my working with BowTech, I am very impressed with the rapidity and effectiveness of the gentle healing technique.

Victoria Bowmann  
Phoenix, AZ

