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BOWEN: THE BEST IN PERFORMANCE CARE

Wondering what the best way to re-cooperate from injuries is?

In our active summer days occasionally we get injured. We overextend our shoulders playing golf or baseball, fall off a wake board, have a bike accident or just push our bodies too far. We try to stop and repair our injuries until we can resume our usual activity. Often we discover that there is a tendency to repeatedly injure the same area. E.g. a shoulder or a knee. It is as if the body has a memory. This memory is our weakness.

Bowen is unsurpassed in offering injury rehabilitation. Bowen is an effective pain management and treatment therapy that boosts the body's ability to cope with injuries by correcting and optimizing the body's biomechanics. It works by removing the body's memory of past injury patterns, which predetermine the tendency for re-injury. The result, injuries are resolved and strength training and support programs are far more effective and efficient.

Normal protocol for a moderate injury usually involves the following;

1. Anti-inflammatories - natural alternatives include Arnica, topical salves such as Traumeel cream and compresses made of comfrey, ginger and honey
2. Rest – light walking
3. Ice

Adding Bowen therapy during recovery decreases the intensity of an injury, the length of time in recovery and a majority of long term effects. Normal activity usually resumes after 5 pain free days. In the summertime that can never be soon enough!