

Bowen Therapy for Sports Injuries



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2 days / 16 hours

Prerequisite: Module 8

This is a two day workshop providing theoretical and practical sessions for Bowen Practitioners on the topic of Sport. While the emphasis is on sporting injuries, the content delivered applies equally to people in everyday life. For example, a shoulder injury is a shoulder injury, whether sustained on the sporting field or in the workplace.

Participants are introduced to the development of individual treatment plans and receive an insight into the pathologies of sport related injuries, the process of soft tissue repair, the musculoskeletal and joint structures and rehabilitation techniques.

Contained in the introduction is a discussion on the importance of Bowen Therapists having basic knowledge of anatomical structures and a certain level of physiological understanding of the human body. The workshop explores individual structures that are important in the treatment of neuromusculoskeletal conditions and pathologies. These include nerves and nerve plexus, muscles, tendons ligaments, bones and bone markings, and joints.

Other material covered includes classification and grades of injuries, assessing severity of injuries and the body's response to injury. This explains the three repair phases and the rehabilitation steps required to return to competition. Causative factors in sustaining injuries such as the effects of fatigue especially in the area of overuse injuries and prevention strategies are also covered. The reinjury cycle is described and discussed

The two days are formatted with the first day covering the Lower Extremities and the second day covers the Upper Extremities.

Bowen Therapy procedures relevant to specific injuries are demonstrated and are practised by the participants. These are delivered by scenarios giving the occurrence of many typical conditions resulting from sporting injuries that any Bowen Practitioner is likely to have present in their clinic.

These workshops are classified as "hands-on" Bowen days and are approved for Category 1 CEU points for BAA and BTAA