



## **Bowen Therapy and Sports**

Sporting professionals around the world are being treated successfully with Bowen Therapy.

Bowen Therapy is being implemented in many sports teams throughout the world as an important addition to their therapy team as it is becoming an essential therapy for sports teams before, during and after play. Bowen Therapy plays a vital role as a rehabilitation therapy and tests have shown accelerated rates of recovery with sporting injuries when receiving Bowen Treatment.

As a prevention method Bowen Therapy can assist team players off the field utilising regular treatments for general health as well as treating injuries. Bowen Therapy treats many musculoskeletal complaints and has immediate effect in most cases and can therefore assist in many typical sporting injuries such as knee injuries, ankle injuries, swelling, hamstring injuries, tennis elbow, bursitis and many more.

### **Bowen Therapy rivals Physiotherapy!**

Bowen Therapy is rivalling physiotherapy particularly in the sports arena because of its immediate results and limited necessity of treatments. Injuries like back pain, pulled muscles, strained ligaments, elbow and shoulder pain and many more common sporting injuries are treated in just two to three sessions. Unlike physiotherapy, which can take many regular treatments before great results are evident, most clients of Bowen Therapy experience results immediately once they get off the couch.



## **Gym Enthusiasts**

For Gym enthusiasts Bowen Therapy compliments any regular routine. Aerobics, cardio vascular and weights can take their toll on the body as well as cause injury. As a monthly treatment routine Bowen Therapy replaces massage by re-energising the body, maintaining optimum muscle health, preventing injury and especially as a relaxing treatment.

## **Bowen Therapy and sporting injuries**

Bowen therapy has successfully treated sporting injuries including the conditions listed above. Its success lies in the belly of the procedures. The Bowen procedures although directed toward a particular site on the body, affect the WHOLE body. Injuries such as ankle, knee, tennis elbow and more can be treated within a few sessions and most clients feel dramatic results by the time they get off the treatment couch.

For treatment or further information please contact Zania Ballentine of Maheono, in Yateley on telephone 01252 861351. You can also find out more about Bowen Therapy by visiting the Maheono website at [www.maheono.com](http://www.maheono.com)