



FROZEN SHOULDER AND BOWEN THERAPY

Adhesive capsulitis is the technical term for frozen shoulder. The condition is often extremely painful with minimal movement of the shoulder. Movement is severely restricted as a result of the shoulder capsule and the surrounding connective tissue of the glenohumeral (shoulder) joint becoming inflamed and stiff. This condition becomes chronic, often lasting between 5 months to 3 years. This condition has frustrated many practitioners that treat this condition. Bowen therapy can be very effective for this condition with as little as two to four treatments. Two treatments are given, usually one week apart. No further Bowen shoulder procedures are given for another 4 weeks. There is no greater example of how Bowen therapy stimulates the body's own healing mechanisms than with the frozen shoulder procedure. After the first session, the first symptom to improve is usually an improvement in sleep quality. The patient no longer awakes every time he or she turns onto the affected shoulder. Other symptoms gradually improve after the second treatment and during the 4 week break. Some patients require another set of two treatments to obtain complete resolution of the symptoms. Dr. Bernie Carter at the Metropolitan University of Manchester found that 77% of individuals receiving the Bowen technique for frozen shoulder experienced positive outcomes.