

Fascial Kinetics Newsletter

Practising Bowen Therapy

No 1: September 2009

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How Injured Tissue Heals

Injured tissue heals in stages involving a complex process of regeneration and repair of the cells and the extracellular matrix. The inflammatory process is a combination of processes that work to minimize injury to the tissues and an essential part of tissue repair as increased fluid, repair cells and inflammatory regulatory biochemicals are brought to the injury site.

While some cells have the ability to regenerate, others do not, and are replaced by the fibrous connective tissue. The key to successful injury management is to promote the production of the cells that can regenerate, and minimise the amount of fibrous tissue laid down as scar tissue.

Some scar tissue may be inevitable, and while not normal, it can provide enough structural stability to enable the injured tissue to perform its usual functions. As well as depending on the cells' ability to regenerate, the degree of tissue repair depends on interactions between the cells and the ECM.

The key to successful injury management with Bowen Therapy is to allow enough scar tissue to promote normal activity, but not allow too much scar tissue and fluid that restricts function and movement. Too many Bowen moves too soon will interfere with the natural process of regeneration and repair, but after adequate time has elapsed,

Bowen moves can help to stimulate the healing mechanisms by encouraging manufacture of collagen fibres, and ensuring the fibres are laid down in the optimal pattern. An overall Bowen treatment also encourages the movement of nutrients to the area, and the removal of excess fluid and wastes.

(From Fascial Kinetics BT 5 Manual "Injury Management" and "Clinical Pathology")

► Injury Management First Aid:

RICE is the most important part of injury management, and should always be used first, before any Bowen is considered.

Compression is the most important action in this process that you can take to maximize the recovery from an injury to a joint, and must be applied for the first 10 minutes after an injury has occurred. If no bandages are available, use your hands.

Did you know

The thickness of superficial fascia can vary between 2-3 mm in some parts of the body, to 1 or 2 cm in other areas; it can even be up to 30 cm thick in some areas of some people's bodies.


..... and that "Fascial Kinetics"® means "moving fascia". Imagine the thickness of some of the fascia we move during the treatment.

Good websites to visit:


 The new Fascial Kinetics site: www.fascialkinetics.com

 The importance of water: www.watercure.com


 Research papers from the 1st International Fascia Research Congress www.fasciacongress.org/2007

 And of course, Russell's new site: www.beattitude.com.au

Good books - new & older:

 Russell Sturgess (2009) *Metanoia, Renovating the House of Your Spirit*

Contact Russell@beattitude.com.au

 Medhurst, R (2008) *The Business of Healing* Contact Brauer Natural Medicine at custserv@brauer.com.au

Quote

"Fascia has been described as the 'skin of the spirit', the place of transformation, and the medium through which the body and spirit communicate."

From Fascial Kinetics BT 1 Manual - section on Fascial Anatomy.

New Practitioner Workshops

Two new workshops are now available to Bowen practitioners, and in particular, past Fascial Kinetics graduates: [Injury Management & Advanced SOAP Charting](#).

⊙ **Injury Management** examines in detail how injuries occur and the detailed process of how they heal. With this deeper understanding, advanced treatment protocols can be developed to treat a wide range of injuries with Bowen Therapy. To support this process, the use of adjunct therapies such as hydrotherapy, tissue salts and ointments are also explored.

⊙ **Advanced SOAP Charting** explores the process of client assessment and record taking in greater depth than covered in the practitioner course, developing more effective ways of obtaining subjective and objective information about the client's presenting problem. Advanced assessment techniques and testing procedures are explained, demonstrated and practiced.

These workshops also form part of the new Diploma level course, but are open to all Bowen practitioners. The only pre-requisite is that you have completed A&P that covers all systems of the body. For course dates in your area, contact your local instructor. (Details can be found at www.fascialkinetics.com)

Healing Philosophy

Einstein said that it is not always possible to find a solution to a problem if you are working only on the level that the problem exists. We can apply this understanding when working with clients. If you are working with a physical problem, it may be necessary to work on the emotional and mental levels of the problem as well to ensure a complete resolution. If you are working with what is primarily an emotional problem, then it may be necessary to work on a spiritual level to ensure resolution.

While we are not all trained to give emotional or spiritual counseling, you can suggest appropriate books for your client to read, or you can refer the client to a qualified counselor, but, of course, continue with your Bowen treatments. Many of the references on your Fascial Kinetics Resource List are suitable to recommend. There are also a range of personal and spiritual development courses available that you could discuss with the client.

As many of you know, Russell Sturgess, the founder of Fascial Kinetics, is now running a series of healing workshops with his partner Anna Schaumkel. Called "The Art of Change", the workshops invoke profound and lasting healing at a deep level. Russell has observed that the most profound changes are happening in the participants who have already experienced Bowen Therapy. Given that the fascia is "the skin of the spirit", this is not surprising, but underlines the importance of therapists having an awareness of the impact that Bowen Therapy has on their clients at many levels of their being.

New Fascial Kinetics Website

Have you seen the new FK website yet? It has all the information you need about course details, course dates and instructor contacts. As well as this, there is an excellent new section explaining Bowen Therapy for clients and practitioners. Starting on a simple level, it explains what Bowen Therapy is, and what to expect from a treatment. There is a lay person's explanation of how Bowen works, followed by a deeper understanding for those clients and practitioners who want more detailed information. It will keep developing on an ongoing basis, and include good web links and resources, and we are working towards a full Directory of all Fascial Kinetics trained practitioners. If you were trained by Fascial Kinetics and would like to be included on this website, please contact us at info@fascialkinetics.com. (Australian practitioners must be registered with their BTFA state association.)

MarketingTip

A great way to market yourself is to write articles about Bowen Therapy to be published in your local paper. You may need to pay for the space as an ad, but try to publish the article as a service informing the local community.

- ★ Keep your words and explanation of Bowen Therapy simple
- ★ Explain how the reader will benefit from a Bowen treatment.
- ★ Choose an attention getting title
- ★ Always make sure your name and contact details are in the article