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CASE HISTORIES: Focusing on Painful & Restricted Shoulders

EXTREME PAIN - SHOULDER & ARM

woman, aged 17 4 treatments

Samantha's GP diagnosed a suspected trapped nerve. An area around her right scapula was raised, appearing to be in spasm. After the first treatment, she experienced extreme pain. However, within 2 days that had subsided. After the second treatment she reported no apparent pain or problem but just a slight stiffness. After the third treatment the stiffness had gone and pain free state was holding.

PAINFUL/RESTRICTED SHOULDER and FIBROMYALGIA

woman, aged 28 4 treatments

Shelli is now age 28, but when she was 20 she developed problems that left her exhausted all the time and with serious problems in her right shoulder of loss of mobility and pain. Among the diagnoses she was given were fibromyalgia and frozen shoulder. In efforts to find relief during the next seven years, Shelli had cortisone injections, strong pain killers, aromatherpy, massage, reflexology, osteopathy, cranio-sacral therapy and physiotherapy at the hospital. Nothing helped. Finally, she went to see Bowen therapist Paula Esson. Paula gave her 4 treatments and the problems were resolved, mobility back, pain gone and decent sleep! Shelli was so amazed and impressed with the experience that she is now training with E.C.B.S. as a Bowen practitioner herself.

NECK/SHOULDER INJURY

woman, aged 43 3 treatments

"I recently had the Bowen treatment for a stubborn and painful neck/shoulder injury, which I have suffered from for over three years. Although I was very sceptical at first - after all, how could so small and gentle a movement make such a difference, when all other treatments I had tried via my GP's recommendations had only eased the symptoms for a short time. I was amazed at the incredible results, even after only the first proper treatment on my neck and shoulders."

GOLFER'S ELBOW, FROZEN SHOULDER & MIGRAINE

woman, aged 48 4 treatments

M. was suffering from neck pains, migraines (up to two a week) and 'creaky knees'. A former frozen shoulder had recently developed into a 'golfer's elbow' and she had been referred on by a reflexologist. During the first treatment she felt that her neck kept 'extending' and her elbow started to free up. After four sessions her energy level was good, the shoulder was no problem, the migraines had stopped and the knees were better. Still a little soreness in the elbow, but a year later she is 'feeling fine'.

FROZEN SHOULDER

woman, aged 48 2 treatments

Susan's doctor diagnosed frozen shoulder and sent her for cortisone injections, of which she had many. The problem would subside somewhat but always came back. Susan was a keen tennis player and, of course, could now no longer play. After two years of this, she was sent to a specialist who then diagnosed bursitis. He told her that she would have to have injections for the rest of her life to manage the condition.

At this point, depressed and feeling written off by the medical practitioners who could offer nothing but cortisone injections, Susan decided to try The Bowen Technique. Two Bowen treatments resolved her frozen shoulder and she has had no problems since - and is playing tennis again very happily.