

No One Touched My Head: Bowen Therapy for Adult Long Term Post Concussion Syndrome – A Case-Series Study

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Abstract

Study Participants

Six adults medically diagnosed with post concussion syndrome (PCS) volunteered for the study. Each received eight (8) free sessions of Bowen Therapy from one certified Bowenwork practitioner between January and April, 2016. Five of the six were female. Participant ages ranged from 31 to 64. Each was suffering from symptoms two or more years after the concussion. Only one of the six was able to work.

Each participant presented with symptoms resulting from brain injuries at and opposite the impact location on the skull (occipital, temporal, frontal or parietal bone), and from the manner of the accident, whether a car accident, a fall, or a wrenching blow to the head. Every case was unique, and damage was not limited to the brain. For example, several had unresolved skeletal alignment and chronic pain issues despite extensive physiotherapy and massage in the years prior to the study. Participants agreed to discontinue all other bodywork therapies while receiving Bowen Therapy. They continued to take their medications.

Bowenwork Procedures

Because the damage to the body and brain was unique to each participant, it quickly became apparent that the selection of therapeutic procedures had to be customized to each participant. The practitioner noted during sessions 1 to 4 that many symptoms appeared to be traceable to severe muscle tension, especially in the neck, and associated skeletal misalignment. In the second half of the study she selected procedures accordingly. While all participants received the Bowen Therapy Concussion Resolution Protocol (BRM2, BRM3, UR/TMJ), in sessions 4 to 8 participants received additional procedures to address issues specific to that participant. Procedures were documented.

Assessments

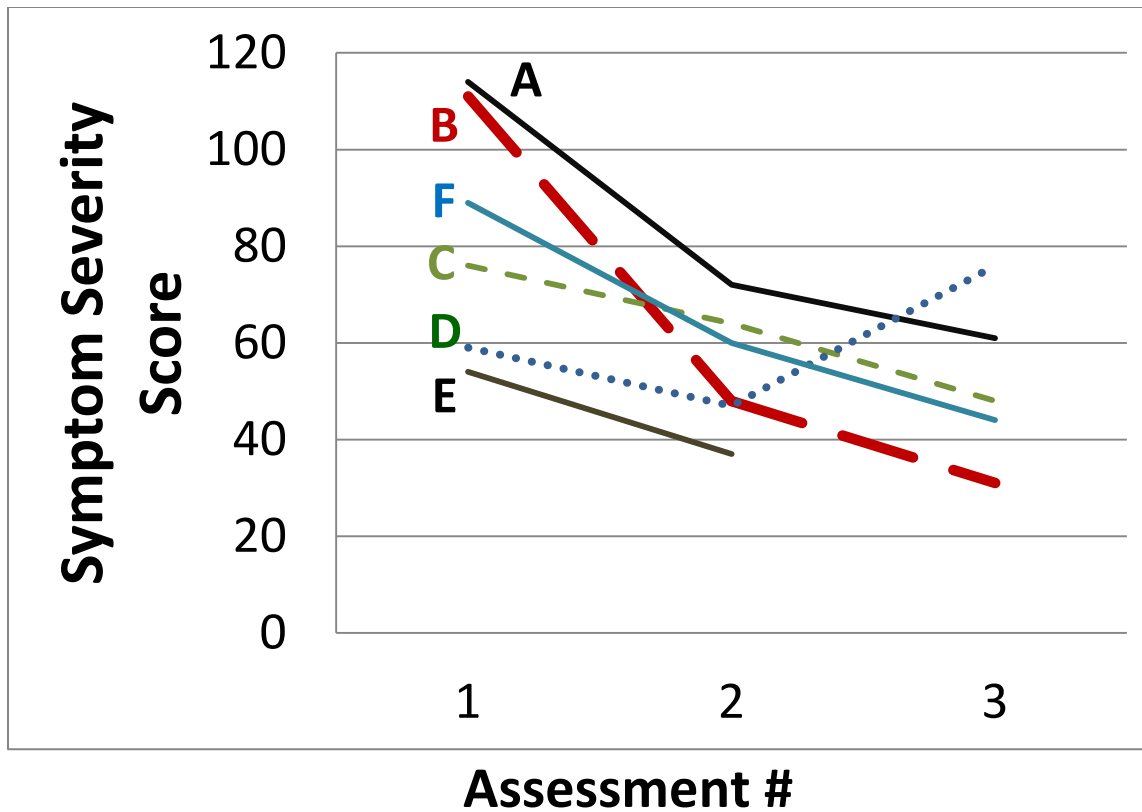
A third party—a retired registered nurse—used a SCAT3 concussion assessment tool that was adapted for this case-series study. (See Section 6.2.) There were three assessments: before the first session; after the fourth session; and after the eighth session. Symptom severity scores (SSS) were calculated at each assessment.

Symptom Severity Score Results

Participant	Assessment 1 30 Jan 2016		Assessment 2 5 March 2016		Assessment 3 16 April 2016		SSS Improve- ment
	Number of Symptoms	SSS	Number of Symptoms	SSS	Number of Symptoms	SSS	%
A	26	114	20	71.5	26	61	46
B	29	111	22	47.5	18	31	72
C	22	76	18	57.5	21	48	37
D	21	59	23	47	24	76*	-29%
E	17	54	13	37	—	— **	31
F	23	89	20	60	21	42.5	52

*Participant D had a moderate migraine on April 16.

**Participant E, the only male, was unable to attend the third assessment. The SSS improvement was calculated using the scores from Assessments 1 and 2.



Four of the six participants had significantly improved scores after eight sessions of Bowen Therapy. Participant B, the youngest at 31 years old, experienced the greatest improvement of 72 percent. Given the complexity of the physical issues, eight sessions of Bowen Therapy were insufficient to resolve the PCS symptoms.

It is noteworthy that Bowen Therapy, a neuromuscular approach that addresses the entire body, stimulated healing two to four years after the participants' concussions.

Obtain a copy of the study: Call or text 613.809.7283 and provide your email address.
