

## Conditions that can be helped by Bowen

### MUSCULO-SKELETAL PAIN

Frozen shoulder	Shoulder pain	Tennis elbow	Arthritis
Scoliosis	Headache/migraine	TMJ syndrome	Carpal tunnel syndrome
Gait disorder	Plantar fasciitis	Leg length discrepancy	Inguinal hernia
Shin splints	Fibromyalgia	Foot & ankle problems	Sciatica
Knee & hip restrictions	Pelvic problems	Repetitive strain injuries	Pectoralis/breast pain
Sports injuries	Sprung rib	Sternal pain	Postural problems
Sprained ankle	Coccyx injuries	Muscle pain/tightness	

### RESPIRATORY PROBLEMS

Asthma	Bronchitis	Hay fever	Sinusitis
Allergies	Sore throat/tonsillitis	Diaphragm pain	Emphysema
Influenza			

### DIGESTIVE DISORDERS

Constipation/diarrhea	Liver problems	Colic	Irritable bowel
Bowel problems	Pancreatic problems	Hiatus hernia/reflux	Nausea
Peptic ulcers	Gallbladder problems	Crohn's disease	Indigestion/heartburn

### CIRCULATORY PROBLEMS

Blood pressure	Poor circulation	Varicose veins	Hemorrhoids
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### KIDNEY PROBLEMS

Incontinence	Fluid retention/edema	Urinary tract infections	Kidney stones
Bladder problems	Adrenal exhaustion		

### GYNECOLOGICAL PROBLEMS

Infertility	Mastitis	PMS	Fibroids
Breast lumps/cysts	Irregular milk supply	Hormone imbalance	
Menopause	Ovarian/uterine problems	Menstrual pain	


### MENTAL HEALTH DISORDERS

Depression	Anxiety	Nervous exhaustion	
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### ALSO

Chronic fatigue	Balance problems	Tinnitus	Bed wetting in children
Prostate problems	Ear aches/infections	Bell's palsy	Dizziness
Neuralgia	Deafness	Bunions	Bursitis
Grinding teeth/crowding	Meniere's disease	Immune disorders	
Ganglion	Vision problems	Dyslexia	

For more information about the Bowen Technique or to book a session

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