Bowenwork for Migraine Relief: A Case Report
Gustafson, Sandra

Problem:
- Migraine headache is complex, debilitating, and common.
- Treated with pharmaceuticals that can have negative side effects.
- We need noninvasive, nonpharmacological options for migraine treatment

Research Question:
Will Bowenwork (a soft-tissue bodywork technique) affect the frequency and severity of migraine headache for a woman with a long history of migraine pain?

Findings:
- A 66-year-old woman with a history of migraine since childhood, sought Bowenwork for headache pain
- 14 Bowenwork sessions over 4 months; improvements begin after 3rd session
- After 10th session: migraine and neck pain are gone
- After 14th session: migraine pain, neck pain & ibuprofen usage at “0”

Application:
This highly customized manual therapy appeared to help this client achieve long-term relief from migraine pain, along with other benefits. It is possible that other people with migraine could have good results from a similar approach.


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