



Supporting scientific research, educational resources & community service for the massage therapy profession

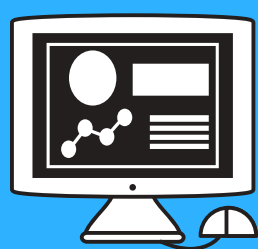
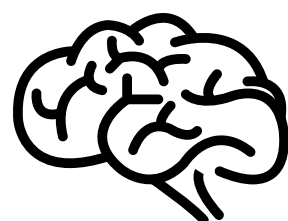
Bowenwork for Migraine Relief: A Case Report

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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.

<http://ijtmb.org/index.php/ijtmb/article/view/296/360>



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