

Aftercare Advice

A Bowen session is a partnership. When offering Bowen to humans it is a two-way partnership – between practitioner and client. With pets it is a three-way partnership – between practitioner, pet, and owner.

By undertaking some simple strategies, the effectiveness of this therapy can be greatly enhanced. I will be giving you some post-session advice with regard to your pet and how it should be looked after over the following few days. Carrying out these aftercare recommendations is just as much a part of the treatment as the hands-on session. If the owner is unwilling to abide by these instructions, then the effect of the session will be wasted.



For instance, after an Animal Bowen Therapy session, most pets will probably feel tired and want to go off somewhere quiet and have a nap. This is very good news, since sleep is the time when most of the body's repair actions take place, and the animal's apparent tiredness shows it is accepting the Bowen work. If, however, the owner insists that their dog accompany them on a long walk, then the dog will not get the time it needs to repair itself and may well re-injure itself as well. So be prepared to listen to and accept the advice of the practitioner.

It is important not to over exercise. For dogs, short, steady, walks on the lead, avoiding rough and steep ground, are recommended for the first 24 hours after CBT. It is important to maintain controlled exercise for at least three days. Avoid allowing your dog to jump (e.g. into cars or onto chairs/beds). Try to avoid slippery floors or areas where they may re-injure. Resting plays a major part in the healing process and much the same as us after we have had a Bowen treatment, animals benefit much more from the session if the energy is contained for a period of time. This can be difficult as many pets have a big increase in energy after CBT but it will more helpful to them in the long term if the animal is encouraged to be calm.

After your pet has received Animal Bowen Therapy (ABT), please refrain from stroking or petting them until they have rested. I know this can be difficult, if you feel like your pet wants or needs some attention then gently resting a hand on their body can give a lot of comfort. In a ABT session we have given the body a set of 'signals or messages', and by letting the animal rest it gives their body a chance to absorb these. Stroking your pet too soon won't do any harm but may wipe out these 'signals' before they have had a chance to be assimilated and for the full healing effect to take place. For the same reasons, no grooming, brushing or bathing for at least 2 days after treatment. This allows time for the body to adjust and to derive the most benefit from the treatment.



Ensure there is plenty of clean fresh water available – it is common for pets to drink more water than usual following CBT.

Remind any visitors or children not to over excite your pet for at least 48 hours after CBT. This can be a challenge if you have a busy household. With very young children or other pets it may be easier to let your pet have some 'me time' in a separate room if you have the space. Explain to younger children that he/she has had a Bowen session and that it is important for the animal to be quite and calm for a few days. Older children often like to be present during in the consultation, which is great as and they gain an understanding of ABT and can help to play a role in the pets care.

Allow 7 days before any other physical complementary therapies such as massage, acupuncture or chiropractic's etc. The effects of a ABT session can carry on working for up to 7 days therefore we want to allow that time for potential maximum healing to take place. Having another therapy in this time will give the animals body a different set of signals and can confuse those given in the ABT session. It won't cause any harm but could possibly negate the effects of the ABT treatment or possibly not allow its full effect to take place. Also, we won't be able to clearly tell which of the therapies has which results. There are some therapies such as homeopathy that work well alongside ABT, if in doubt please ask.

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Over the next 3–4 days, your pet may experience reactions as its body assimilates the effects of ABT, a few possibilities are:

- Muscle soreness/ stiffness may show crankiness in the animal, possibly up to four days. This is part of the adjustment and healing process.
- The animal may feel more alive and energetic.
- Sleeping more
- Increased appetite
- Increased thirst
- Being a little more cheeky or naughty
- Needing to go to the toilet more frequently than usual

This healing process continues for about 7 days until the session is continued.

Please remember: ABT should be used in conjunction with orthodox veterinary treatment. It is not a substitute for proper veterinary care. It is important to continue with any medication, advice or diet prescribed by your vet, even if it appears that your pet's health has improved. ABT may have amazing results and it can be tempting to stop or alter medication. Only veterinary personal have the qualifications and expertise to do this.

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