



## FASCIAL KINETICS

### Bowen Therapy for the discerning healer.

Fascial Kinetics, researched and developed by Russell Sturgess, is one of the longest running Bowen courses, and Fascial Kinetics graduates are trained to become highly competent practitioners.

The course covers more than just the basic therapy, developing comprehensive skills and knowledge in a wide range of areas that will ensure you complete the course as a highly competent practitioner. It looks at the mechanical, physiological and emotional relationships that exist within the body, and demonstrates how Bowen Therapy is able to assist in bringing harmony to these relationships.

Russell Sturgess studied with Ossie Rentsch, one of Tom Bowen's students, in 1987 and began teaching his Fascial Kinetics course in 1989. The course honors the tradition of Bowen, but grounds it in science and healing philosophy.

Russell is no longer teaching Fascial Kinetics as a team of instructors now run courses in Australia and New Zealand.

#### **The Principles of Fascial Kinetics**

Our course creates opportunities for change through working with the most dynamic medium of our body, the fascia, to access and transform the deeper parts of our being.

Fundamental to Fascial Kinetics is the belief that the body heals itself given the right conditions and the results achieved by a healer is a reflection of the healing achieved within the healer. It's not just the techniques, but the attitude that determines one's success.

What sets Fascial Kinetics apart from the other modalities is that it balances the science of healing with the art of healing. It supports both anatomical structure and function, and addresses the body, mind and spirit.

#### **Who can learn Fascial Kinetics?**

Fascial Kinetics offers training for students both new to Bowen Therapy, and to any bodywork. For trained Bowen Therapists Fascial Kinetics training deepens their understanding and enhances the application of their skills as a healer.

#### **The Training Program**

Fascial Kinetics is a comprehensive training program designed to teach Bowen Therapy in a progressive manner giving participants time to integrate the information and fine-tune the skill of the technique in preparation for clinical practice. The course is supported with detailed colour manuals and supporting material.

## Course Material

The complete three part Manual, contains the BT 1,2 and 3 course material, which comprises the most comprehensive publication on Bowen Therapy available.

### Bowen Therapy 1 Training Manual



#### Table of Contents

- Introduction to Bowen Therapy
- Introduction to the Bowen Move
- Clinic Procedure
- Guidelines for Using Bowen Therapy
- Fascial Anatomy 1
- Healing Philosophy 1
- The Fascial Kinetics Procedures
  - The Vertebral procedures incl the Kidney
  - The Upper Extremity
  - The Torso/Head
  - The Lower Extremity

BT 1 teaches more than just the Bowen Therapy moves –

- The place that Bowen Therapy holds in the whole framework of natural therapies is explored.
- Guidelines for use, and safety considerations are extensively covered.
- The unit on fascial anatomy introduces the student to a detailed anatomical and physiological understanding of how the therapy works. The unit is unique to this course, and includes extensive research in fascial anatomy.
- “It’s not the technique, but the attitude you bring to it that determines the outcome of the healing.” The Healing Philosophy unit helps develop an awareness of the student’s place in the healing process.

Each procedure is explained with detailed notes and coloured diagrams, as shown below.

- Treatment guidelines and planning are explained for each move; applications for the move; and associated symptoms and assessments are given.
- Guidelines are given for medical considerations; nutritional considerations; adjunctive therapies and rehabilitation; and first aid applications.
- Suggestions and a quote are given to explain the body, mind and spirit connections.

#### The Lower Back

**1** The client is best to be lying in the prone position with their arms up on the table beside their hips. It is preferable that their face is resting in a face hole or cradle. If the client remains clothed make sure all tight fitting garments are loosened. Support under the abdomen and ankles may be required. You will be standing on their left side since you will begin on the left side first.

**R** This procedure generally only needs to be carried out once in a session, but if the client is very glued fascially and has reasonable hydration and suitable construction, then repeat the process a second time. Remember that the first two moves are important because they help to regulate extracellular fluid movement through out the body. If it remains glued and the treatment proceeds, it is not uncommon for the client to break out into a sweat.

**2** This is the first of the Basic Foundation moves and along with the Upper and Middle Back and Neck moves, are generally done first.

- Any lower back pain
- Strain or sprain
- Sciatica
- Tight Hamstrings
- “Slipped Disc”
- Lordosis

**3** Medical considerations would include recent surgery (lumpectomies), advanced chronic disease including degenerative disc disease, collapsed/bulging discs and spondylolisthesis.

**4** If pain radiates from the small of the back and across the top of the hips, suspect kidney involvement. If pain is radiating from the sacrum to the middle of the gluteus medius, suspect prostate or ovariana/uterine involvement, and more local pain around the lower lumbar could be large intestine or ICV. If pain persists after 3 treatments refer on.

**5** Make sure the client is sufficiently hydrated since glued fascia in the lower back can cause reoccurring problems. The inclusion of Calc Fluor in the case of strains causing severe muscular and lower back pain is recommended. In the case of sprains, strains and stiffness Ferrum Phos. Mag Phos for sciatica. A wet compress could be applied with an acute strain. If there is inflammation use Vitamin C and Bromelain as a natural anti-inflammatory.

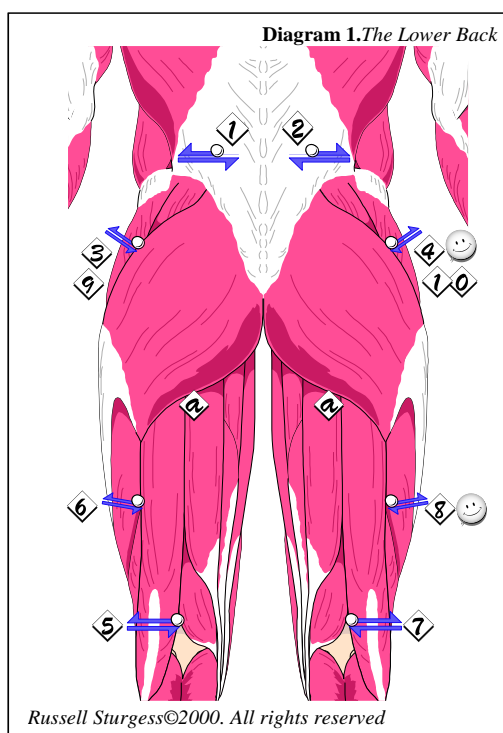
**6** Occasionally Osteopathic treatment may be required due to vertebral mal-alignment. Exercises like yoga would be helpful in restoring flexibility, and weight loss often contributes to improved back stability in the case of over weight clients. See appendix for suitable exercises. Rest for the first few days is essential with severe strain, followed by increased activity after about four days. Sitting into a lounge or low chair is not recommended standing or lying is best. A good firm bed (mattress on the floor) is best.

**7** Possibly the best first-aid for the lower back is Lower Back moves 1 and 2 and the Sacro-Iliac procedure. Wet compresses or ice could be applied in the initial stages and avoiding heat is essential. No hot showers or baths.

**8** This often is associated with feeling unsupported. This is seen in two areas, finances and relationships. If someone is experiencing financial hardship they often will manifest lower back pain. If there have been relationship strains where a person is not being supported emotionally or feeling abandoned then pain will often manifest in the lower back.

**9** “Much of your pain is self chosen. It is the biter portion by which the physician within you heals your sick self.”  
*An excerpt from “The Prophet” by Khalil Gibran.*

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## Fascial Kinetics Practitioner Course Outline

The Practitioner Course is a blend of 12 teacher contact days and self paced distance education. The course is taught over 3 modules (courses) focusing on the practical work of Bowen Therapy as well as a detailed explanation and demonstration of how the therapy works. This is supported by theory which teaches the guidelines for giving safe Bowen Therapy treatments and for running a practice. All teaching is supported by the comprehensive student manual with each module.

### **Bowen Therapy 1**

#### Teacher contact – 4 day workshop:

The Bowen procedures are learnt through demonstration, discussion and application. The practical component is supported by essential theory incorporating an understanding of how Bowen Therapy works, history, healing philosophy, guidelines for use, clinical procedure and basic fascial anatomy. Healing philosophies of the different modalities are examined.

#### Outcome:

At the end of BT 1 you will be able to, with some confidence, use the technique within a restricted scope of practice to give basic treatments.

### **Bowen Therapy 2**

#### Teacher contact – 4 day workshop:

Additional Bowen procedures are learnt through demonstration, discussion and application. All the procedures are practised, and students are taught to put together a basic body balance sequence and basic treatment plans, with clients in a variety of positions. The final day covers an important module on client assessment and treatment protocol. Both theory and practical are supported by a unit on the art of listening and awareness in healing, which forms the basis of the Fascial Kinetics philosophy.

#### Outcome:

At the end of BT 2 you will be able to, with confidence, use the technique within a basic scope of practice to give complete treatments for simple health problems.

### **Bowen Therapy 3**

#### Teacher contact – 4 day workshop:

This workshop focuses on deepening the skills and knowledge required to work successfully as a Bowen Therapy practitioner. The Bowen Therapy procedures are revised and fascial anatomy is investigated in greater depth to give a deeper understanding of how each move in each procedure impacts on key fascial, muscle, nerve, circulatory and lymphatic structures. Treatment plans and case scenarios are practised in a simulated clinic environment. The key skills for practice management are developed and the final unit on healing philosophy is explored.

#### Outcome:

At the successful completion of BT 3 you will be able to use Fascial Kinetics within an expanded scope of practice at a practitioner level, incorporating client assessment skills and deeper understanding of the technique, to address a wider range of health problems.

### **Self paced distance education:**

BT 1 – 3 Distance Education Workbooks

80 (NZ) /100 (AUS) logged and recorded case studies

Experience and report on 3 Bowen treatments

Anatomy & Physiology covering all systems of the human body

Workplace First Aid or equivalent

At the successful completion of all units you will be able to use Fascial Kinetics within an expanded scope of practice at practitioner level, incorporating client assessment skills and deeper understanding of the technique. (Attendance at all teacher contact days is required to be 100%)