

PRESS RELEASE  
LONG COVID BOWEN STUDY

HEADLINE:

**SUBJECTS SOUGHT FOR NEW STUDY INTO LONG COVID TREATMENT**

A study is taking place across the UK to examine whether the Bowen Technique, a form of manual therapy, can assist in the recovery of many thousands of people suffering with a condition which has become known as 'Long COVID'.

The aim of the study is to understand whether the Bowen Technique might offer a useful contribution towards the recovery of Long COVID sufferers, by means of six consecutive Bowen treatments over a six week period.

The Bowen Technique is non-invasive and involves the therapist using their hands to work on specific areas of the body. Gentle rolling movements are made over the soft tissues underlying the skin, with most moves being made through light clothing. Bowen therapy is generally regarded as pleasant to receive, with clients often becoming so relaxed that they fall asleep. The therapy has been reported to provide benefit to clients suffering from a number of both physical and emotional complaints and is suitable for people of all ages.

Some of the symptoms experienced by Long COVID sufferers include dizziness, 'brain fog', exhaustion, breathing difficulties, tightness of the chest, and loss of taste and smell, to name but a few. Symptoms can at times become so severe that normal daily activities and returning to work become impossible. A study carried out 'Characterizing Long COVID in an International Cohort: 7 Months of Symptoms and Their Impact', has tracked the prevalence of 205 symptoms in 10 organ systems that are associated with Long COVID.

Bowen Therapist Dianne Bradshaw began working with Long COVID sufferers in 2020 during which time she made some encouraging observations. In response to these initial findings, the Long COVID Bowen Study was launched, with now over 70 Bowen therapists taking part nationwide.

**WE NEED YOU!**

To understand whether the Bowen Technique can be a useful intervention for the treatment of people with Long COVID symptoms, the organisers are seeking more participants. The study is open to anyone experiencing COVID symptoms lasting six months or more, including those who were not tested for COVID at the time when they first fell ill. Participating therapists are offering Long COVID clients their Bowen sessions for a nominal fee. All information is gathered and processed in the strictest confidence.

**GET IN TOUCH**

If you have been suffering with Long COVID for six months or more and are interested in taking part in the study, please email [covidstudy@thebowentechnique.com](mailto:covidstudy@thebowentechnique.com)

For further details on the Bowen Technique please visit:

[www.thebowentechnique.com](http://www.thebowentechnique.com) and [www.bowentherapy.org.uk](http://www.bowentherapy.org.uk)

For more information on the Long COVID Bowen Study please join our Facebook group: Long Covid Bowen Study UK

**REFERENCES**

26 DEC 2020 [medRxiv](https://doi.org/10.1101/2020.12.26.418111) Davis et al