

# LONG COVID BOWEN STUDY UK

**A**s you may know, Dianne Bradshaw and Jo Wortley have been working incredibly hard over the past 5 months to put together and launch the Long Covid Bowen Study across the whole of the UK (except no takers in Ireland yet!).



"We also have Bowen Therapists from the USA, Malaysia and Europe who have joined our facebook group to find out what it is all about, so they can help their own Long Covid sufferers. [www.facebook.com/groups/covidbowenstudy](https://www.facebook.com/groups/covidbowenstudy)

The original idea goes back to September '20 when I conducted an initial Study looking at the way Bowen Therapy could help people who had been struggling with Long Covid symptoms since it appeared in the UK back in March 2020. Results were very impressive and the participants went on to achieve much better health, were able to resume the jobs they were struggling with, and were able to get back into and enjoy family life again.

Soon after completing this Study I looked for other Bowen Therapists to get involved and searched on Social Media to find Jo Wortley ready, willing and able, and full of the same enthusiasm I had about this project! To be able to help people who are struggling following CV19 is amazing enough but to be able to show Bowen Therapy can achieve this for them and make it known to the medical world is an added big bonus!

We worked together to produce an ethical, professional set of criteria to allow our Therapists to give us results that will be statistically analysed and written up into professional journals. Although it is extremely important to showcase Bowen Therapy to the medical front, to me it is also just as important that the final results of these treatments be put out onto social media, and the Long Covid world knows there is help out there for them. I hear varied reports about the Long Covid clinics which are on offer from NHS England at the moment.

The intermittent lockdowns have played a huge part in being able to get our 73 Therapists treating their allocated participants (who are also desperately waiting for the help they need). We have 3 Therapists who began working on their participants mid-March and are currently waiting for restrictions to be lifted so that Bowen Therapists can finally start to treat these Long Covid symptoms and hopefully achieve the same great results I did. We will update you as to the final analysed results and where we publish. Exciting or what?!"



**Dianne Bradshaw** (McTimoney/Bowen Therapist)