

# **Effectiveness of Bowen Therapy Performed by Occupational Therapist in Improving Occupational Performance of People with Shoulder Injury – Interim Result of Randomized Control Trial**

**Allison Wong Siu Wan  
Occupational Therapist I  
Yan Chai Hospital**

**WAN, S.L.Y., Chan, E.W.C., Cheng, S.W.C.,  
Leung, A.T.L., Ma, O.C.H., Poon, S.T.C.  
Occupational Therapy Depts. of KWH, PMH, YCH, CMC, OLMH & HKOTA**

# Bowen Therapy (BT)

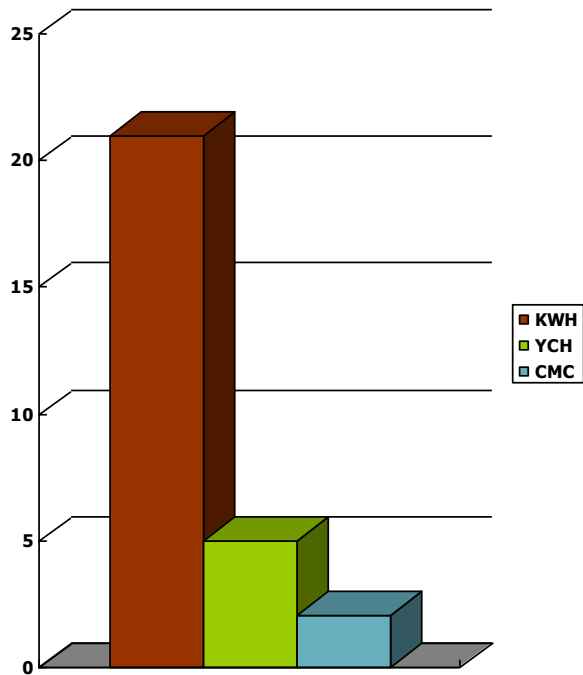
- Is a safe, gentle and relaxing cross-fiber movements approach to release tension in fascia and musculoskeletal system to promote the flow of blood and lymph, and thereby assist the body to restore structural integrity and optimal function. (*ISBT*)
- applicable from infant to elderly.



## Background of Study

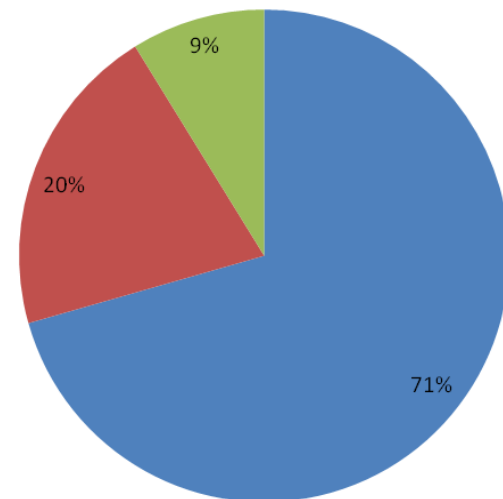
- Collaboration : Occupational Therapy Depts. of CMC, KWH, PMH, YCH, OLMH & HKOTA
- **Inclusion / exclusion** : shoulder injury with stiffness & pain / tendons tear, fracture, neurological involvement etc.
- **Data collection period** : 1/3/2012 – 30/3/2013
- **Methodology** : RCT, randomized into BT (8/52 treatment period), Sham BT & conventional Occupational Therapy groups ( all groups received conventional OT), BT treatment by certified ISBT therapists. Blinded independent assessors & subjects.

# Sample : N= 28



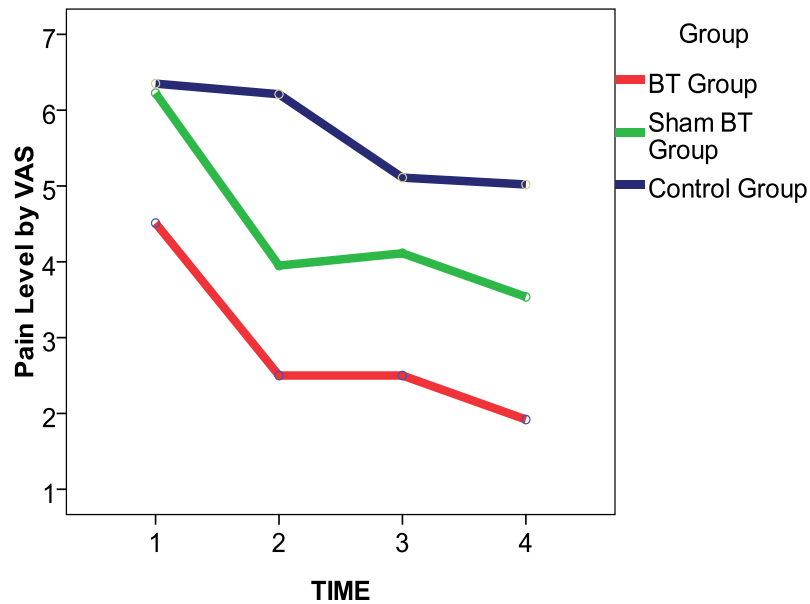
Age	Mean = 63.1	SD = 11.1
Sex	21 (female)	7 (male)

■ Primary Frozen shoulder ■ Secondary Frozen shoulder ■ Shoulder pain and stiffness ■



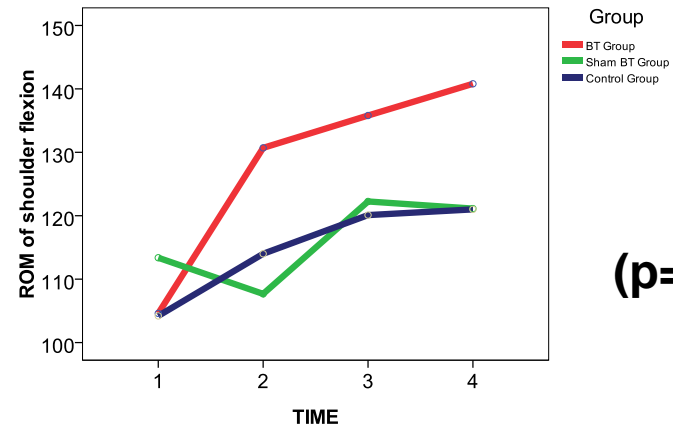
# Results

- Pain

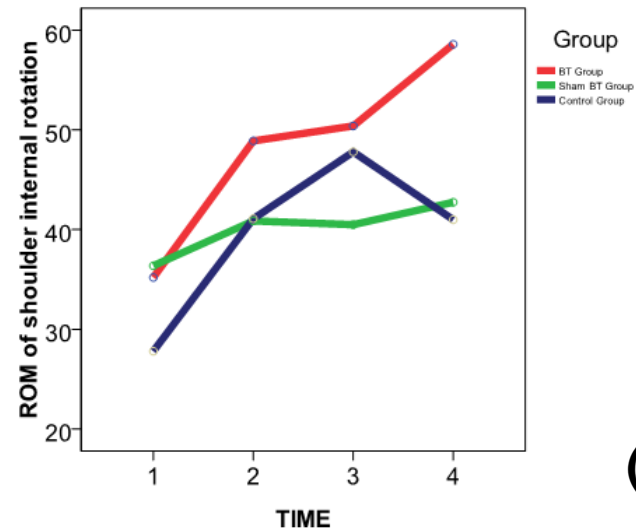


(p=0.017)

- AROM



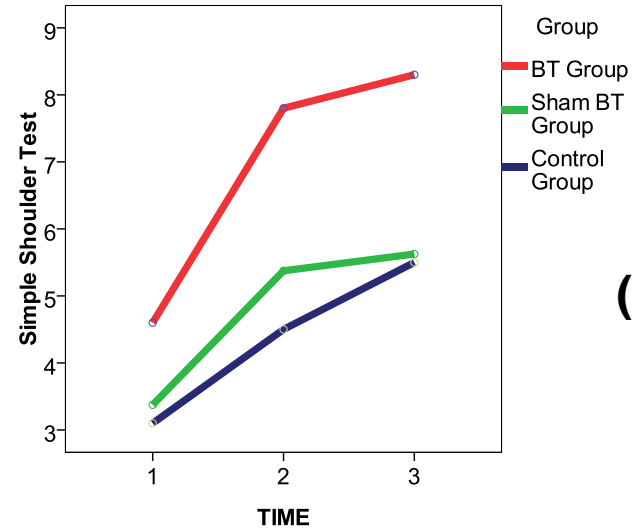
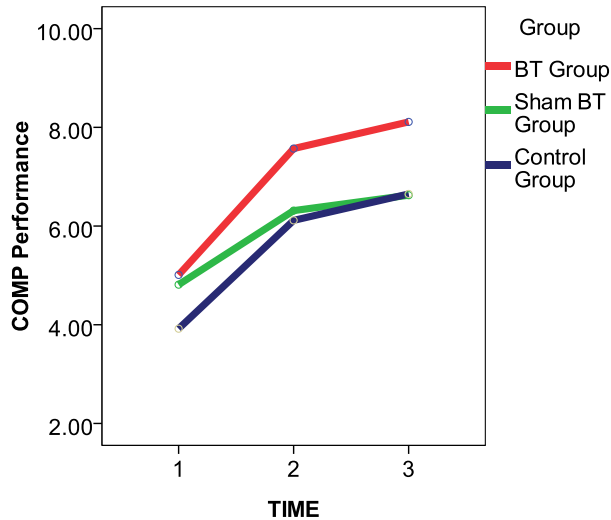
(p=0.007)



(p=0.04)

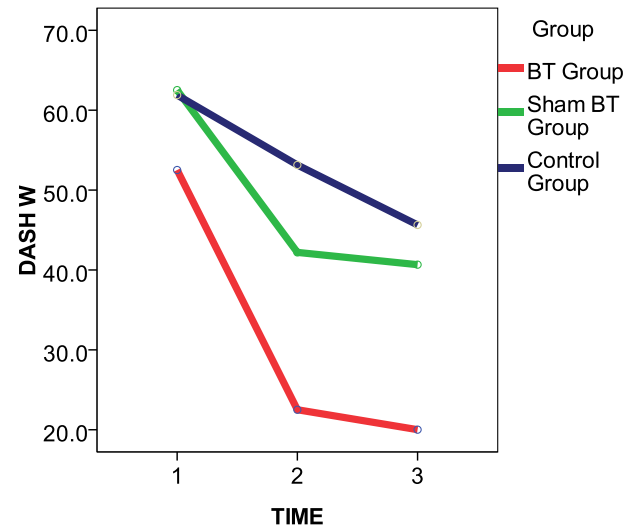
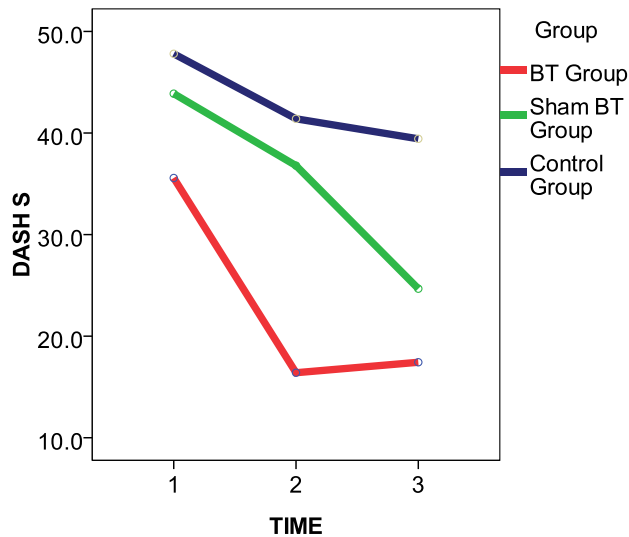
# Occupational Performance

**COPM**  
( $p=0.138$ )



**SST**  
( $p=0.05$ )

**DASH**  
( $P=0.01$ )



# Conclusion

- All patients received BT had improvement in their occupational performance, pain and range of motion of shoulder.
- Further analysis of the effect size of BT will be analyzed with full sample size to investigate the effectiveness of BT in shoulder injury.

*~Thank You ~*