

KNEE EXERCISE

Bowenwork exercises use reciprocal innervation to minimize the influence of the stretch reflex, which often leads muscles to over tighten. As with all things related to Bowenwork, less is best. No more than 6 reps with each leg, once a day. Always start with the easier side first. These exercises should be done very s-l-o-w-l-y and very gently, “listening” with awareness. Stop any movement at the first sign of pain.

Do NOT perform these exercises on the day of treatment, but start the following day.

Do once a day, every day, until your next appointment.

Sit on a higher surface so the foot dangles instead of resting on the floor.

S-L-O-W-L-Y raise one leg at a time until leg is straight, tighten and hold briefly, and lower. Work up to 6 repetitions then work on the other leg.