

Bowen Case Study: # 2: Molly

Background:

Molly is a 10 year old female black lab. The owner notices that she is having a hard time moving around after she has been lying down for awhile; she stiffens up very easily now. The owner feels that signs of hip dysplasia are starting to show and that she may likely have arthritis in her hips and knees. She takes glucosamine twice/daily for the arthritis (not confirmed by vet). The owner feels that the supplements are helping though.

Molly is no longer able to jump in the car by herself and has not been able to jump on the bed by herself for well over a year. Although still a high energy dog for an elderly dog, there are definite mobility issues that show her age.

The owners areas of concern for Molly include her neck area and her hips.

Initial Assessment:

Molly is quite overweight but has recently (3 months ago) been put on a plan to tackle her weight issue. The owner recognizes that a reduction in weight will help alleviate some stress on her joints. Her fur is shiney and super soft. Although overweight, I was able to feel that she has good muscle tone. Her hip area is very thick, likely arthritis; I call this her butt helmet 😊

When Molly walks it appears she is having to pull her front right leg forward and possibly even her hind left causing her to limp and walk on a slight angle. When she sits she leans to left, which makes sense if her right side is either uncomfortable or weak. During her Hands-on Assessment I notice a lot of tension in her neck and upper body. This also would make total sense since she is struggling to propel her leg forward. I also noted some tension in her hips and small lumps near her hip bones on either side of her spine.

Molly is a very high-spirited, happy dog. She has an incredible amount of energy for an elderly dog. She no longer runs but will trot around the yard, but only for a couple of steps. She definitely has a lot of tension pretty much from neck to hips.

Treatment Plan Summary:

Rescue Response was chosen for her first treatment since she has never had Bowen before and she is an elderly dog. I wanted to monitor her response and then decide whether to incorporate other moves into her treatment.

1st Session: RRT; June 2, 2016:

Wow! This dog loves to be touched. She was very excited during move. Needed owner to help hold her in place at times. It was difficult to find her spine during Move 3 as her spine is very thick and her Right Tensor Fascia Latae was also a little challenging to locate. She was very curious about Move 5..I find a lot of dogs are. Can't blame them!

I failed to do Move 5 in the first round and did not wait 10 minutes in between rounds. However this seemed not to have an impact on her response as the owner noted that she had an increase in her energy after just one treatment. Molly also jumped up on the bed the evening after her first treatment. The owner could not believe it!!

Molly has responded exceptionally well to Bowen made a great improvement after a single session.

2nd Session: WBB; June 9

For Molly's second session I opted to perform WBB. She has proven she is able to respond well to Bowen and I thought that some of the enhanced moves would benefit her and help alleviate some of her tension. As with the first session, I noticed that her right rear side is not as well defined (Glutes, Biceps Femoris) as her left side. This could be playing a part in her propelling her right from side forward.

When working on her Traps and Rhombs I noticed quite a bit of tension. This totally makes sense as she is straining her front half propelling forward. She loves the moves around her collar area.

Molly is a very high energy dog and more so now since starting Bowen (according to her owner). However, by the end of the treatment, she has calmed down and is totally content.

3rd and 4th Session: WBB; June 13 and 16:

A couple days after the last session Molly found a dead bird and got sick. She still isn't 100% so I decided to break up WBB into 2 sessions; focusing rear and front in that respective order.

During the treatment on her rear on June 13th I noticed her right rear side was quivering and she had a reaction when working on her right Glutes. I noticed more tension than usual at the beginning of the session but seemed to alleviate some what towards the end. The owner reported that after this session Molly swam all the day the next day and that night after a full day of swimming she was still able to jump up on the bed. The owner also noted that she was not as sore after a full day of activity like she normally would have been

Molly's second half of WBB was a couple days later and the focus was her front half. She had a lot of energy making it difficult to get Move 2 in completely. Owner assisted and when it came time to do this move again it was much easier. I noticed a lot of tension along her mid back and she paused when doing the rolls on her right side. As noted earlier, tension in this area makes sense considering her effort to propel herself forward on her right side. I did notice her right side seemed a little tenser during this time than in the past sessions. Increase in energy and exercise could very easily be playing a role in this.

5th Session: RRT; June 20:

This session was initially just a followup visit but I decided to do a couple moves on Molly. I decided to do RRT with the addition of plank and QL due to a time constraint but wanted a fully body treatment for her.

I noticed that I did not feel the knots near her hip joints that I noted during her first session. The owner also mentioned that he felt she was less 'lumpy' since she began treatments.

Observations:

Molly has responded exceptionally well to Bowen therapy. Since treatments, the owner and his extended family have noticed a huge increase in Molly's energy and her mobility. Actually, the owner noted an increase after the first session!!

Molly was already a fairly high energy dog, now however, it's almost like her body can handle her spurts of activity better. Several months after treatments, Molly is still jumping on her owners' bed...not sure if they are happy about that or not...:)