

# SUNDAY EXTRA

## Therapy gets problem pets back on feet

Owners often reckon it's a miracle, but an expert knows better, writes **Gill Vowles**

**W**HEN Bowen therapist Allan Wilton treats small animals their owners often think he is a miracle worker.

"They say it's miraculous, I say it's just Bowen," Mr Wilton said.

"But Bowen Therapy does get some truly amazing results with small animals and I am constantly seeing dogs with chronic problems which are apparently unfixable and Bowen gets them back on their feet."

Mr Wilton said Bowen therapists estimated their human success rate at 85 per cent but with dogs and cats it rose to 95 per cent.

"Largely that's because animals will rest after a treatment enabling their body to heal, whereas humans are all so busy they get on with the next appointment."

Bowen Therapy, an Australian invention which has spread around the world, is a muscle healing technique developed by Geelong football trainer Tom Bo-

wen, who found it took only small, gentle movements of the soft tissue around muscles to get healing.

The therapy involves a series of gentle rolling movements over muscles, tendons, ligaments and nerves with the goal of allowing the muscles to relax to their natural length, thus allowing organs and bones to return to their natural shape and position.

The therapy is used for a range of conditions from sports injuries through to asthma.

Mr Wilton said most of his animal patients, and the majority are dogs, were either injured or suffering from arthritis.

"Shoulder problems, locked-up backs, injured muscles and arthritis because of old age are the main reasons they come.

"Dogs figure more prominently than cats because cats are closer to how nature intended them while dogs have a lot of health problems because of how humans have changed their breeding.



**HELPING HANDS:** Animal Bowen Therapist Allan Wilton works on ailing pooch Tina at his Leith-based practice.

### PUTTING IT RIGHT

Pet conditions treated by Bowen Therapy:

MUSCLE INJURY

STIFF JOINTS

DIGESTIVE PROBLEMS

INCONTINENCE

LIMPING

PATELLA LUXATION

ARTHRITIC PAIN

TENDON AND LIGAMENT

DAMAGE

"We also tend to work dogs."

Mr Wilton said his greatest success to date had been with a 16-year-old labrador.

"He was very old and very arthritic and I was only attempting to relieve some of his pain.

"At the end of the session he was walking around the garden with his owner, even though I had never

expected him to find his feet again."

Mr Wilton said he had treated a dog diagnosed with a degenerative muscle-wasting disease.

"After the first session he was back doing agility," he said.

Mr Wilton, who treats animals from Somerset in the North-West to Glengarry in the North, either in

their homes or at his Leith-based North Coast Natural Therapies, said some vets had been slow to embrace the therapy.

"I just wish more vets would be open to it because then more dogs would get back on their feet without surgery and there would be a lot less older ones full of cortisone."

More information [www.ncnt.com.au](http://www.ncnt.com.au)