

## **Bowen Therapy Symptom Sheet**

This is a PDF document.

Please print it and mark your symptoms on the diagrams. Feel free to add descriptive notes.

This will assist the therapist with your treatment.

Then scan your updated sheet so you have an electronic copy on your computer.

Now you can either take your symptom sheet with you to your appointment, or send it in advance of your appointment by emailing it to:-

**[emma@boweninsussex.co.uk](mailto:emma@boweninsussex.co.uk)**

