

I am 86 and was diagnosed by my GP with frozen shoulder and given an injection that had no effect. I was given the impression that it was 'something I had to live with'. I had very limited movement in my right shoulder and restricted movement in my left, along with an ache in my lower back. My niece suggested Bowen therapy and by a roundabout route I found Keith, by the fourth session, I had complete movement in both shoulders, the ache in my back had disappeared and as a bonus, a long standing pelvic problem had been resolved.

I would recommend Keith and Bowen to anyone who is experiencing pain or discomfort of any kind.

Ray Dunn