



Knee Pack

Also for Arthritis, Bursitis and Hematoma

Swelling on knee must be drawn off for Bowenwork to be most effective. Obtain washing soda from your practitioner or local supply. This is sodium carbonate, or sal soda; its composition is Na_2CO_3 . It must be in an airtight, sealed container. It will come in either powder or crystal form. If it is crystalline, blend it at home down to the size of coarse salt.

From home you need one layer of pure cotton material about 6"x10", masking tape, a towel, a plastic garbage bag, and a pair of old nylons (optional). Just before bed, make a "sand pile" of soda in the middle of the cloth, 1/2" to 3/4" deep. Fold the long ends of the cloth over it in thirds. Place it *just beneath* your knee cap, and tape it on with masking tape. Now, wrap a towel from your mid-calf to mid-thigh. If you have nylons, tie it around to hold towel in place. Otherwise, use your tape, so it adheres to itself. Lay the plastic bag under your leg on the bed. Go to sleep.

During the night, as much as 1/2 cup of fluid may drain out of the knee. The next morning the cloth and towel will be stiff. Throw into the wash; they will come out very clean! You may receive Bowenwork on the knee on this day. You may then repeat the knee pack three times a week until swelling is gone, and do Bowenwork again in a week.

A few people may develop little blisters from the pack. If so, put Vaseline on them for protection during next session.

If the problem is arthritis, Bowenwork can be done from the outset, followed by the pack. This time prepare it in a cloth 12"x12", which when folded into thirds will come out about 4" wide. Wrap it *directly* over the joint and all the way around it. Even without fluid to draw, it will begin to break down swelling inside the joint. If addressing both knees, do a pack on one knee at a time, alternating nights, for a total of two times each knee in that week. After the second Bowenwork session, do the pack once per week on each knee, and return for Bowenwork whenever they start feeling painful again.

For all-over arthritis, you can put 1 cup of washing soda into a bath, and soak 20-30 minutes. If you have high blood pressure, be sure someone else is in house in case you feel weak for a while afterwards. This soda makes the water *very slippery*, so be sure to use a rubber bath mat. Use no more than two times per week.

For hematoma, the pack will draw pain and stiffness out speedily. Blood will blacken where it remains trapped, just under the surface of the skin, but it will break up on its own.