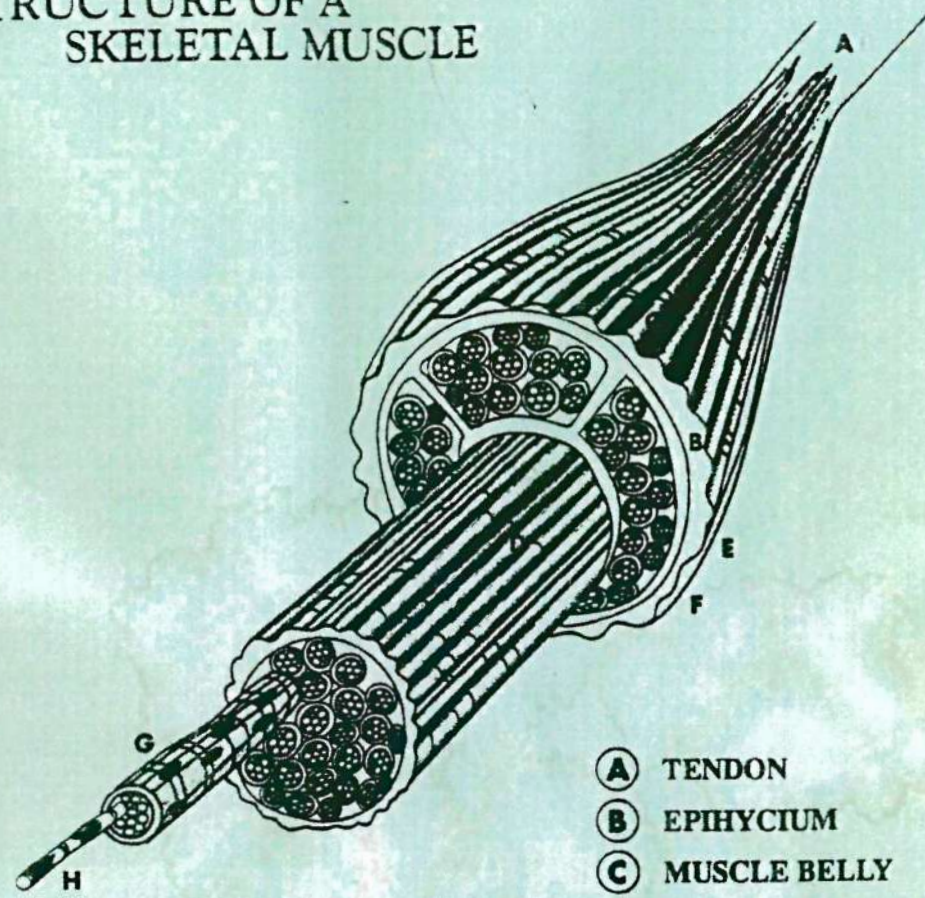


TARAS RODAK

The Bowen Technique - an interpretation by Oswald Rentsch.

This is Exhibit # 12
In CONO vs. Taras Rodak
Date: October 6, 2020

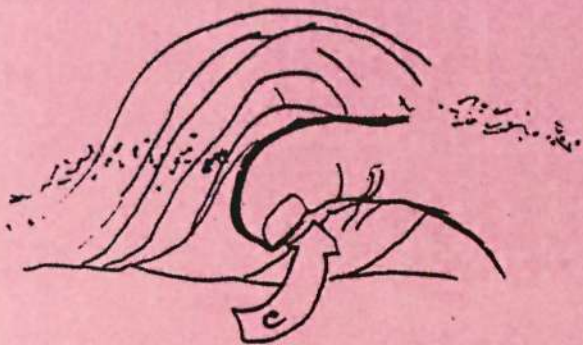
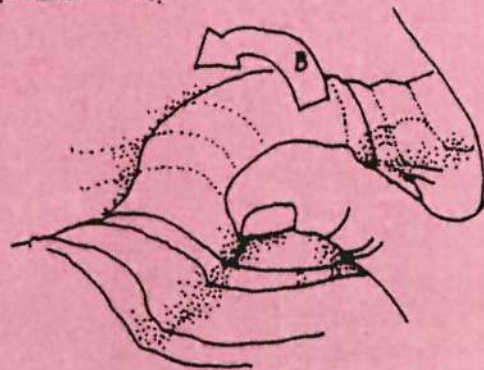
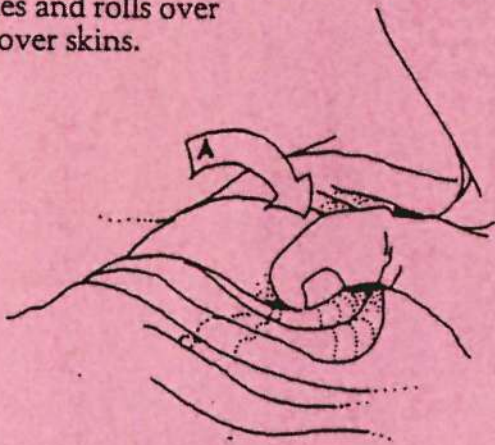
STRUCTURE OF A SKELETAL MUSCLE



- (A) TENDON
- (B) EPIHYCIUM
- (C) MUSCLE BELLY
- (D) PERIMYCIUM (FASCICLE)
- (E) ENDOMYCIUM (MUSCLE FIBRE)
- (F) MYOFIBRIL A BAND
- (G) MYOFIBRIL I BAND
- (H) MYOFIBRIL H BAND

THUMB PLACEMENT FOR BASIC MOVE

- A. Thumb draws skin back over muscle.
- B. Thumb pushes and rolls over muscle- not over skins.



The Bowen Technique — an interpretation by Oswald Rentsch.

FOR DISCUSSION PURPOSES ONLY

LOWER BACK

Lay patient on bed face down, head to one side, arms beside hips. Support underneath abdomen with pillow, if necessary.

Make sure patient is comfortable.

Specific basic relaxation moves, left side first at all times unless otherwise stated.

1. First move, just above the crest of the ilium at the lateral margin of the erector spinae level with L3. Draw the skin back laterally. Apply pressure to the lateral margin of the erector spinae hold for three seconds then, while maintaining pressure, move the erector spinae medially.
2. Right side medially as above.
3. Move the fibres of the anterior margin of the left tensor fascia lata belly posteriorly, where the gluteus medius over laps the T.F.L.
4. Right side medially as above. Wait two minutes.
5. Move the left biceps femoris tendon at the top of the popliteal fossa medially on a line just above the patella. At the same time verify this move by a reaction felt at Point 5A at the centre of the gluteal fold just below the ischial tuberosity on the origen of the long head of the biceps femoris.
6. Still on the left side, release left hand and move vastus lateralis posteriorly at mid-thigh.
7. Repeat 5 on right leg.
8. Repeat 6 on right leg. Wait two minutes.
9. Repeat Move 3.
10. Repeat Move 4.

NOTE: Reading of 5A is important, indicating Moves 5 and 7 have been effected.

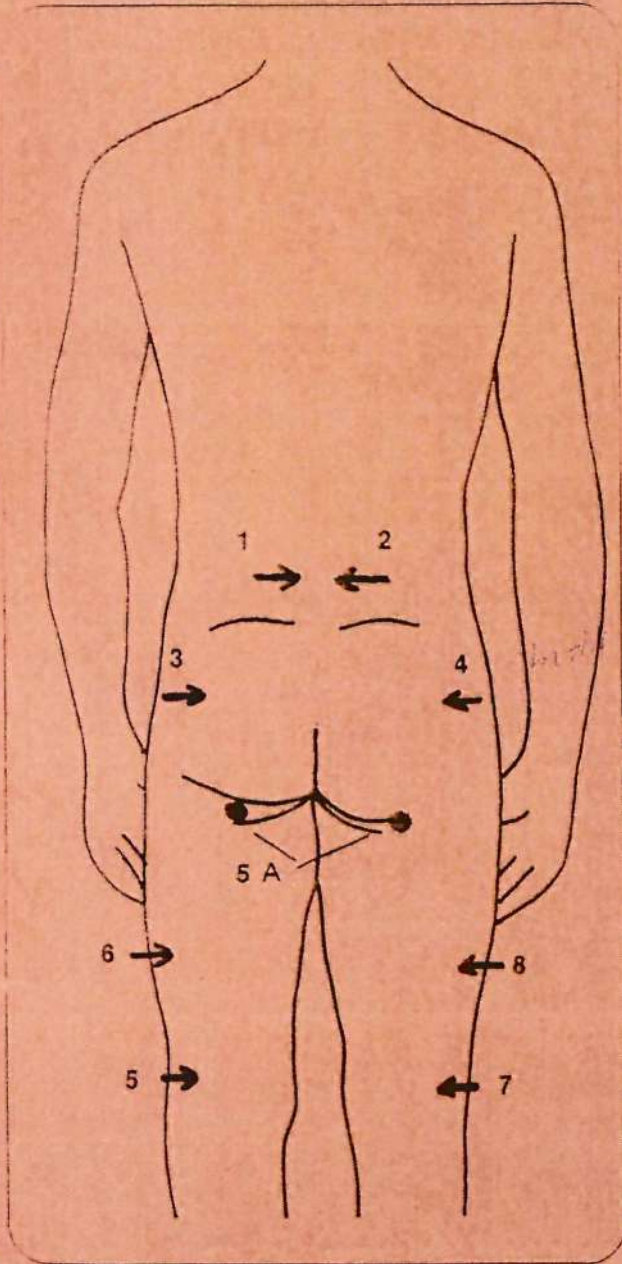
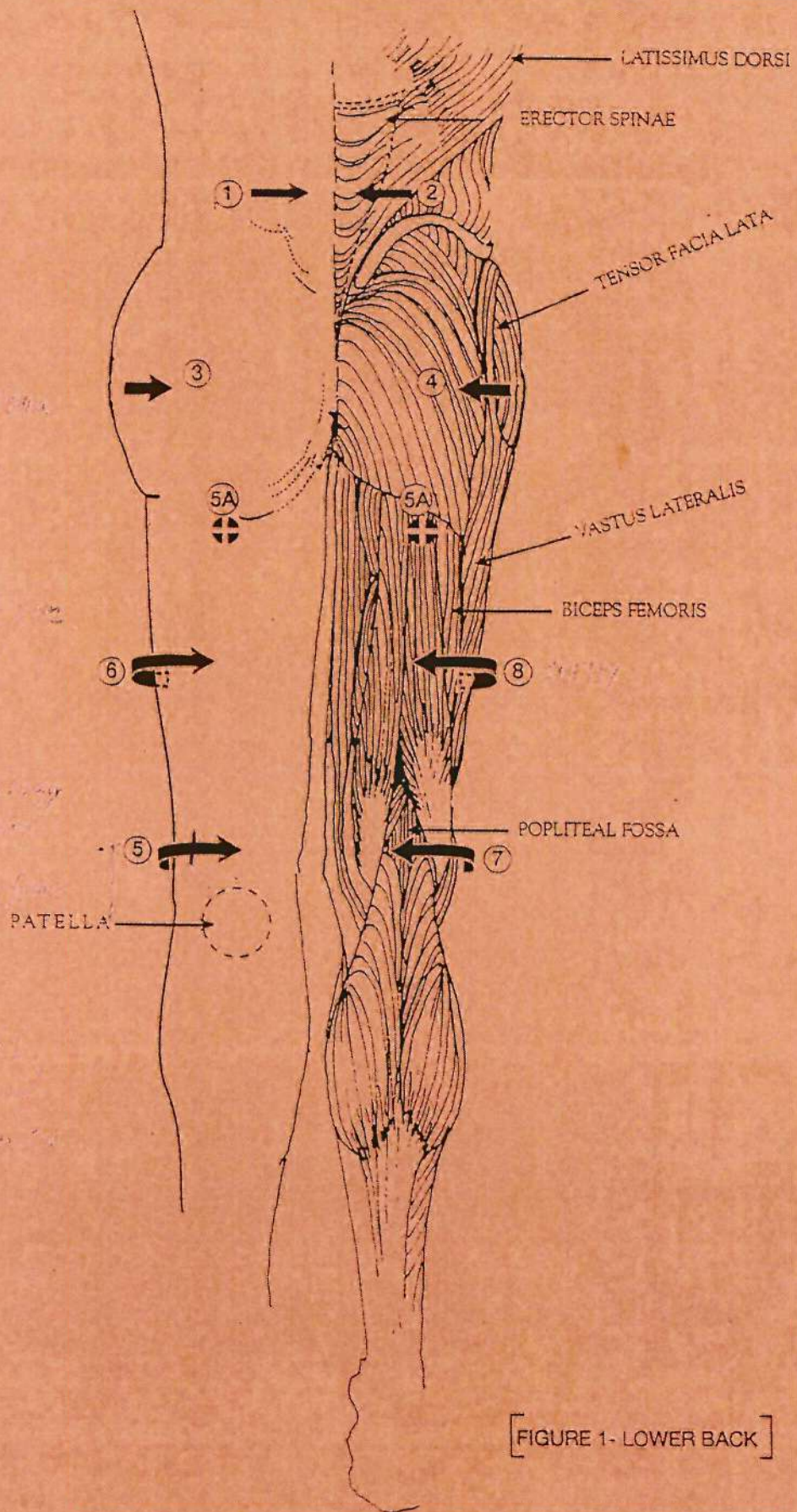


Figure 1.

*5A reading move
managed 1.5.88 right
if needed sustained trauma step*

What the human mind can conceive and believe it can accomplish.



[FIGURE 1- LOWER BACK]

The Bowen Technique — an interpretation by Oswald Rentsch.

FOR DISCUSSION PURPOSES ONLY

NECK AND SHOULDERS

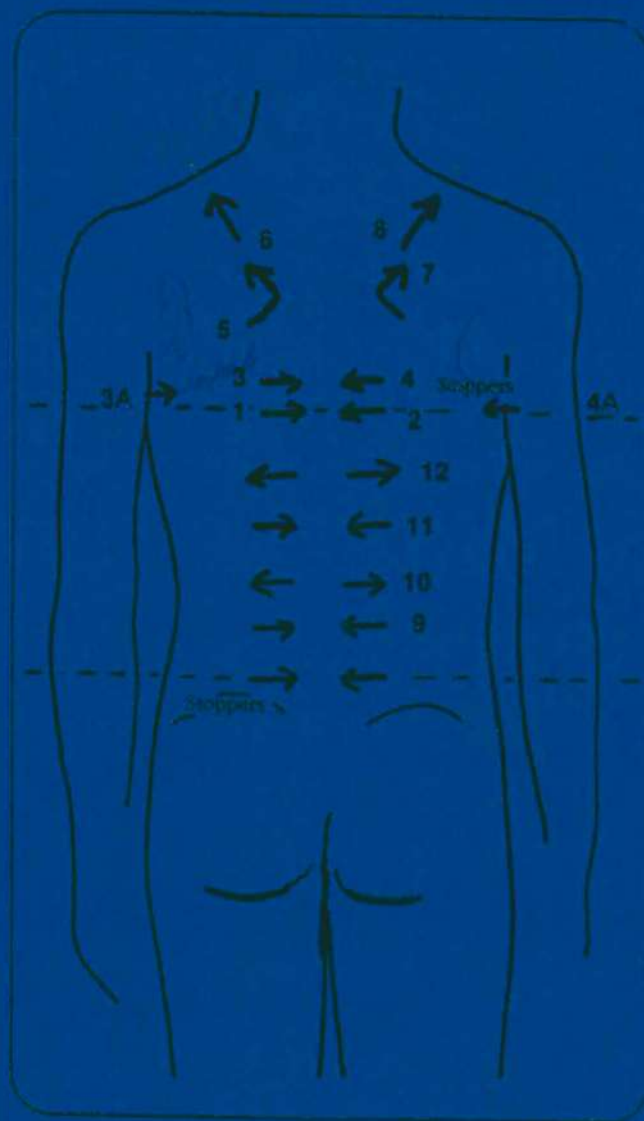
Specific back relaxation moves. Right side of the body is positive, the left side is negative.

1. left side first always. On the line just below the inferior angle of the left scapula, draw the skin slack laterally. Apply pressure to the lateral margin of the erector spinae, hold for three seconds then, while maintaining pressure, move the erector spinae medially.
2. Right side medially as above.
3. left side. Same procedure as Move 1 but one inch higher.
4. Right side medially as above. Wait two minutes.
5. From the margin of the left scapula move in a semicircle over the rhomboids major medially and return to the scapula margin.
6. Move over the levator scapula rounding the superior medial angle of the scapula and execute a rolling motion over the medial shoulder.
7. Right side as in Move 5.
8. Right side as in Move 6. Wait two minutes. If no response, muscles still tense. Move 3A teres major and 4A medially. Wait two minutes then repeat 1 to 8.

Always commence treatments at lumbar. The procedure is to move to shoulders after lumbar — you must not reverse this procedure.

Page 3 follows to complete neck and shoulders procedure.

Figure 2.



People forget how fast you did a job — but they remember how well you did it.

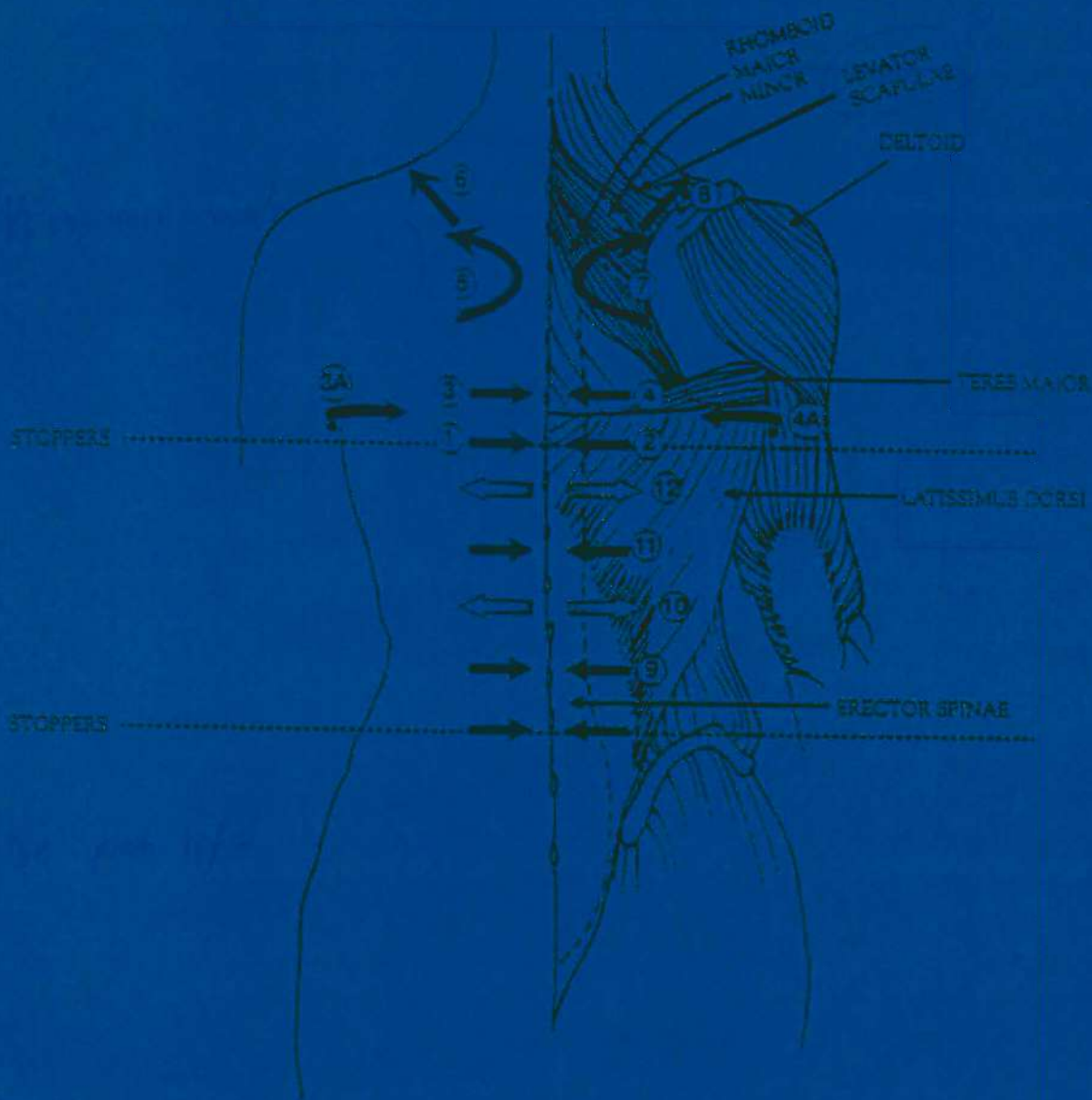
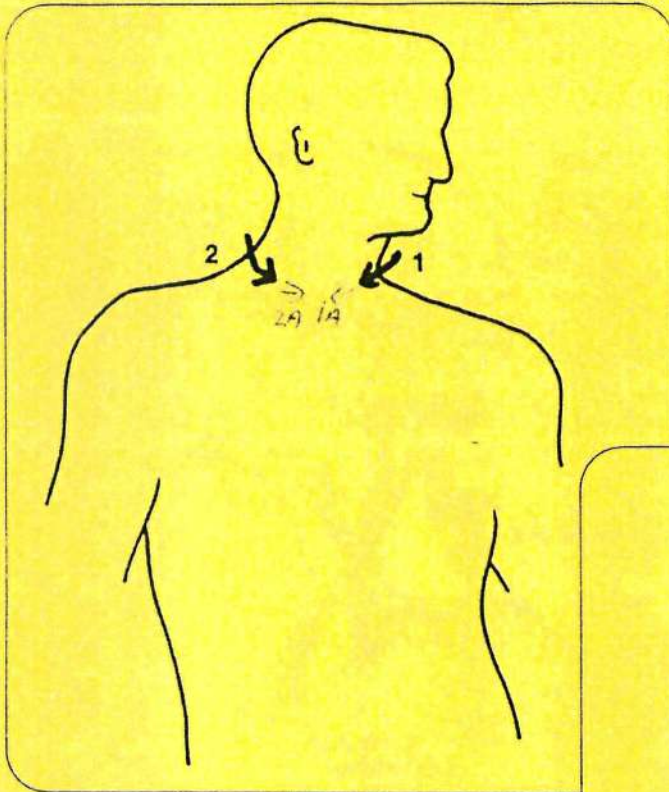
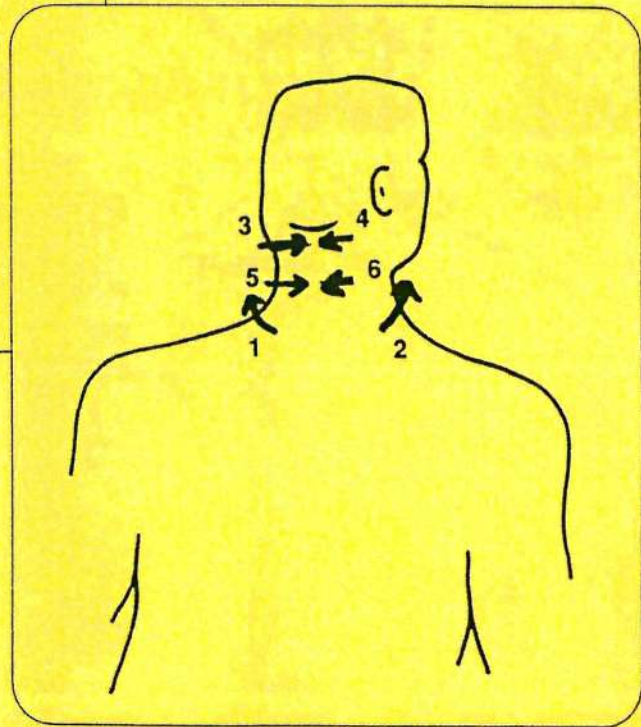


FIGURE 2 } NECK & SHOULDER

The Bowen Technique — an interpretation by Oswald Rentsch.



-if no response to first shoulder
 1M) - add 1 week later
 2A) - standing
 1M + 5 4
 2A + 6 4
Figure 3.



FOR DISCUSSION PURPOSES ONLY

NECK AND SHOULDERS (continued)

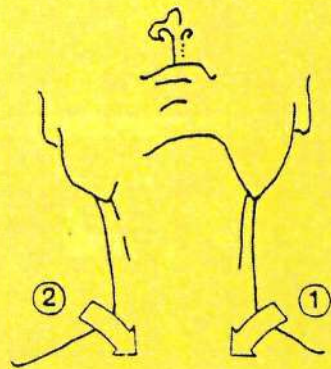
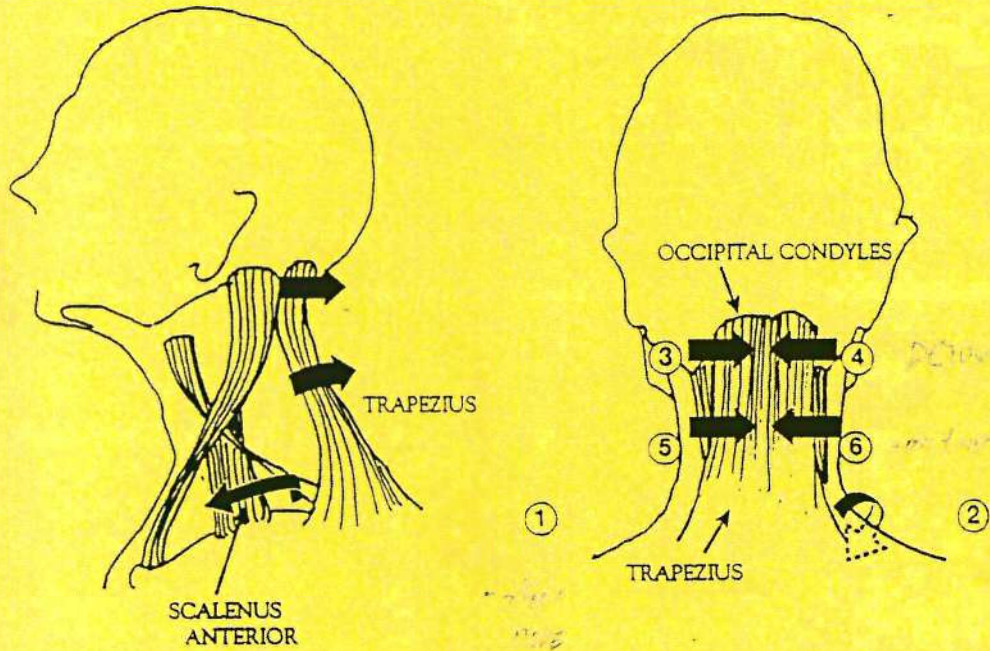
After completion of Page 2, turn patient on to back, hands by side. No pillows except for aged or special cases. Specific basic relaxation moves.

1. Position yourself at the head of the patient, left side first with left thumb, move the scalenus anterior forward around neck line.

2. Right side follows.
3. At the occipital condyles move the trapezius insertions medially.
4. Right side follows. Wait two minutes.
5. Gently move trapezius medially between C3 & 4.
6. Right side follows. Wait two minutes.

Repeat 1 to 6 --- in severe cases, observing the two minutes wait as directed.

Take time to deliberate; but when the time for action arrives, stop thinking and go in.



[FIGURE 3 } NECK & SHOULDER]

The Bowen Technique — an interpretation by Oswald Reutsch

CONTRAINDICATIONS: PREGNANCY ONLY

PREGNANCY (Back Problems)

Safe to use, but never touch the coccyx in pregnancy while patient is lying down. If patient unable to lie on abdomen, then stand patient as in Figure 13, leaning forward hands on assistant's shoulders.

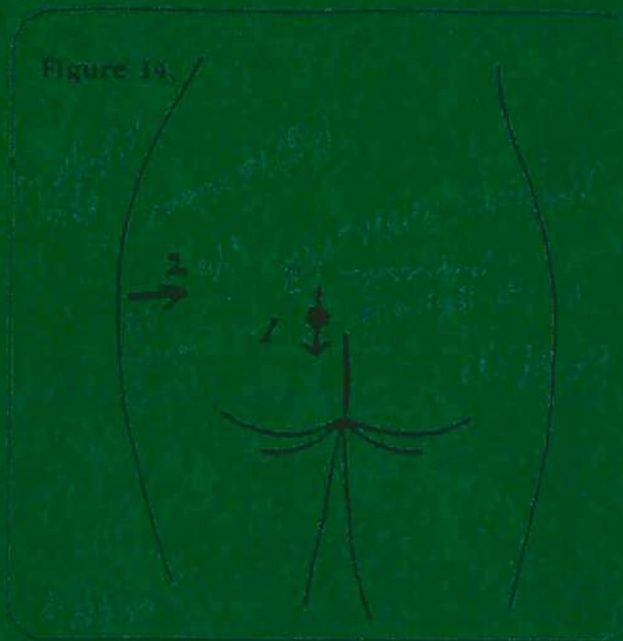
Either in this position or prior to this when patient sitting on chair, go through the specific basic relaxation Moves 1 to 3, Figure 1.

Next, have patient stand, move down the edge of the sacrum on treated side.

With patient standing, move the fibres of the anterior margin of the tensor fasciae lata, Figure 14, at the same time holding finger pressure lateral to the margin of the sacrum, Figure 14.

Repeat in seven days, if necessary.

If temperature of left kidney is hotter than right, nothing in this procedure can help, cause may be drugs.



SIDE OF BREAST TENDER

If the side of the breast is tender, having checked problem is not pathological, move medially over the pectoralis minor immediately above nipple, Figure 15, then Move 2 is to move laterally off the pectoralis major immediately below nipple on to a projection of the serratus anterior. That's all.

Repeat in seven days, if necessary.



Figure 13.



Figure 15.

The answer is simple, if you want something very badly, you can achieve it. If they take exercise, they find work in that struggle and in time, but it can be done.