

Appendix C1. Citation details of studies from search results excluded [Bowen therapy]

| Study | Reference | Reason, text only |
|------------------|---|--|
| Marr 2008 | Marr, M.; Lambon, N.; Baker, J. Effects of the Bowen technique on flexibility levels: implications for fascial plasticity. <i>Journal of Bodywork & Movement Therapies</i> . 2008; 12(4) 388-388. doi: 10.1016/j.jbmt.2008.04.006 | Participants: study includes only healthy participants |
| Bimal Kumar 2018 | Bimal Kumar, J Effect of Bowen Technique Versus Muscle Energy Technique on Asymptomatic Subjects with Hamstring tightness. Nandha College of Physiotherapy. 2018. | Publication type: clearly ineligible |
| Morris 2012 | Morris, Michael Fredric The Bowen Technique and low back pain: a pilot study to investigate the use of the Bowen Technique as a treatment for people who live with chronic, non-specific LBP. University of Warwick. 2012. | Publication type: clearly ineligible |
| Stomski 2018 | Stomski, N. J.; Petterson, A.; Kristjanson, L.; Lobb, E. A.; Phillips, M.; Williams, A.; Morrison, P.; Joske, D. The effect of self-selected complementary therapies on cancer patients' quality of life and symptom distress: A prospective cohort study in an integrative oncology setting. <i>Complementary therapies in medicine</i> . 2018; 37() 1-5. doi: https://dx.doi.org/10.1016/j.ctim.2018.01.006 | Study design: clearly ineligible |

Appendix C2. Citation details of studies from submissions (Bowen therapy)

A: awaiting classification
 B: excluded at title & abstract
 C: excluded at full-text
 D: eligible studies

| Reference | Retrieved by search? | Classification |
|---|----------------------|---|
| Chen PY. Effectiveness of Bowen Therapy for Pain Management in Patients With Fibromyalgia. Clinical Trial recruitment underway - Chinese University of Hong Kong. 2020. | No | A: identified in our registry records NCT04554784; no published report identified |
| Tsz A, Lee M, Lun C, Ying A, Chen PY, Chi Hong D, Samy W, Au F. A Prospective Randomized Control Trial on the Effectiveness of Bowen Therapy for Myofascial Neck Pain. Accepted at conference and publication but postponed due to COVID. 2020. | No | A: unable to be retrieved (conference abstract) |
| Whitaker JA, Gilliam PP, Seba DB. The Bowen technique: a gentle hands-on method that affects the autonomic nervous system as measured by heart rate variability and clinical assessment. American Academy of Medicine . 1997; 32nd Annual. | No | A: unable to be retrieved (conference abstract) |
| Dicker A. Using Bowen technique in a health service workplace to improve the physical and mental wellbeing of staff. The Australian Journal of Holistic Nursing. 2005; 12 (2)35-42. | Yes | B: case series |
| Duncan B et al. Improved motor function with Bowen therapy for rehabilitation in chronic stroke: a pilot study. Journal of Primary Health Care. 2011; 3(1)53-57. | Yes | B: case series |
| Morgan-Jones M, Knott F, Wilcox H, Ashwind C. A pilot study of fascia Bowen therapy for 8-11 year-old boys with developmental coordination disorder. Journal of Bodywork and Movement Therapies. 2019; 23(3)568-574. | Yes | B: case series |
| Nitsure P, Kothari, N. The effectiveness of Bowen Technique as an adjunct to conventional physiotherapy on pain and functional outcomes in subject with acute trapezititis - A pilot study. Romanian Journal of Physical Therapy. 2015; 21(36)44505. | Yes | B: case series |
| Félix CJS, Black L, Rodrigues M, Silva AG. The acute effect of Bowen therapy on pressure pain threshold and postural sway in healthy subjects'. Journal of Bodywork and Movement Therapies. 2017; 21(4)804-809. doi: 10.1016/j.jbmt.2016.12.008 | Yes | B: ineligible population |
| Marr M et al. The effects of the Bowen Technique on hamstring flexibility over time: a randomised controlled trial'. Journal of Bodywork and Movement Therapies. 2011; 15(3)281-90. doi: 10/1016/j.jbmt.2010.07.008 | Yes | B: ineligible population |
| Walker-McPhail D. Implementing Bowen therapy on SCI patients with limb discrepancy. Journal of Bodywork and Movement Therapies. 2015; 19(4)675-676. doi: 10.1016/j.jbmt.2015.07.017 | Yes | B: ineligible publication type |
| Wilks, J. The Bowen technique - mechanisms for action. Journal of the Australian Traditional-Medicine Society. 2013; 19(1) 33-35. | Yes | B: ineligible publication type |
| Yadav, SK. COMPARATIVE STUDY BETWEEN THE EFFECTIVENESS OF BOWEN TECHNIQUE AND DYNAMIC SOFT TISSUE MOBILIZATION IN INCREASING HAMSTRING FLEXIBILITY. 2013. | No | B: ineligible publication type |
| Dicker A. Bowen technique--its use in work related injuries. The Australian Journal of Holistic Nursing. 2005; 12(1)31-34 | Yes | B: narrative report of health promotion project |
| Dicker A. Using Bowen Therapy to improve staff health. The Australian Journal of Holistic Nursing, 01 Apr 2001. 2001; 8 (1)38-42. | Yes | B: narrative report of health promotion project |
| Argenbright C, Taylor-Piliae R, Loescher L. Bowenwork for symptom management of women breast cancer survivors with lymphedema: A pilot study. Journal of Bodywork and Movement Therapies. 2016; 25(1)142-149. | Yes | B: no comparator group |
| Gustafson, S. Bowenwork®An effective therapeutic intervention? A Systematic Review. Journal of Alternative and Complementary Medicine. 2014; 17(11). | No | B: systematic review |
| Hansen C, Taylor-Piliae R. What is Bowenwork®? A Systematic Review . The Journal of Alternative and Complementary Medicine. 2011; 17(11). doi: https://doi.org/10.1089/acm.2010.0023 | Yes | B: systematic review |
| Espejo-Antúnez L, López-Miñarrob PA, Albornoz-Cabelloc M, Garrido-Ardila EM. Acute effect of electrical muscle elongation and static stretching in hamstring muscle extensibility. Science and Sports. 2016; 31(1)e1-e7. | No | C: ineligible population |
| Kage V, Bootwala F, Kudchadkar G. Effect of Bowen Technique versus Muscle Energy Technique on Asymptomatic Subjects with Hamstring Tightness: a Randomized Clinical Trial'. International Journal of Medical Research & Health Sciences. 2017; 6(4)102-108. | No | C: ineligible population |
| Kweku Seya A, Hunterb J. Finding the value in oncology massage: A mixed-method study of cancer services and survivors in Australia. Advances in Integrative Medicine. 2020; 7(3)126-134. | No | C: ineligible study design |

| Reference | Retrieved by search? | Classification |
|--|----------------------|---------------------------|
| Kopczyska E, Malak R, Kostiukow A, Samborski W. Bowen Technique for patients with low back pain. <i>World Scientific News</i> . 2018; 93()81-94. | No | C: no comparator group |
| Dalal P, Kage V. Comparison of Ischaemic Compression, Myofascial Release and Bowens Technique In Non Specific Neck Pain-A Randomized Clinical Trial. <i>Indian Journal of Applied Research</i> . 2020; 10(1)25-28. doi: 10.36106/ijar | No | D: included at Extraction |
| Lee K, Lewis GN. Short term relief of multisite chronic pain with Bowen Therapy: A double-blind, randomized controlled trial'. <i>Journal of Bodywork and Movement Therapies</i> . 2020; 24(4)271-279. doi: 10.1016/j.ibmt.2020.06.025 | Yes | D: included at Extraction |

Appendix C3. Citation details of studies awaiting assessment

Bowen therapy

| Study ID | Reference | Reason for awaiting assessment |
|-------------------|--|--------------------------------|
| Malancravean 2017 | Malancravean M, Papp E. Experimental study about the rotating movements through Bowen therapy. Acta Medica Marisiensis. 2017; 63() | reported in abstract only |

Appendix C4. Characteristics of ongoing studies

[see Appendix I for Abbreviations used in the report]

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| NCT05392049 [BOR-013-S] Title: Effects of Bowen's Therapy and Post Isometric Relaxation Techniques in Patients of Temporomandibular Joint Disorder Country: India | Population: Chronic MSK conditions ICD code: DA0E.8 Temporomandibular joint disorder No. participants: 24 | Inactive comparators: Active comparators: post isometric relaxation Outcomes: pain (NPRS); functional activity (Jaw Functional Limitation Scale); range of motion (intra-oral ruler) | Enrolment start: 01 Jun 2022 Enrolment end: NR Status: Not yet recruiting | Study completion: NR Last registry update: 23 May 2022 |
| NCT05723029 [BOR-020-S] Title: Bowen Technique and Post Isometric Relaxation in Knee Osteoarthritis Patients Country: India | Population: Chronic MSK conditions ICD code: FA01.0 Primary osteoarthritis of knee (+ hamstring tightness) No. participants: 20 | Inactive comparators: Active comparators: post isometric relaxation Outcomes: pain (NPRS); knee range of motion (active knee extension test, goniometer) | Enrolment start: 18 Jan 2023 Enrolment end: NR Status: Completed | Study completion: 31-Mar-23 Last registry update: 18 Apr 2023 |
| NCT04852939 [BOR-012-S] Title: Bowen's Technique in Patients With Adhesive Capsulitis Country: India | Population: Chronic MSK conditions ICD code: FB53.0 Adhesive capsulitis of shoulder No. participants: 74 | Inactive comparators: Active comparators: physical therapy Outcomes: pain (NPRS, SPADI-pain); function (SPADI-function); range of motion (goniometer) | Enrolment start: 14 Oct 2020 Enrolment end: NR Status: Completed | Study completion: 10-Jul-21 Last registry update: 06 Aug 2021 |
| NCT04852913 [BOR-024-S] Title: Bowen's Technique In Postural Neck Pain Among Dentist Country: Pakistan | Population: Chronic MSK conditions ICD code: ME84.0 Cervical spine pain No. participants: 58 | Inactive comparators: Active comparators: conventional physical therapy (myofascial release + active RoM exercises) Outcomes: pain intensity (NRS); disability (NDI); craniovertebral angle (goniometer) | Enrolment start: 17 Oct 2020 Enrolment end: 15-Jun-21 Status: Completed | Study completion: 10-Jul-21 Last registry update: 06 Aug 2021 |

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|--|--|--|--|--|
| NCT05751070 [BOR-021-S] Title: Bowen and Graston Technique in Patients of Tension Neck Syndrome Country: India | Population: Chronic MSK conditions ICD code: ME84.0 Cervical spine pain (myofascial) No. participants: 26 | Inactive comparators: Active comparators: Graston technique Outcomes: pain (NPRS); disability (NDI); range of motion (goniometer) | Enrolment start: 16 Mar 2023 Enrolment end: NR Status: Completed | Study completion: 26-Dec-23 Last registry update: 27 Dec 2023 |
| IRCT20190717044238N7 [BOR-009-S] Title: Bowen therapy and tennis ball technique in patients with thoracic myofascial pain syndrome Country: Pakistan | Population: Chronic MSK conditions ICD code: ME84.1 Thoracic pain myofascial No. participants: 30 | Inactive comparators: Active comparators: tennis ball technique Outcomes: pain (NPRS); functional disability (Pain Disability Questionnaire) | Enrolment start: 01 Mar 2023 Enrolment end: 9-Jun-23 Status: Completed | Study completion: 9-Jun-23 Last registry update: 19 Aug 2023 |
| IRCT20230426057994N1 [BOR-010-S] Title: METS vs Bowen technique in hamstring muscle tightness Country: Pakistan | Population: Chronic MSK conditions ICD code: MG30.02 Chronic primary low back pain No. participants: 31 | Inactive comparators: Active comparators: muscle energy technique Outcomes: pain (NPRS); disability (Oswestri Low Back Disability Index); active knee extension test (goniometer) | Enrolment start: 05 Aug 2023 Enrolment end: 1-Dec-23 Status: Completed | Study completion: 18-Dec-23 Last registry update: 07 Aug 2023 |
| CTRI/2023/01/049120 [BOR-019-S] Title: Immediate effect of Bowen Technique Versus Mulligan Bent Leg Raise on pain and hamstring muscle flexibility among young boys with non-specific low back pain Country: India | Population: Chronic MSK conditions ICD code: MG30.02 Non-specific chronic low back pain No. participants: NR | Inactive comparators: Active comparators: Mulligan Bent Leg Raise Outcomes: pain (NPRS); sit and reach test; popliteal angle | Enrolment start: 20 Jan 2023 Enrolment end: NR Status: Can't determine | Study completion: NR Last registry update: 17 Jan 2023 |

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| NCT04745858 [BOR-011-S] Title: Bowen's Technique and Muscle Energy Technique on Hamstrings Tightness Country: India | Population: Chronic MSK conditions ICD code: MG30.02 Non-specific chronic low back pain No. participants: 24 | Inactive comparators: Active comparators: Muscle energy technique Outcomes: pain (NPRS), popliteal angle (active knee extension test), sit and reach test, active straight leg raise; range of motion (goniometer) | Enrolment start: 25 Jan 2021 Enrolment end: NR Status: Completed | Study completion: 15-Aug-21 Last registry update: 20 Sep 2021 |
| NCT04861129 [BOR-016-S] Title: Bowen Therapy for Chronic Non-specific Low Back Pain Country: Hong Kong | Population: Chronic MSK conditions ICD code: MG30.02 Non-specific chronic low back pain No. participants: 46 | Inactive comparators: sham Bowen therapy Active comparators: Outcomes: pain relief (NRS); disability (ODI); HR-QoL (SF-12); [pain] self-efficacy (Pain Self-efficacy Questionnaire) | Enrolment start: 19 Apr 2021 Enrolment end: NR Status: Can't determine | Study completion: NR Last registry update: 27 Apr 2021 |
| NCT05935163 [BOR-022-S] Title: Immediate Effects of Bowen Technique Versus Dynamic Soft Tissue Mobilization on Hamstrings Tightness in Chronic Non-specific Low Back Pain Country: Pakistan | Population: Chronic MSK conditions ICD code: MG30.02 Non-specific chronic low back pain No. participants: 42 | Inactive comparators: Active comparators: physical therapy + dynamic soft tissue mobilisation Outcomes: pain (NPRS); disability (RMDQ); knee extension test, active straight leg raise, sit-and-reach test | Enrolment start: 01 Jan 2023 Enrolment end: NR Status: Recruiting | Study completion: NR Last registry update: 07 Jul 2023 |
| NCT05074641 [BOR-017-S] Title: Comparison Of Direct Myofascial Release And Bowen's Technique For Non-Specific Neck Pain Country: India | Population: Chronic MSK conditions ICD code: MG30.02 Non-specific chronic neck pain No. participants: 30 | Inactive comparators: Active comparators: myofascial release Outcomes: pain (NPRS); disability (NDI); stress, depression and anxiety (DASS); cervical range of motion (goniometer) | Enrolment start: 05 Feb 2021 Enrolment end: NR Status: Completed | Study completion: 20-Jan-22 Last registry update: 02 Feb 2022 |

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|--|--|---|--|---|
| NCT05125484 [BOR-018-S] Title: Comparison of Bowen's Technique and Myofascial Release Technique On Pain And Disability in Trapezitis Country: Pakistan | Population: Chronic MSK conditions ICD code: NA61.0 Strain or sprain of muscle, fascia or tendon at neck level (trapezitis) No. participants: 66 | Inactive comparators: Active comparators: myofascial release technique Outcomes: pain (NPRS); disability (NDI); Isometric Scapular Pinch Test, Lateral Scapular Slide Test; cervical range of motion (6 directions) | Enrolment start: 16 Nov 2021 Enrolment end: NR Status: Completed | Study completion: 1-Feb-22 Last registry update: 05 Apr 2022 |
| NCT05969912 [BOR-014-S] Title: Effects of Instrument Assisted Soft Tissue Mobilization and Bowen Technique in Fibromyalgia Country: India | Population: Chronic MSK conditions,Other chronic pain ICD code: MG30.01 Chronic widespread pain; MG30.02 Non-specific chronic low back pain No. participants: 32 | Inactive comparators: Active comparators: Graston technique (instrument-assisted soft tissue mobilisation) Outcomes: pain (NPRS); depression (CUDOS); quality of life (Fibromyalgia Impact Questionnaire); range of motion (bubble inclinometer) | Enrolment start: 30 Aug 2023 Enrolment end: 30-Mar-24 Status: Recruiting | Study completion: NR Last registry update: 05 Sep 2023 |
| CTRI/2020/04/024551 [Ughreja 2023] [BOR-008-S] Title: Effect of exercises on sleep in fibromyalgia syndrome Ughreja RA, Venkatesan P, Gopalakrishna DB, Singh YP. Effectiveness of Craniosacral therapy, Bowen therapy, static touch, and standard exercise program on sleep quality in fibromyalgia syndrome: A protocol for a randomized controlled trial. European Journal of Integrative Medicine. 2023;60:102254. Country: India | Population: Other chronic pain ICD code: MG30.01 Chronic widespread pain No. participants: 132 | Inactive comparators: Active comparators: craniosacral therapy; static touch; standard exercise program Outcomes: sleep quality (PSQI); quality of life (Revised Fibromyalgia Impact Questionnaire); fatigue (MAF); physical function (PROMIS-Physical Function-SF); pressure pain threshold (algometer) | Enrolment start: 01 Jul 2020 Enrolment end: Feb-23 Status: Can't determine | Study completion: NR Last registry update: |

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|---|---|---|--|---|
| NCT04554784 [BOR-015-S] | Population: Other chronic pain | Inactive comparators: | Enrolment start: 06 Sep 2020 | Study completion: NR |
| Title: Effectiveness of Bowen Therapy for Pain Management in Patients With Fibromyalgia | ICD code: MG30.01 Chronic widespread pain | Active comparators: conventional treatments | Enrolment end: 6-Dec-22 | Last registry update: 16 Feb 2022 |
| Country: Hong Kong | No. participants: 80 | Outcomes: pain (NRS, BPI-SF); anxiety and depression (HADS); sleep (JSEQ); health-related quality of life (SF-36); lower and upper extremity strength (endurance strength test) | Status: Can't determine | |