



# Professional Development Day & AGM

**Saturday 3<sup>rd</sup> October 2026**

**Oswestry Memorial Hall, Smithfield Street, Oswestry, SY11 2EG**

**Annual General Meeting:** **09:30 – 10:30**  
(members only)

**Professional Development Day (PDD):** **11:00 – 17:00**

## **BTPA Annual General Meeting:**

**All BTPA members are welcome to attend the AGM. Only full members may vote.**

09:15 – 09:30 Arrival, registration and refreshments

09:30 – 10:30 **BTPA AGM**

## **Professional Development Day (PDD):**

**Therapists & students are welcome to attend the PDD presentation/workshop.**

**Fee £55 for BTPA members, £70 for Students, £90 for non-members.**

Refreshments will be provided

10:45 – 11:00 Refreshments and welcome

**11:00 – 13:00 PDD Workshop (part 1)**

13:00 – 14:00 Lunch *(please bring your own lunch\*)*

**14:00 – 17:00 PDD Workshop (part 2)**

\* *You can bring your own food or use the nearby shops/café's at lunchtime.*

## **ADVANCING KNEE INJURY CARE: INTEGRATING BOWEN THERAPY INTO SPORT SCIENCE**

– with Paula Esson



Sports injuries of the knee remain one of the most challenging issues for athletes and clinicians alike.

This presentation explores how the Bowen Technique offers a progressive, innovative approach to assessment, treatment, and rehabilitation. We will examine how the unique Bowen move works: a gentle, precise stimulation that activates a cascade of responses in the fascia and nervous system. By engaging these systems, Bowen influences not only tissue release but also deeper aspects of recovery—reshaping strength perception, refining muscle memory, and enhancing coordination.

Participants will discover how fascia plays a central role in knee stability and injury recovery, and how Bowen’s neuromodulatory effects help restore functional patterns that are often lost

through trauma or overuse. The session will include a practical workshop, giving attendees the opportunity to learn and apply key Bowen moves for the knee, experience the changes they produce, and consider how this approach can be integrated into sports injury management at all levels of performance.

## **NEUROMYOFASCIAL MODULATION AND ACL INJURY PREVENTION IN FEMALE FOOTBALLERS: THE ROLE OF THE BOWEN TECHNIQUE**

This presentation examines the contribution of neuromyofascial dynamics to non-contact ACL injury risk in female footballers and introduces the Bowen Technique as a clinically relevant intervention.

Through analysis of sex-specific biomechanical vulnerabilities, proprioceptive deficits, and fascial chain imbalances, it explores how Bowen's gentle, precision-based input may influence motor control, pelvic stability, and neuromuscular coordination. The session integrates current evidence with case-based insights to inform holistic, preventative strategies in female sports medicine.



### **About Paula Esson**

Since 1997, Paula has been involved with the Bowen Technique as a Sport Scientist and basketball player and has implemented the work into a variety of different scenarios to prevent injury and assist injury recovery, as well as running a very busy practice in the community.

Continuously curious in relation to how we can improve and drive our sports clubs to have effective and long-lasting rehabilitation programs, Paula has been working within the busy environments of professional football and rugby to challenge the existing practices, working tirelessly to calmly introduce tools that work and can be demonstrated to improve a player's health and reduce injury rates.



**Visit Paula's website for more information:**

**[www.PaulaEssonClinic.com](http://www.PaulaEssonClinic.com)**

**Complete and return the following Booking Form to confirm if you can attend the AGM and to register your interest in the PDD workshop on 3<sup>rd</sup> October 2026. Your place will be confirmed after payment has been received. If you have any queries, please contact the BTPA Membership Office.**

# BTPA AGM / PDD Booking Form



To be completed by all delegates.

If you are a BTPA Member, you can specify your Member ID number instead of completing the contact details section.

Name:.....

Address:..... Post code: .....

Email address: .....

Phone Number: .....

Privacy Policy: I understand that the information provided here will be kept safely and securely in line with the Data Protection Policy of the Bowen Therapy Professional Association. (This policy is available on our website [www.bowentherapy.org.uk](http://www.bowentherapy.org.uk).) I agree to be contacted and sent information about CPD events by BTPA and understand I can unsubscribe at any time by contacting [membership@bowentherapy.org.uk](mailto:membership@bowentherapy.org.uk).

I agree to be contacted by: (Please tick) phone:  SMS/text:  email:  post:

Signed ..... Date .....

## AGM: 09:30 – 10:30

All BTPA members are welcome to attend. Please arrive by 9.15 am to sign in and for refreshments.

I will be attending the AGM: Please tick

Agenda and Committee elections & nominations form will be sent to members before the meeting.

## PROFESSIONAL DEVELOPMENT DAY: 11:00 – 17:00

The number of workshop attendees is limited – please book your place ASAP. Refunds will be paid if the event is cancelled for any reason. You may cancel your booking and receive a full refund up to 1<sup>st</sup> September 2026. Cancellations made after 1<sup>st</sup> September 2026 will incur a £25 admin charge. Late cancellations due to illness will be refunded in full (when evidenced with a doctor's letter).

All are welcome to attend. Please arrive by 10.45 am to sign in and for refreshments.

I wish to attend the PDD workshop: Please tick

Cost for BTPA members	£55.00
Cost for non-BTPA members <i>(£35.00 refundable for those signing up for BTPA membership on or before the PDD)</i>	£90.00
Cost for students (of any discipline)	£70.00

Please tick:-

- BACS payment.** HSBC Business account “Bowen Therapy Professional Association”, Sort code: 40-34-24, Account number 31399896, Please use your membership ID number as reference (or your name if not a BTPA member).
- Card payment:** call the office on 07713 552 858 to make payment by credit/debit card.
- Cheque** payable to “Bowen Therapy Professional Association”

Complete this form and send by email to [membership@bowentherapy.org.uk](mailto:membership@bowentherapy.org.uk) or post to  
B.T.P.A., PO Box 10844, Blaby, Leicester, LE8 4YX.

**For office use:** Date received..... Payment received..... Receipt no.....