

About the Instructor

Allison Ishman began teaching in 1996, following her service to Olympic athletes and hopefuls in Chicagoland and at the Atlanta Olympic Games. She is the owner of Ishman BodyCare Center & Institute, and has grown the massage therapy and fitness practices there since 1995. In addition to developing business skills, she trains professionals in sports and clinical massage therapy, manages internships for students, and concentrates her time on writing and developing educational materials for massage therapy professionals.

Allison taught business, ethics, sports, clinical, and Fascial Link™ classes at area schools, including The National School for Clinical Massage Therapy, Northern Prairie, and American Massage Therapy Association (AMTA). She is currently a member of AMTA, American Medical Massage Association, Naperville Chamber of Commerce, International Association of Healthcare Practitioners, and is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.

She has worked closely with key massage therapy organizations, including serving as national tester for AMTA Event Sports

Massage Specialists, as a special task force member to develop advanced certification for NCBTMB, and as Government Relations Chair and 2nd VP for AMTA-IL, helping pass Illinois state licensure for massage therapy.



Allison Ishman, Owner of Ishman BodyCare Center & Institute, Developer of Fascial Link™ Therapy, Licensed Massage Therapist, Event Sports Massage Specialist, Certified Personal Trainer, Mat Pilates Instructor

Course Details & CEs

CEs - Continuing Education credits are available to massage therapists seeking this credential. Allison Ishman is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Please inquire for CE's from another organization.

Eligibility - All courses are offered to massage therapists who have completed 500-hour or more education programs. Anyone seeking instruction who is a massage therapy student with more than 6 months experience or is practicing in a related health field such as physical therapy, nursing, athletic training, or another health field may also enroll. Approval is required for massage students that want to take Fascial Link™ Therapy courses, as this educational program is more advanced and challenging.

Early Registration - Courses are listed with early registration fees first, and late registration fees second. Early registration cutoff dates are exactly 30 days prior to the course start date.

Refunds - Tuition is fully refundable up to 30 days prior to a class. In most cases, tuition may be applied toward another class at any time. A processing fee applies for cancellations made inside of 30 days, in most cases \$75. Cancellation requests must be made in writing. There is a 3% service charge for credit card refunds in addition to the cancellation fee. Refunds may be offered by check to avoid this fee.

ISHMAN BODYCARE CENTER & INSTITUTE

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2006-2007 Massage Therapy Continuing Education Courses Chicagoland Programs



(630) 378-3768
Education Office

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Practical Lymphatic Drainage

3 CE's Intro, 17 CE's Full

Lymphatic drainage

therapy is a gentle, subtle low-impact hands-on technique used to reduce swelling and decongest tissues and joints. It may be used for sinus pain and discomfort, post-surgery or injury to improve lymph circulation and speed healing, or for chronic lymphedema.

The introductory course will enable therapists to safely incorporate lymphatic drainage into their current sessions that include other forms of therapy. This course includes an overview of the lymphatic system and introduction of hands-on techniques for the overall lymphatic system.

The full course topics include anatomy, physiology and pathology of the lymphatic system, basic and advanced techniques of manual lymphatic drainage (MLD), indications and contraindications for MLD, treating limbs and special areas of edema, post-op guidelines, sports applications, sinus congestion, menstrual cycle relief, and working with breast cancer patients. Following the full course, therapists may offer 60-minute treatments specifically for lymphatic drainage. Certification is in development for a level 2 course.

Hands Heal Documentation & Insurance Reimbursement

8 CE's

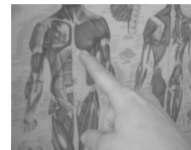
This 4-hour class will cover the purpose of documentation, the definition and application of SOAP, Subjective, Objective, Assessment, and Plan sections of charting, the role of documentation in today's health care and legal system, and include a final test for competency. Based on the Text, Hands Heal: Documentation for Massage Therapy by Diana Thompson.

Fascial Link™ Therapy

21 or 25 CE's

Fascial Link™ Therapy is a method of releasing muscles, connective tissues/fascia and ligaments along Fascial Link™ lines. This class will begin the process of clarifying and building expertise in knowledge of the human structural form, common imbalances, and balancing techniques. Using a 2-Point Dual Release™ Technique, you will learn how to calibrate the neuromuscular system with surrounding tissues. This work was developed for use with athletes, repetitive stress injuries, fibromyalgia, and muscle pain conditions.

Fascial Link™ Therapy is efficient in relieving pain more quickly than traditional therapies, with some measurable results in a matter of minutes and with less pain for clients during its application. Fascial Link™ Therapy progresses from these quick results in each session to broader therapy plans that bridge western linear and eastern relational skills.



This is a course of education for Fascial Link™ practitioners, who will learn to use problem-solving skills to eliminate stress and soft-tissue pain more quickly than they have before. Through the use of structural, biomechanical and meridian-based energy therapy, the Fascial Link™ practitioner can use a broad understanding of the body's function to greatly improve upon his or her treatment skills and reduce or eliminate pain in clients. **There are two tracks of education offered for the Fascial Link™ therapist.**

Fascial Link™ Structural Therapy builds practitioner skills in working with layers of restriction in the body by evaluating muscles, tendons, ligaments, and the important fascial system. A clear fascial understanding is a learning process, and courses are set up over time to allow practitioners to apply this fascial understanding to their work, use Fascial Link™ charts during sessions and develop structural treatment skills through the Fascial Link™ Structural Practicum level.

Fascial Link™ Energy Therapy courses are designed to help the practitioner understand how stressors and lifestyle patterns influence the body's fascial and energy systems. Integrated care of structural and energy systems allows practitioners to have even more accuracy and effectiveness in resolving pain and discomfort. Skills are based in meridian therapies and the Five-Element system found in traditional Chinese medicine, and are applied with light or no touch methods. Clinical guidelines for the application of these skills are emphasized, as this track is specifically intended for clinical soft-tissue professionals.

Body Mechanics for the Deep Tissue Bodyworker

12 CE's

Specifically created to emphasize personal differences in height, weight, torso length, and differing joint mobilities, this course will help any deep tissue or sports massage therapist accomplish more with less effort, and reduce or eliminate pain caused by body mechanics. Beyond the basics learned in massage school, discover the "other lunges and leans" commonly used by deep tissue therapists. Evaluate your own work environment before attending the class, including table height, room dimensions, and other equipment used.

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Hands-On Course Location
(Lymph, Fascial Link™, Body Mechanics Classes)
Good Samaritan Health & Wellness Ctr.
3551 Highland, Downers Grove, IL 60563