



## **The History and Development of Fascial Link™ Therapy**

Fascial Link™ Therapy developed from a structural application of neuromuscular therapy by Allison Ishman in 1996 at the Ishman BodyCare Center. Having discovered the useful application of treating origins and insertions in muscles to release tension patterns, she began to apply this principle to tension patterns beyond origins and insertions of a single muscle. Working with both musculo-tendinous and osseo-tendinous junctions, she began to apply pressure with both hands at the same time. Discovering that this reduced sensitivity in hypersensitive muscle and decreased the time required for trigger points to clear, she applied this same technique to related, compensating muscles and began to work closely with fascia (connective tissue) along the pathways now called Fascial Link™ lines.

The development of Fascial Link™ lines began when trying to release a neck, and discovering a close relationship between lateral scapular attachments to hypertrophy in the neck. With the goal of maximizing effectiveness during each hour, Allison began to use points together simultaneously. This simultaneous point use developed into the Dual-Release Technique taught in Fascial Link™ work today. Additional techniques were applied, and results were charted in new Fascial Link™ Therapy charts.

Further points throughout the body were developed when working with various clients living in challenging lifestyles. Rib points were researched and mapped when working with a trumpet player. Leg points were developed with runners, tri-athletes, fibromyalgia clients, and retail employees who stood for long periods of time. Over the next 7 years, progress in Fascial Link™ Therapy development was shown on hundreds of SOAP charts with all types of clients, ranging from chronic pain to athletes, on-the-go moms to sedentary attorneys and clerical professionals. Further development of this course material took place over a number of years during clinical massage therapy student internships at the Ishman BodyCare Center & Institute.

When patients presented without a structural, trauma, or repetitive activity cause for pain or discomfort, Allison began to evaluate patients for meridian imbalances. The addition of energy therapies to structural bodywork developed into the advanced levels of Fascial Link™ Therapy. Findings were incredibly accurate when applying the meridian assessments, radiant circuits, and related energy systems to conditions that did not have structural causes. Remarkably, pathways in the age-old radiant circuits and some of the meridians clearly correspond to Fascial Link™ lines.



Adding meridian evaluation to the scope of Fascial Link™ Therapy provides a valuable way to understand how emotions and lifestyle choices are stored in the body, and how awareness of affecting emotions and activities can assist the body in healing, especially when no physical cause for soft-tissue dysfunction can be found. Through the meridian aspect of Fascial Link™ work, the therapist discovers that emotions impact our neuromuscular system profoundly, and learns a clear system to interpret each body's energy imbalance. While a Fascial Link™ practitioner is not a counselor or mental health professional, he or she can discover meridian imbalances in the body, assist clients in understanding corresponding emotions and activities associated with those meridians, and explain how an energy imbalance can affect the patient's health.

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