



**PRESS RELEASE**

Contact: Allison Ishman  
(630) 355-5125 Voice  
(630) 355-5186 Fax  
ishman1@ibodycare.com Email

**FOR IMMEDIATE RELEASE**

Wednesday, August 15, 2007

**ISHMAN BODYCARE CENTER & INSTITUTE WELCOMES MOLLY O'CONNOR AS NEW MASSAGE THERAPIST**

**Naperville, IL**– Ishman BodyCare Center & Institute welcomes licensed massage therapist Molly O'Connor to its Naperville clinical massage practice. She is a graduate of the Brian Utting School of Massage in Seattle with an extensive 1100 hours of training and 6 years of international experience in the massage field.

O'Connor is one of a select few therapists trained in Fascial Link Therapy™. Fascial Link Therapy™, developed by IBCI owner Allison Ishman, is a form of neuromuscular therapy that works closely with fascia, tendons, muscle, and the body's meridian systems. Using a *Dual-Release technique*™ and a *Malcolm Approach*™ to bundled muscle fibers, muscle pain is reduced faster and with less pain during treatments than the traditional trigger point therapy and neuromuscular therapy treatments.

Fascial Link Therapy techniques can reduce client discomfort and pain during treatments and relieve pain and tension faster than treating each area separately, or just applying deep pressure right at the area of pain. As the nervous system makes adjustments, the Fascial Link therapist adjusts as well. In this way, the therapist treats compensation patterns quickly and effectively, matching neuromuscular responses to restore balance.

“I am really excited to have a therapist of Molly's skill and training on our staff,” says owner Allison Ishman. “She trained in one of the most advanced areas of the country for massage therapy, and her clinical therapy skills continue to grow. With such a large community of athletes and computer users in our area, our clinical and sports therapy services are very much in demand.”

Molly is also certified by the National Certification Board for Therapeutic Massage and Bodywork, and is a member of the American Massage Therapy Association.

Ishman BodyCare Center & Institute offers massage therapy services with an emphasis on specialized care, including pain and posture therapy, sports massage, pregnancy massage, lymphatic drainage, and chronic pain relief. Development of the Fascial Link Therapy™ method of pain relief for specific conditions, sports performance, and balanced physical posture is ongoing.

For more information or to schedule an appointment, please contact Ishman BodyCare Center & Institute by calling (630) 355-5125, or (888) 395-7140 toll free, or schedule online at [www.ibodycare.com](http://www.ibodycare.com).

###