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Pregnancy Can Be Painless - On-The-Go Solutions for Parents

Sunday, June 8, 1998 – With rising home based businesses consuming our time, and the downsizing of big businesses keeping people at work for longer hours, common sense and technique tips can improve quality of life, and reduce stress and risks during a pregnancy. Preventing Pregnancy Pains, a new service for pregnant mothers, fathers, family, and friends in the greater Naperville Area, is being introduced by Allison Ishman, certified massage therapist and owner of the Ishman BodyCare Center, and Mary Rachford, Physical Therapist and owner of Naperville Physical Therapy Center.

The Naperville -based companies will begin teaching easy and effective massage techniques, proper body mechanics and exercise for use with pregnant mothers. These topics will be covered in a 2-hour session every month in Naperville. Ishman BodyCare Center provides the hands-on portion of the class, and Naperville Physical Therapy offers the lecture. The next class openings available are for June 22. The class cost is \$20.

"Studies show that about 50% of all women experience low back discomfort during pregnancy. Our lecture is designed to show pain management techniques and exercises to ease musculoskeletal complaints. We also address proper body mechanics that help avoid injury after the baby is born." states Mary Rachford, a physical therapist with over 10 years of experience and a pregnant mother herself.

Massage during pregnancy loosens tight muscles and calms the nervous system. It will also increase circulation of blood and lymph, bringing energy-producing nutrients to cells and carrying away waste products that can make moms feel tired and listless. Massage therapy has also been shown to promote body awareness, helping people to recognize tension through their day and allowing them to release it more consciously.

"Caring and skillful massage techniques can help to enhance changes during pregnancy in a relaxed and stress-reducing fashion. Massage therapy offers a way to relax, increase energy, and relieve discomforts during the pregnancy. Even welcome change during pregnancy can be stressful, and solutions to elevated stress levels are valuable today, " says Ishman, a therapist who has been practicing since 1993.

Ishman BodyCare Center offers health solutions through massage therapy, fitness programs, corporate stress reduction and ergonomics programs, and self-care products. For more information, their web site is [http:// www.ibodycare.com](http://www.ibodycare.com) and phone number is 630-355-5125.

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