

Allison Ishman Earns Therapeutic Massage & Bodywork Certification

Naperville- Allison Ishman, Licensed & Certified Massage Therapist, and owner of Ishman BodyCare Center (formerly In Touch massage Therapy) in Naperville, recently joined the ranks of over 14,000 massage therapists and bodyworkers currently certified by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB). Ishman passed the NCBTMB written certification examination late in 1995.

The National Certification Examination in Therapeutic Massage and Bodywork is developed through extensive research by industry experts in anatomy, physiology, massage assessment, and technique, and business & professional ethics. The Nationally Certified in Therapeutic Massage & Bodywork, NCTMB designation establishes the practitioner as having a minimum of the basic knowledge required to practice massage therapy and bodywork. Nationally Certified practitioners also have agreed to abide by a code of ethics.

NCBTMB Chair of the Board of Directors, Margaret Avery-Moon stated that "passing this exam means that a massage therapist or bodyworker has proven a basic professional level of knowledge essential for performing safe and effective programs of treatment for clients, responding to typical questions and problems that arise in a session."

Allison Ishman has been a massage therapist for 3 years, and has been located in Naperville as owner of the Ishman BodyCare Center. She is a member of the American Massage Therapy Association (AMTA), and serves on the AMTA's Illinois Laws & Legislation Committee and Illinois Sports Massage Team. Her initial massage therapy training took place at Seattle Massage School in Seattle, Washington. She is also a member of the International Association of Healthcare Practitioners, The American Running & Fitness Association, The Chicago Area Running Club, and is an ACE Certified Personal Trainer.

"I provide a balance of care in stress reduction & self-care, in sports & exercise therapy for professional and amateur athletes, and in injury treatment for conditions such as whiplash, fibromyalgia, tendinitis, TMJ, and headaches. Some people are looking for better performance - either at work or with their sport. Others are looking for a way to wind down, and to replace bad habits with better, healthier ones," says Ishman.

The National Certification Board for Therapeutic Massage & Bodywork is a not-for-profit organization committed to fostering high standards of ethical and professional practice in the delivery of services and the competency of practitioners. NCBTMB accomplishes its mission by setting certification and continuing education standards for massage therapists/bodyworkers and through public education. For information on becoming certified with NCBTMB, go online to www.ncbtmb.com. For information on the Ishman BodyCare Center or for a free brochure, call (630) 355-5125. The Ishman BodyCare Center (formerly In Touch Massage Therapy & Personal Training) has moved from the Wright Health Clinic to 608 S. Washington Street, Suite 309, Naperville, Illinois, 60540.