



Allison Ishman

(SUN photo by James C. Svehla)

Taking the pain out of 'no pain no gain'

By Tamra Phillips

Allison Ishman can take the pain out of "no pain, no gain." Ishman performs massage therapy aimed at alleviating a variety of problems. She splits her new practice between Naperville and Glen Ellyn. She is trained in post-operative care with a focus on rehabilitation as well as whiplash, scoliosis, migraine, stress headache, carpal tunnel syndrome, stress and chronic pain conditions.

Having recently completed her licensing for the American Council of Exercise for personal training, Ishman also offers comprehensive sports and exercise therapy. She notes this type of therapy has been documented to increase any athlete's rate of recovery from a workout by at least 30 percent. Rebuilding weak muscles and stretching tight ones can prevent injury and bring athletes to peak performance level she noted.

"I've worked with injuries from almost all sports," Ishman said. "I see a lot of injuries from tennis, golf, runners and tri-athletes. I've tried every sport I've treated because I really can't understand a patient's complaint unless I've experienced the sport myself."

With training in massage therapy and personal training, Ishman offers athletes ways to integrate personal training and fitness in a few weeks, is headed to Atlanta for more training with Benny Vaughn, director of medical services for the Atlanta Commission for the Olympic Games. Also, she currently works with athletes in training for the U.S. Olympic badminton team.

Ishman's goal in her therapy is helping her clients become their own therapist. "I try to educate them so they know how to help themselves. I try to determine their needs and goals and also things about their lifestyle that may aggravate them as well as things they do for themselves to relieve pain or stress," she said.

With 650 hours of formal training from Seattle Massage School, Ishman has achieved a great deal of training in soft tissue massage and even aspires one day to achieve her doctorate degree in myofascial studies. She is licensed by Washington State's Department of Health.

Currently, Illinois does not have state licensing for massage therapists. Ishman is a member of the laws and regulations committee of the American Massage Therapy Association and recently submitted a paper on the implications of passing a massage therapy law in Illinois.

"I personally think licensing for massage therapists is a good idea, primarily for the protection of the public and to ensure education requirements," Ishman added. Her training included training in CPR, first aid, AIDS and lymphatic drainage —important areas not all massage schools cover, she explained.

Ishman practices in Naperville. Her phone number is (630) 355-5125. Naperville appointments are held at 608 S. Washington Street, Suite 309.