



**Are you already a  
neuromuscular, myofascial, or  
trigger point therapist?**

## **Fascial Link Therapy™**

is the next step for practitioners that enjoy using neuromuscular, trigger point, and myofascial techniques already.

Grow your existing skills to resolve pain  
and improve daily and sports performance  
faster and with less pain during the session!

If you're looking for the newest generation of neuromuscular training,  
you've found it!



**Fascial Link Therapy** is efficient in relieving pain more quickly than traditional therapies, with some measurable results in a matter of minutes and with less pain for clients during its application. Fascial Link Therapy progresses from these quick results in each session to broader therapy plans that bridge western linear and eastern relational skills.

This is a course of education for Fascial Link™ (FL) practitioners, who will learn to use problem-solving skills to eliminate stress and soft-tissue pain more quickly than they have before. Through the use of structural, biomechanical and meridian-based energy therapy, the Fascial Link practitioner can use a broad understanding of the body's function to greatly improve upon his or her treatment skills and reduce or eliminate pain in clients.

**There are two tracks of education offered for the Fascial Link therapist.** These two tracks enable therapists to learn information in a progressive way, and build on each course to fine tune your therapy skills when using Fascial Link Therapy.

**Fascial Link Structural Therapy** builds practitioner skills in working with layers of restriction in the body by evaluating muscles, tendons, ligaments, and the all-important fascial system. A clear fascial understanding is a learning process, and courses are set up over time to allow practitioners to apply this fascial understanding to their work, use Fascial Link charts during sessions and develop structural treatment skills through the Fascial Link Structural Practicum level.

**Fascial Link Energy Therapy** courses are designed to help the practitioner understand how stressors and lifestyle patterns influence the body's fascial and energy systems. Integrated care of structural and energy systems allows practitioners to have even more accuracy and effectiveness in resolving pain and discomfort. Skills are based in meridian therapies and the Five-Element system found in traditional Chinese medicine, and are applied with light or no touch methods. Also included in this track are skills in Basic Causes of Energy Disorganization, Radiant Circuit (aka Strange Flow), Chakra, and Aura therapies. Clinical guidelines for the application of these skills are emphasized, as this track is specifically intended for clinical soft-tissue professionals.

**Ishman BodyCare Center & Institute**

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| <b>Fascial Link Structural One<br/>Lower Body</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Fascial Link Structural Two™<br/>Upper Body</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <p>This course will develop your skills to evaluate imbalances in the body and treat along musculo-tendinous and fascial lines of stress. You will learn to:</p> <ol style="list-style-type: none"> <li>1. Learn, Draw and Palpate Fascial Link Lines For The Lower Body - Therapists will learn to identify hypertonic structures, assess according to Fascial Link lines in the lower body, and apply treatment along those lines.</li> <li>2. Develop Proficiency With The Dual Release Technique - Practice in applying the dual-release technique along lower body fascial link lines allows therapists to refine their skills. Emphasis on interpreting different neuromuscular responses and calibrating the dual-release technique to different neuromuscular responses and muscular tension along Fascial Link lines.</li> <li>3. Refine Communication With Client Responses In The Session - Therapists will learn to improve communication skills and hands-on responses to get exactly the information they need to be effective using Fascial Link Therapy.</li> <li>4. Establish A Five Receptor Plan And Use All Soft-Tissue Receptors To Achieve Maximal Results</li> <li>5. Address Conditions with Fascial Link Therapy, such as:               <ol style="list-style-type: none"> <li>a. Plantar Fasciitis</li> <li>b. Achilles Tendinitis</li> <li>c. Hamstring And Quadriceps Strains</li> <li>d. Knee Pain</li> <li>e. Pronation</li> <li>f. Sciatica</li> <li>g. Iliotibial Band Syndrome</li> </ol> </li> <li>6. Explore Lower Body Fascial Link Lines For Unique Compensation Patterns. Uses Several People With The Same Complaint</li> </ol> | <p>This course will enable you to:</p> <ol style="list-style-type: none"> <li>1. Learn, Draw and Palpate Fascial Link Lines in the Upper Body</li> <li>2. Use Appropriate Techniques to Treat Upper Body Fascial Link Lines.</li> <li>3. Address Conditions with Fascial Link Therapy, such as:               <ol style="list-style-type: none"> <li>a. Carpal Tunnel</li> <li>b. Golfers / Tennis Elbow</li> <li>c. Bicipital Tendinitis</li> <li>d. Rotator Cuff Injury</li> <li>e. Upper Back Pain</li> <li>f. Low Back Pain</li> </ol> </li> <li>3. Connect Fascial Link Lines and Refine Evaluation Skills for Neuromuscular Function between Upper and Lower Body</li> <li>4. Begin use of Fascial Link Stages &amp; Quadrants Chart</li> <li>5. Further Explore Working With Layers of Fascial Link Lines</li> <li>6. With the ability to treat most of the body, the Distal Link and Core Patterns will be introduced</li> <li>7. Better Recognize Common Link Patterns</li> </ol> |

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| <b>Fascial Link Structural Three™<br/>Neck, Head and Full-Body Fascial Link Patterns</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Fascial Link Structural Four™<br/>Structural Practicum</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p>This course will advance your skills to:</p> <ol style="list-style-type: none"> <li>1. Learn, Draw and Palpate Fascial Link Lines for Head and Neck.</li> <li>2. Use Appropriate Techniques to Treat Head and Neck.</li> <li>3. Address Conditions with Fascial Link Therapy, such as:               <ol style="list-style-type: none"> <li>a. Headaches</li> <li>b. Neck Pain</li> <li>c. Tingling/Numbness in Hands and Arms</li> <li>d. Jaw Pain / TMJ</li> </ol> </li> <li>2. Understand, explain and apply treatment techniques for Distal Link Patterns</li> <li>3. Learn Common Treatment Methods for Distal Link Related Conditions</li> </ol> | <p>The Fascial Link Structural Practicum will refine your Fascial Link abilities overall. Key development areas include:</p> <ol style="list-style-type: none"> <li>1. Advance your understanding of the body's fascial systems and integrate your care for muscles, tendons, and fascia.</li> <li>2. Learn to assess whether these conditions (and many more) are caused by structural imbalances:               <ol style="list-style-type: none"> <li>a. Migraines</li> <li>b. Chronic neck and/or back pain</li> <li>c. Fibromyalgia</li> <li>d. Pain in apparently unrelated areas</li> </ol> </li> <li>3. Work in a lab format, integrating your assessment skills, treatment skills, body mechanics and clinical records.</li> <li>4. Present documented clinical case studies and chart them, to ensure your care has the full scope of daily practices that enable to you get results with the Fascial Link system. Students will be provided with chart requirements and bring charts from their own practices to this course to present.</li> </ol> |



## Fascial Link Therapy Energy Track

This track provides Fascial Link practitioners with the skills needed to integrate western linear and eastern relational models of healthcare. Each of the energy systems learned and discussed are intended to amplify your effectiveness with meridian-centered energy therapy. All of these energy systems can have a valuable impact on restrictions held in the body which limit healing. With this information, the Fascial Link Therapist has the broad skill base he or she needs to effect the fascial changes sought.

### Fascial Link Energy One Basic Energy Assessment and Treatment Skills The Triple Warmer Response System, and 14 Meridians

1. Explain symptoms associated with Triple warmer imbalances and demonstrate techniques for assessing and treating this imbalance
2. Assess the body for Homolateral patterns and other core energy imbalances
3. Evaluate with Energy Testing / Energy Kinesiology methods
4. Determine Meridian Imbalances Using Alarm Point Testing, Polarity Assessment, and Tracing
5. List the Imbalanced and Balanced States for each for the 14 meridians
6. Explain the Concept of Circadian Rhythm, and how Meridians follow this system.

### Fascial Link Energy Two Advanced Triple Warmer Assessment and Treatment, 14 Meridians, and 5 Elements

1. Learn and Demonstrate advanced assessment and Treatment Skills for Triple warmer Imbalances.
2. Refine your understanding of the Meridian System
3. Review and explain the Five Element System, with an understanding of the principles associated with each element / season.
4. Understand and explain the relationship of each meridian within the five element system
5. Demonstrate an understanding of the Five Element system, and show how to assess meridian imbalances with Five Element testing.
6. Discuss principles for determining causes of soft tissue discomfort and how to determine which treatment skills to apply first.



| <b>Fascial Link Energy Three<br/>Radiant Circuits, Chakras and Aura Work</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Fascial Link Energy Four<br/>Energy Practicum</b>                                                                                                                                                                                                                                                                                                                            |
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| <ol style="list-style-type: none"> <li>1. Learn and demonstrate the locations of Radiant Circuits in the body</li> <li>2. Evaluate each Radiant Circuit for Imbalance, and show the treatment process for each</li> <li>3. Describe the qualities and common symptoms of the chakra system</li> <li>4. Practice and demonstrate changes to the chakra system. Emphasis is on balancing and doing no harm.</li> <li>5. Learn basic methods for working with the Aura, and when to apply them.</li> </ol>                                                                                                                                                                                                                                                                                                                                           | <ol style="list-style-type: none"> <li>1. Refine your skills in working with complex clinical conditions</li> <li>2. Review the application of each of your energy skills and how to apply them.</li> <li>3. Recognize Parallels Between Fascial Link Lines and Traditional Chinese Meridians</li> <li>4. Discuss application of techniques for specific conditions.</li> </ol> |
| <b>Fascial Link Therapy Certification</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                 |
| <p>Fascial Link Courses™ are designed to qualify therapists to become Fascial Link Certified. A certification test is in development, and will be available to therapists following completion of all 8 Fascial Link Courses.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                 |
| <p><b>Strongly Recommended Texts:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Clinical Application of Neuromuscular Techniques, Volume 1 - The Upper Body</a> by Leon Chaitow &amp; Judith Walker-Delany</li> <li>• <a href="#">Clinical Application of Neuromuscular Techniques, Volume 2 - The Lower Body</a> by Leon Chaitow &amp; Judith Walker-Delany</li> <li>• <a href="#">Atlas of Human Anatomy</a> (any version) by Frank H. Netter</li> </ul> <p><b>Recommended Text:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Color Atlas and Textbook of Human Anatomy: Locomotor System</a> by W., Md. Platzer</li> </ul> <p><b>Included Fascial Link Course Manual:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Fascial Link Therapy Practitioners Manual™</a>, by Allison Ishman</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                 |

Aug. 4, 06