

FASCIAL LINK THERAPY™

Advanced Pain Relief, founded here at Ishman BodyCare Center!

Fascial Link Therapy™ is a method of releasing connective tissues, muscles, tendons, and ligaments along Fascial Link™ lines. It is a form of neuromuscular therapy that includes working closely with muscles, tendons, and fascia. Fascia is connective tissue that bands together much of the body's soft tissue, and is one of the ways the body keeps everything connected. Advanced levels of Fascial Link Therapy address imbalances in the body's energy systems, and are based in meridian therapy. Meridians are the basis for sciences such as acupuncture and acupressure.

Exactly what is involved? Fascial link therapy addresses muscles, tendons, and most importantly, fascia that responds to a stressor and becomes painful. Usually this includes assessment of structural and meridian-based energy imbalances, the application of *the Dual-Release technique™*, a *Malcolm Approach™* to bundled muscle fibers, *light or no-touch meridian balancing*, and *self-care guidelines* for each client. The Dual Release method includes techniques for releasing restricted tissue in the body by working with two stress points at the same time. Fascial Link Therapy can reduce your discomfort and pain during the treatment and relieve pain and tension faster than treating each area separately, or just applying deep pressure right at the area of pain.

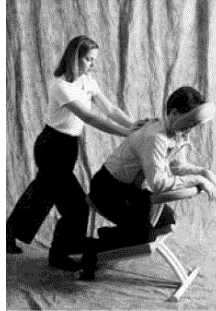
As the nervous system makes adjustments, the Fascial Link therapist adjusts as well. In this way, your therapist treats compensation patterns quickly and effectively, matching your neuromuscular responses to restore balance.

Advancing the work of Kennedy's doctor, Janet Travell, Fascial Link Therapy offers faster pain relief and less pain during treatments to those with pain or discomfort.

ON-SITE CHAIR MASSAGE

Corporate Workshops & Ebooks

Healthy living can increase everyone's effectiveness at work. Our commitment is to offer programs that improve well-being and productivity in the office. We offer



- On-Site Massage
- Ergonomic & Other Workshops
- Health & Wellness Speaking
- Workstation Improvement

Use Chair Massage for your next
Sales Incentive
Corporate Gift
Health Promotion Program
Hiring Incentive

- Increase clarity of mind, accuracy & productivity
- Improve self-awareness and encourage self-care
- Boost morale and satisfaction

According to recent medical studies, ergonomic adjustments, massage, and neuromuscular therapy are able to make significant differences in the lives of many back and neck pain patients in America. Back and neck pain is currently the leading cause of workers compensation and long-term disability costs.

A single case of back/neck pain costs business & industry about \$24,000 annually.

(Including time lost from work, impact on productivity, medical expenses, insurance implications, etc.)

Please ask for an On-Site Chair Massage brochure, or visit www.ibodycare.com.



Massage & Neuromuscular Therapy Services

- Pain Relief & Postural Balance
- Sports Massage
- Lymphatic Drainage Therapy
- Massage for Pregnancy
- Stress Reduction & Relaxation
- On-Site Chair Massage

(630) 355-5125
Appointments

608 S. Washington Street, Suite 309
Naperville, IL 60540
(888) 395-7140 appointments toll free
(630) 355-5186 fax

**Promoting Positive Transformation...
Person to Person**

WWW.IBODYCARE.COM



PAIN AND TENSION

Member International Assn. Healthcare Practitioners

Pain Relief and Postural Balancing

Neuromuscular, Myofascial Release, and Trigger Point therapies are used to relieve pain, discomfort, and muscular imbalances. These therapies involve more analysis of specific conditions, and treatment planning to normalize nerve and muscle functions. We often relieve conditions, including:

- = Carpal Tunnel
- = Back & Neck Pain
- = Chronic Fatigue
- = Fibromyalgia
- = Head & Migraine Headaches
- = Joint and Joint Pain
- = Lumbago
- = Whiplash



How long the problem has been there, and what type of prior care it's had may affect recovery time. Please ask about the timeline involved in eradicating or limiting your muscle problem. Some conditions heal very quickly. Others take more time. Some may be covered by insurance. Please ask for our "Recommendations About Insurance Reimbursement" sheet.

Neuromuscular Therapy uses pressure and linear strokes, gauged to relieve muscle tension and to retrain / re-educate nerves. This therapy is often related to posture, and is applied to restore normal, healthy nerve and muscle function so you may return to activities of daily life without pain.

Myofascial Release is a offers relief from muscle tension by accessing the layers of muscle tissue, skin, connective tissue, and fatty tissues. Some of this work may involve active resistance from the client, or may involve deeper tissue release. It is modified to the tolerance of each client.

Trigger Point Therapy involves the relief of a muscle condition called a trigger point. These points are located at sites where too much nerve stimulation is present for that area to process. The area sends the nerve signal down a related nerve pathway into another area. The first area is then called a trigger point.

SPORTS & LYMPHATIC

Members American Massage Therapy Assn.

Sports Massage

Sports massage can increase an athlete's rate of recovery (approximately 30%), improve performance, improve mental focus, and decrease risk of injury. This type of massage can address conditions such as low back pain, golfer's or tennis elbow, sprains and strains. Sports Massage is now common at the Olympic Games, the Goodwill Games and professional and amateur sports venues nationwide.



Our orientation is toward maintaining health and keeping you up to performing at your best. We may also help athletes to recover from injuries, cutting down on the time they are away from their sport. For more information, please ask for a brochure on Sports Massage.

Lymphatic Drainage Therapy

This is a gentle and relaxing drainage technique used to reduce swelling and pooling of lymph. It may be used for chronic lymphedema, pre- and post-surgery to aid regeneration of burned, scarred, or swollen tissues and speed healing significantly. It may also be used to detoxify, reduce symptoms of chronic fatigue syndrome and fibromyalgia, reduce sinusitis, acne, eczema, allergies, headaches, and venous conditions. It also offers antispastic actions that reduce constipation and tension.

Also referred to as MLD, manual lymphatic drainage activates the circulation of lymph in the body through subtle, gentle movements of the therapist's hands. Pressure is usually about the weight of a nickel or a quarter. Trained therapists are able to systematically apply pressure, directing the flow of lymph and following the lymphatic pathways to stimulate movement with skill and ease.

MLD is a useful tool in preventively maintaining health and wellness. It is immensely relaxing and rejuvenating, and allows the client greater awareness during and following the session.

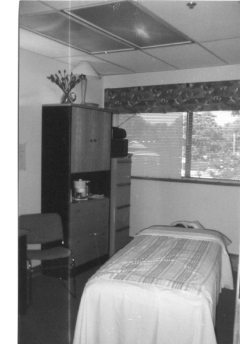
**Call (630) 355-5125 locally
(888) 395-7140 toll-free**



WELLNESS

State Licensed Massage Therapy Practitioners

Massage Therapy & Aromatherapy



Swedish massage, Deep tissue therapy, Acupressure, and/or aromatherapy techniques may be used to create a relaxing, rejuvenating experience. The focuses here are to flush and drain the body - increasing circulation to skin, muscles, and organs, and to relieve minor discomforts.

This type of massage has been shown to reduce anxiety, blood pressure and respiration rate, improve oxygen and blood flow to skin, muscle, and organs, and relieve the pressures of daily life.

Suggestions for healthy habits, including stretching activities, use of hot or cold, or other self-care techniques may be included. Ask your therapist for this information!

Massage for Pregnancy

Coping with stress and fatigue, easing aches and pains, and learning self-care techniques is healthful and enjoyable during a normal pregnancy.



Massage therapy is a wonderful way to relax, increase energy, and relieve discomfort. Please ask for a brochure on Massage and Pregnancy.

Self-Care Products

Visit our website or ask about self-care products, including massage tools, heat or cold body packs, aromatherapy, Neck roll pillows, air and water purifiers, fitness bands and equipment, workout planning workbooks, energy medicine books and videos, and more!

Visit our website at
www.ibodycare.com