

What are the Contraindications to Massage Treatment?

Massage treatment is non-invasive, relaxing and natural. It is therefore generally considered a safe treatment for most people.

However, there are three types of contraindication:

- TOTAL, when massage should not be performed at all.
- LOCAL, when massage can be performed but not over the contraindicated areas.
- MEDICAL, when massage can only be performed once medical permission has been granted.

Total Contraindications

When you have any of these conditions, **please do not book a massage:**

- Fever
- Contagious diseases, including any cold or flu, no matter how mild it may seem
- Under the influence of drugs or alcohol-including prescription pain medication
- Recent operations or acute injuries
- Neuritis
- Skin diseases

Local Contraindications

The therapist can massage but not over any areas affected by:

- Varicose veins
- Undiagnosed lumps or bumps
- Pregnancy
- Bruising
- Cuts
- Abrasions
- Sunburn
- Undiagnosed pain
- Inflammation, including arthritis

Medical Contraindications

If you suffer from any of the following conditions, massage can only take place once your Physician has approved it before your session **in writing**.

- Cardio-vascular conditions (thrombosis, phlebitis, hypertension, heart conditions)
- Any condition already being treated by a medical practitioner
- Edema
- Psoriasis or eczema
- High blood pressure
- Osteoporosis
- Cancer
- Nervous or psychotic conditions

- Heart problems, angina, those with pacemakers
- Epilepsy
- Diabetes
- Bell's palsy, trapped or pinched nerves
- Gynecological infections

Does a contraindication mean that treatment cannot take place?

Not always. In fact, massage can be very therapeutic for many medical conditions. However, in the above cases it is best to have advice from your physician. Massage therapists, unless they are also qualified doctors, may not, under law, attempt to diagnose a condition.

Please notify your therapist if you are taking any topical or patch drugs or have been taking these within the last 2 weeks – no matter if OTC or prescription.

If you have further questions or concerns, please contact us for more information.