

## **What are the Contraindications to Massage?**

Even when a massage is non-invasive, relaxing, natural, and considered a safe treatment for most people, there are three types of contraindications:

**GENERAL or TOTAL** (it states that a massage can not be performed by no means),

**LOCAL** (when a massage can be performed in all areas except the ones that are contraindicated), and

**MEDICAL** (a massage can only be done if the primary care physician authorizes it).

### **General or Total Contraindications**

Please read carefully. If you have any of these conditions, do not book a massage:

- Fever
- Contagious or infectious 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**

A massage can be performed avoiding particular areas:

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

### **Medical**

If you are under any of the following conditions, you should get an written authorization by your primary care physician:

Cardio-vascular conditions (e.g., 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 having a contraindication mean that I can not have a massage?***

Not always. Massages can be very therapeutic for many medical conditions. However, in the cases mentioned above, it is better if your doctor checks your health first. We, as massage therapists, are not allowed, by law, to diagnose any patient.