

Therapy 4 Body and Mind – Massage Contraindications

The information below helps to explain some of the common contraindications for massage. Whilst massage is a non-invasive natural treatment, there are times where it is not good for our bodies and we should not have it, or only under certain circumstances.

If you are unsure, or do not see the specific medical condition listed below, please call, and discuss with me or your GP/ Consultant prior to booking.

I appreciate you taking your health and mine seriously, thanks!

There are 3 types of contraindications:

1 - Total - this is where no treatment is done at all.

2 - Local - where massage can be done but it avoids a certain area.

3 - Medical - this is where medical agreement must be confirmed as certain techniques might need modifying.

Total and/ or medical

If you have any of these conditions, you should not be treated with massage at this time:

- Fever
- Air-born contagious diseases (cold, flu, bronchitis, chickenpox, meningitis, measles, mumps, pneumonia, shingles, tuberculosis, Covid-19)
- Under the influence of drugs or alcohol
- Undiagnosed oedema or inflammation
- Skin conditions (impetigo, lice, psoriasis, ringworm, scabies)
- Recent operations or acute injuries
- Recent inoculations (please discuss prior to booking)
- First trimester of pregnancy

Nervous System Disorders:

- Stroke within the past 2 months, transient ischaemic attack
- Undiagnosed severe headaches or current migraine
- Brain tumour or haemorrhage
- Epilepsy which has been active in the past 2 years

Motor Nerve System Disorders:

- Parkinson's disease
- Multiple sclerosis
- Neuralgia

Heart and Blood Disorders:

- Cardiovascular disorders (unstable angina, heart attack within the past 3 months, deep vein thrombosis – until 6 months after diagnosis and with doctors' confirmation in writing)
- Severe Haemophilia (mild forms would require doctors' confirmation in writing).
- Severe Anaemia (if you have mild forms please discuss prior to booking).
- High blood pressure unless written permission from doctor in writing or controlled by medication.

Therapy 4 Body and Mind – Massage Contraindications

Respiratory Disorders:

- Tuberculosis
- Emphysema

Endocrine and Urinary System Disorders:

- Diabetes when not medically controlled (insulin or diet)
- Acute urinary infections
- Kidney Stones
- Renal failure
- Acute gout

Immune System Disorders:

- Cancer / or undergoing chemotherapy (if the doctor has given written permission as some cancers or stages, can benefit from massage but the written permission must be brought to the session). If you're not undergoing treatment, then massage might be able to be performed but it will be light touch and away from the area. Please discuss with me prior to booking.
- Auto Immune – when in the acute stages. If not in acute stage, please discuss with me prior to booking, as it will depend on your individual history.

Local

- Recent operations or acute injuries
- Recent inoculations
- Fractures or breaks
- Muscle or ligament, contusion, tears, and ruptures
- Osteo and Rheumatoid arthritis in acute stages
- Skin cancer, Eczema, Psoriasis, Athlete's foot, Herpes, other skin conditions and open wounds
- Bruising and Varicose veins
- Inflammation at acute stage in local area – for example bursitis
- Sunburn

Please note depending on the training and qualifications of the therapist they might be able to work with someone who has one of the conditions listed above. These are to keep you safe, and all massage therapists must abide within ethical and legal rules.