



***Please provide a list of all over the counter medicines, vitamins and supplements, and prescription drugs you use to your Massage Therapist.**

MEDICATIONS MATTER

To Your Massage Therapist

Type	Effects
OTC Medications	Some OTC Meds may indicate that your massage needs to be adapted.
Vitamins & Supplements	Some Vitamins & Supplements may indicate lighter pressure.
Prescription Drugs	Some prescription drugs may be contraindicated or require adaptation.
Topical Drugs	Topically applied medications may transfer to your therapist during massage.
Recreational Drugs & Alcohol	Drugs and alcohol used on the day of your massage may increase effects by more than 4x during your massage.



Antidepressants



Pain Relievers & Muscle Relaxers



Anticoagulants

Massage may benefit almost anyone, but, sometimes massage is contraindicated.

It is important to share your medical history, medical changes, injuries, recent surgeries, medication list, pregnancy status, skin conditions, injection sites, bone pins or plates, burns or cuts, cancer treatment, pain sites, bone deformities, and pain levels with your Massage Therapist for best results and safest treatment.