

Massage Therapy & Diabetes

Please inform your massage therapist if you have Diabetes so treatment can be tailored to your condition.



Benefits of Massage

- May improve circulation
- May decrease neuropathy
- May lower blood glucose levels
- May improve insulin absorption

Contraindications

- Confusion / Lethargy
- Hypoglycemia
- Uncontrolled hypertension
- Decreased tissue health may require a reduction in pressure

*Massage Therapy is beneficial for the adjunct healthcare treatment of many conditions, and contraindicated or may need to be modified for others.

Please Inform Your Massage Therapist of any health conditions, recent injuries, surgeries, or prescription medications.