



# Common symptoms of conditions that are contraindicated for massage

Disclaimer: this information is a guide only and does not constitute medical advice. If you are concerned about your health please consult your qualified medical practitioner.

Clients are advised to familiarise themselves with the COMMON symptoms of the conditions below, of which are contraindications for massage. **That is, it is not recommended you get a massage treatment while you currently have any of these conditions.** This is not a comprehensive list of massage contraindications.

Please note that symptoms are not always present, and that I formulate an appropriate treatment based on the information I have been provided to date.

Treatment may change or need to be temporarily suspended, when new information presents itself. For this reason, it is important that you update me with any new symptoms you may have noticed, or any new medical diagnosis you have received, prior to each treatment. If you are unsure whether you should book a massage treatment or not, please contact me.

---

## 1. Following vaccination

Below is an extremely generalised list of what I would look for in your medical history or current medical status, prior to treatment, and is the advice issued by Association of Massage Therapists (Australia).

*“Side effects from vaccination such as headache, pain, chills and fever, usually occur within two or three days. Therapists should advise their clients that massage therapy is not indicated for at least three days post vaccination. The symptoms of the rare clotting condition associated with the Astra Zeneca vaccine mostly start between 4 and 20 days after vaccination.*”

*Massage therapists should screen clients for the following symptoms:*

- *Severe, persistent headaches that do not settle with paracetamol or other painkillers*
  - *blurred vision*
  - *weakness of face or limbs*
  - *Confusion or seizure*
  - *Shortness of breath that is not usual*
  - *Chest pain*
  - *Persistent abdominal pain*
  - *Leg swelling*
  - *pin-prick rash or bruising not at the injection site that cannot be explained.”*
-

## 2. Cellulitis

A bacterial infection of the skin

What are the common symptoms?

*“People with cellulitis have an area of skin that is:*

- *red and inflamed*
- *very painful*
- *tender*
- *swollen or tight*
- *warmer to touch than surrounding skin*
- *redness and inflammation that is expanding in area*

*People with cellulitis symptoms may also have:*

- *fever*
- *chills, shaking or sweating*
- *nausea*
- *feeling generally unwell*
- *blisters or ulcers*
- *red spots*
- *skin dimpling*
- *weeping of clear, yellow or pus like fluid*
- *enlarged glands (lymph nodes)*

*If you think you or someone in your care has cellulitis, it is important to see a doctor as soon as possible. Cellulitis can spread and can become serious if not treated with antibiotics.*

*It is particularly important to get urgent medical help if:*

- *the affected skin is on the face*
- *there is an animal or human bite*
- *the redness is spreading very quickly or is very painful*
- *you have a fever*
- *you have a chronic disease such as diabetes or weak immune system”*

Extract from <https://www.healthdirect.gov.au/cellulitis-symptoms>

.....

### 3. Blood clot

What are the common symptoms?

- *“Swelling. This can happen in the exact spot where the blood clot forms, or your entire leg or arm could puff up.*
- *Change in color. You might notice that your arm or leg takes on a red or blue tinge, or gets or itchy.*
- *Pain. As the clot gets worse, you may hurt or get sore. The feeling can range from a dull ache to intense pain. You may notice the pain throbs in your leg, belly, or even your arm.*
- *Warm skin. The skin around painful areas or in the arm or leg with the DVT may feel warmer than other skin.*
- *Trouble breathing. If this happens, it could mean that the clot has moved from your arm or leg to your lungs. You may also get a bad cough, and might even cough up blood. You may get pain in your chest or feel dizzy. Call **000** to get medical help right away.*
- *Lower leg cramp. If the clot is in your calf or lower leg, you may feel like you have a cramp or charley horse.*
- *Pitting edema. DVT can cause fluid build-up (edema) in the arms or legs. It typically happens quite quickly with DVT. When you press on the swollen area, it can cause a dimple or “pit” (pitting) that remains for a few seconds.*
- *Swollen, painful veins. The pain may increase with touch.”*

Extract from <https://www.webmd.com/dvt/blood-clot-symptoms>

.....

### 4. Pericarditis

Inflammation of the pericardium, a thin membrane that surrounds your heart

What are the common symptoms?

*“The most common symptom of pericarditis is sharp, piercing chest pain in the centre or left side of the chest.*

*Depending on the cause of pericarditis, symptoms may also include:*

- *low fever*
- *heart palpitations*
- *shortness of breath*
- *weakness or fatigue*
- *nausea*
- *dry cough*
- *swelling of the legs or abdomen*

*The symptoms of pericarditis can be similar to those of a heart attack, pneumonia, pulmonary embolism, pneumothorax, pleurisy or costochondritis. So it is always important to seek medical attention if you have any of the symptoms listed above.”*

Extract from <https://www.healthdirect.gov.au/pericarditis>

## 5. Myocarditis

Inflammation of the heart muscle

What are the common symptoms following vaccination?

- shortness of breath
- chest pain
- heart palpitations

**Some references:**

- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html>
- <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/advice-for-providers/clinical-guidance/myocarditis-pericarditis>
- [Guidance on Myocarditis and Pericarditis after mRNA COVID-19 Vaccines](#)

What are the common symptoms of myocarditis in general?

*“You may have no symptoms, few symptoms or many symptoms, and they may be more severe in some people than in others. Symptoms include:*

- *Shortness of breath.*
- *Tiredness.*
- *Fever.*
- *Chest pain.*
- *Heart palpitations.*
- *Pain in your abdomen.*
- *Abnormal heart rhythm.*
- *Fainting.*
- *No appetite.*
- *Feeling weak.*
- *Swollen legs or feet.*
- *Being unable to exercise”*

**References:**

<https://my.clevelandclinic.org/health/diseases/22129-myocarditis>

<https://www.myocarditisfoundation.org/symptoms-of-coronavirus-that-may-point-to-possible-myocarditis/>



## 6. Shingles

What are the common signs and symptoms of shingles?

*“Shingles outbreaks usually last 3–5 weeks. In the first few days, a person may not have a rash. Instead, early symptoms may include:*

- *burning or pain on one side of the body, usually in a small area rather than all over*
- *unusual sensations, such as numbness, tingling, or shooting pains, on a specific area of the skin on one side of the body*
- *feeling generally unwell or having less energy than usual*
- *headaches*
- *fever*
- *chills*
- *stomach problems, such as nausea, diarrhoea, or vomiting*

*People who experience these symptoms and have a history of chickenpox should consider that shingles may be the cause. If a person has several risk factors for shingles, it is even more likely to be the culprit.*

*For most people, a red rash appears 1–5 days after skin burning and tingling begin. A few days later, the rash turns into small fluid filled blisters. About 7–10 days after the blisters form, the fluid inside dries and causes crusty blisters. The scabs will typically clear up within a couple of weeks.”*

Extract from <https://www.medicalnewstoday.com/articles/327416#early-symptoms>