Contraindications to Massage Treatment

Massage treatment is non-invasive, relaxing and natural. It is therefore generally considered a safe treatment for most people. However, there are three types of contraindication:

1) **TOTAL**: when massage should not be performed at all.
   a. Fever
   b. Contagious diseases, including any cold or flu, no matter how mild it may seem
   c. Under the influence of drugs or alcohol-including prescription pain medication
   d. Recent operations or acute injuries
   e. Neuritis
   f. Skin diseases

2) **LOCAL:** when massage can be performed but not over the contraindicated areas:
   a. Varicose veins
   b. Undiagnosed lumps or bumps
   c. Pregnancy (if under 13 weeks, Dr Note required otherwise)
   d. Bruising
   e. Cuts
   f. Abrasions
   g. Sunburn
   h. Undiagnosed pain
   i. Inflammation, including arthritis

3) **MEDICAL:** when massage can only be performed once medical permission has been granted. The practitioners at the Center have put the following restrictions in place to protect your health and well-being. Thank you for taking them as seriously as they do. If you suffer from any of the following conditions, massage can only take place once it has been approved before your session in writing by your Physician:
   a. Cardio-vascular conditions (thrombosis, phlebitis, hypertension, heart conditions)
   b. Any condition already being treated by a medical practitioner
   c. Edema
   d. Psoriasis or eczema
   e. High blood pressure
   f. Osteoporosis
   g. Cancer
   h. Nervous or psychotic conditions
   i. Heart problems, angina, those with pacemakers
   j. Epilepsy
   k. Diabetes
   l. Bell's palsy, trapped or pinched nerves
   m. Gynecological infections

Does a contraindication mean that treatment cannot take place? Not always. In fact, massage can be very therapeutic for many medical conditions. However, in the above cases it is best to have advice from your physician. Massage therapists, unless they are also qualified doctors, may not, under law, attempt to diagnose a condition.