Contraindications

If you have any condition that you suspect may be worsened by massage therapy, make sure you ask a qualified professional before booking your next appointment.

Massage contraindications don't mean you can never receive massage, just that we should take extra precaution.

Your wellbeing is my primary concern!

Note: this is not an exhaustive list of contraindications. Always touch base with your doctor if you're unsure.

General Contraindications

General contraindications are medical conditions that make massage ill-advised entirely. In other words, you should avoid getting a massage if you have any of the following common conditions or symptoms:

- An infectious virus or disease (including the common cold)
- High fever
- Nausea, vomiting or diarrhea
- Unstable hypertension
- Organ failure (for example: kidney or liver)
- Hemophilia

For temporary but contagious contraindications like a fever or cold, you can undergo massage therapy after the condition has subsided.

Local Contraindications

Local contraindications are complications that will require modification of your massage therapy session. Usually, this includes avoiding affected areas of the body. Common examples are:

- Open sores or wounds
- Recent burns
- Recent surgery
- Acute flare-up of inflammatory conditions (like rheumatoid arthritis)
- Deep vein thrombosis
- Osteoporosis
- Varicose veins

Recently ruptured or torn muscles (if it hurts to have any touch we can not work it- Time varies for everyone but usually after 72 hours is ok)

Medical Contraindications

Massage can only take place once it has been approved before your session in writing by your Physician.

- Cardio-vascular conditions (thrombosis, phlebitis, hypertension, heart conditions)
- Any condition already being treated by a medical practitioner
- edema
- Psoriasis or eczema
- High blood pressure
- Osteoporosis
- Cancer
- Nervous or psychotic conditions
- Heart problems, angina, those with pacemakers
- Epilepsy
- Diabetes
- Bell's palsy, trapped or pinched nerves
- Gynecological infections

Worried about the medication you're taking?

Generally, if the medication does not prevent you from exercise it should be fine.

There are adjustments to be made if you are on blood thinners.

Click here to learn more!

Massage therapy and Medication

Is Pregnancy a Contraindication?

Depending on who you ask, you may hear that first trimester pregnancy is a contraindication. But generally, there is no issue with pregnant women receiving massage therapy by a licensed massage therapist.

In fact, prenatal massage has some great benefits for both expecting mothers and their unborn babies. I still recommend discussing it with your healthcare practitioner first.

If you have any other condition that you suspect may be worsened by massage therapy, make sure you ask a qualified professional before booking your next

appointment. Massage contraindications don’t mean you can never receive massage, just that you should take extra precaution. Your wellbeing is my primary concern!