

15. Acute rheumatism.
16. Asthma.
17. Undiagnosed lumps and bumps and unexplained areas of pain.
18. Whiplash.
19. Slipped Disc.

## **LOCAL CONTRA-INDICATIONS**

1. Skin diseases (non contagious).
2. Varicose veins (do not treat anything below the vein site).
3. Pregnancy (not stomach or abdominal region).
4. Cuts – spread germs.
5. Bruises (a bleed under the skin) – will exacerbate the bruise.
6. Abrasions – sores, open wounds, blisters, ulcer.
7. Scar tissue – if major operation e.g.: hysterectomy – do not do over area for 2 years. If it is a minor operation e.g.: a compound fracture – do not do over the area for 6 months.
8. Sunburn.
9. Menstruation – not over abdomen (1<sup>st</sup> few days depending on individual client).
10. Hormonal Implants.

The therapist should never treat a client if they are unsure and do not feel comfortable with the situation, condition or client.

If at any time, you, as a therapist feel unsure about treating, it is always best practice to refer the client to their GP or specialist for advice and/or medical clearance.

The therapist should never attempt to diagnose a condition or decide if an existing condition is completely safe to treat as this is seen as highly unprofessional and dangerous.

Whilst you will have done a complete consultation before you even consider consenting to treat the client, it is always a good idea to either physically or mentally run through the contra-indication check list below every time before you treat a client.

<b>Client Contra-indications Check list:</b>
<b>Does the client suffer from any other the following:</b>
<b>Total</b>
1st trimester of pregnancy – Yes / No
Cancer – Yes / No
Contagious infectious diseases – colds, coughs, flu, TB – Yes / No
Fever – Yes / No
Under the influence of drugs and/or alcohol – Yes / No
<b>REQUIRING MEDICAL APPROVAL (GP, MEDICAL PRACTITIONER, SPECIALIST, CONSULTANT).</b>
Heart and cardio vascular conditions – thrombosis (blood clot), phlebitis (inflammation of a vein), hypertension (high blood pressure), hypo tension (low blood pressure), general heart conditions requiring medical supervision and/or treatment, angina or recent history of heart problems. – Yes / No
Pregnancy – after the 1 <sup>st</sup> trimester – Yes / No
Any condition being treated by a GP or other medical practitioner. – Yes / No
Medical oedema, swelling, fluid retention. – Yes / No
Osteoporosis – brittle bones due to lack of calcium. – Yes / No
Any form of arthritis. – Yes / No
Nervous and psychotic conditions. – Yes / No
Epilepsy. – Yes / No
Recent operations until discharged by a specialist. – Yes / No

Diabetes. – Yes / No
Bells Palsy (stroke to side of face) or any form of stroke. – Yes / No
Trapped or pinched nerve e.g.: frozen shoulder. – Yes / No
Inflamed nerve. – Yes / No
Neuropathy – deadening of the nerve – Yes / No
Acute rheumatism – Yes / No
Asthma – Yes / No
Undiagnosed lumps and bumps and unexplained areas of pain – Yes / No
<b>LOCAL CONTRA-INDICATIONS</b>
Skin diseases (non contagious) – Yes / No
Varicose veins – Yes / No
Pregnancy (not stomach or abdominal region). – Yes / No
Cuts – Yes / No
Bruises – Yes / No
Abrasions – sores, open wounds, blisters, ulcer – Yes / No
Scar tissue – Yes / No
Sunburn – Yes / No
Menstruation – Yes / No
Has eaten within last hour – Yes / No

Burns – Yes / No
Heat rash/ Allergic Reaction – Yes / No
Is the Client feeling well – Yes / No
Has the client an unexplained aches/pains/discomfort – Yes / No
Any other conditions: – Yes / No
If Yes: What:
Client to be treated:
Therapist Signature:
Date:

**Cautions to be aware of in massage**

Some parts of a massage won't necessarily feel as pleasant as others, but even if you are a highly trained professional, it is always better to go slow and err on the side of caution.

Always stop the massage immediately if the person is in pain or showing signs or expressing any form of discomfort.

It may well be that the discomfort they are feeling is more to do with the fact that you are working a particularly tense set of muscles or an area affected by lactic acid, but it is always better to stop for a few moments and just place your hands over the area or on the area so you are not breaking client contact and then try to continue.

Then, if the area remains painful or too uncomfortable, it is always best to move on to the next area to be massaged and leave the area alone but make a note of the occurrence when you do your after session notes.

Just like with swimming, no one should ever get on the massage table until at least an hour after they've eaten.

You should also be very cautious of a client that seeks treatment after drinking alcohol or even prescribed or over-the counter drugs as the treatment will speed up blood flow causing substances in the body and into organs to travel far quicker.

Once treating a client, be certain to take extra care around their joints, because any of the body's joints can be prone to injury or damage if massaged too vigorously and always be very careful with the knees.

The abdomen also warrants some caution both on males and females and it is always good professional practice to ask the client if they would like their abdomen and stomach area massaged. Some people very much enjoy stomach massage but some find it uncomfortable and sometimes embarrassing as whilst working the colon, an experienced therapist can often feel stools and impacted waste sitting in the colon region, waiting to leave the body.

And never massage the throat at all as this can be dangerous but at the very least will make the client feel quite uncomfortable or even threatened.

Most other areas can be safely massaged, but always use your common sense.

A rule I always work with is: 'If in doubt, don't!'

Visible wounds and disease symptoms of every type should be avoided.

This includes cuts, bruises, lesions, boils, rashes, eczema and any other skin condition.

Even if a client has the area covered by a plaster or dressing, always work around the area, never over it. If you work over a covered area, you have no idea the extent of damage under the dressing, how deep it is, how fresh it is and also, working directly on a covered wound can be very uncomfortable to the client.

In the case of scars, scar tissue can actually benefit from massage, but leave fresh scars alone as you may well disturb the clotting and scabbing mechanism that the body has worked very hard to put in place.