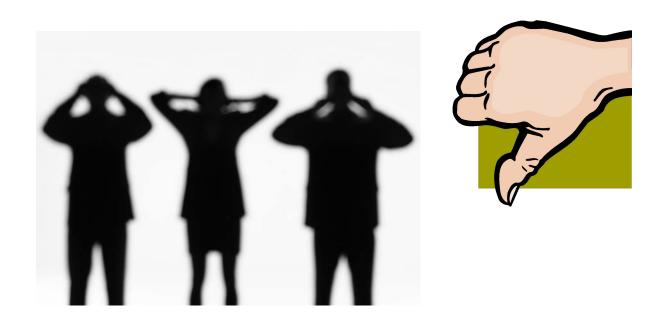
Massage Therapy Contraindications and Precautions

Follow along in textbook chapter 13 pg 147

Terminology

Contraindication: a specific situation in which a drug, procedure, or surgery should not be used because it may be harmful to the patient.



- The goal of the massage therapist is to provide a safe and effective treatment.
- "Do no harm"
- Massage therapy may not be an appropriate choice for everyone.



Categories of Massage Contraindications

- Absolute General You cannot work on this client. Absolute means you cannot do any work. General refers to the entire body.
- Modified General Modifications to the entire body must be done when working on this client.
- Absolute Local You cannot work on specific areas of the body.
- Modified local work to specific areas of the body must be modified for treatment.

Absolute General Contraindications:

- Acute conditions requiring first aid/ medical attention
- Acute pneumonia
- Advance kidney failure
- Diabetes with complications (gangrene)
- Eclampsia
- Hemophilia

Absolute General Contraindications continued:

- Post Stroke/Heart Attack in unstable condition
- Severe undiagnosed headaches in those over 50
- Hypertension, unstable
- Hemorrhage
- Shock
- High fever
- Some high metastatic cancers
- Systemic contagious /infectious condition



Absolute Local Contraindications:

- •Acute flare up of arthritis
- •Acute neuritis
- •Acute trigeminal neuralgia
- •Aneurisms deemed life threatening
- •Deep vein thrombosis
- Ectopic pregnancy
- •Frost bite
- Local contagious condition

Absolute Local Contraindications continued:

- Local irritable skin condition
- Malignancy
- •Open wound
- Pain syndromes
- Radiation therapy site
- Recent burn
- Sepsis
- Undiagnosed lump
- Varicose veins

Modified General:

- Any condition of spasticity
- Asthma
- Cancer
- Congestive heart failure
- Chronic kidney disease
- Immunosuppressed client
- Debilitation
- Diagnosed atherosclerosis
- Drug withdrawal

General Conditions requiring treatment modifications:

- Emphysema
- Fibromyalgia
- Hypertension/hypotension
- Inflammatory arthritis
- Major surgery or abdominal surgery
- Certain medications
- Osteoporosis
- Pregnancy / labour
- Post heart attack/ stroke (recent)
- Recent head injury
- seizures

Modified Local

- -Acute disc herniation
- -Aneurism (may be general depending on the location)
- -Acute inflammatory conditions
- -Any chronic or longstanding thrombosis
- -Bells palsey
- -Beurgers disease
- -Bursitis
- -Chronic arthritic conditions
- -Chronic abdominal or digestive disease
- -Contusion
- -Diarrhea
- -Endomitriosis

Local Conditions Requiring Modifications continued:

- -Flaccid paralysis or paresis
- -Flare up of irritable bowel syndrome
- -Fracture while casted and post cast removal until muscle tone has returned and tissue fragility has decreased
- -Frozen shoulder
- -Hematoma
- -Hernia
- -Indwelling medical catheter (thorax)
- -Infection
- -Inflammatory bowel disease
- -Joint instability / hypermobility
- -Lymphedema
- -Kidney infection or kidney stones

Local Conditions Requiring Modifications

- -Mastitis
- -Migrane
- -Minor surgery
- -Ostomy site
- -Pelvic inflammatory disease
- -Pitting edema
- -Prolonged constipation
- -Raynauds disease
- -Recent abortion
- -Recent vaginal birth
- -Spasmodic torticollis
- -Stress fracture site
- -TMJ

- Analgesics:
 - Aspirin, Tylenol, Anaprox, Motrin
 - Client is unable to give accurate information about perception of pain
 - Deep pressure and extreme ranges of motion are contraindicated

- Anticoagulants:
 - aspirin, coumadin, heparin
 - Slow the clotting process
 - It is possible that deep techniques could lead to bruising

- Anti-Asthmatic Medications
 - Ventolin
 - Can cause an increase in sympathetic nervous system response, such as increased heart rate, blood pressure and respiration rates
 - Techniques that are vigorous, deep or painful and hydrotherapy applications are contraindicated

- Anti-inflammatories:
 - aspirin, advil, clinoril
 - Suppression of the inflammatory response can make an assessment inaccurate
 - Techniques such as frictions that rely on this response, are contraindicated

Contraindications Medications:

Antidepressants:

• diazepam/valium, prozac, paxil

- Can alter the normal responses of the vasculature to temperature changes
- Hydrotherapy applications should be at a moderate temperature

- Corticosteroids:
 - topicort, cortisol, corticream, aclovated
 - Injection sites are to be avoided for 14 21 days post injection
 - Prolonged injection use may lead to delayed tissue healing, decreased bone formation, connective tissue and muscle breakdown
 - Prolonged used of creams may lead to atrophy of skin and subcutaneous tissue
 - Techniques that stress the tissue (fascial, frictions, joint play) are contraindicated

- Muscle Relaxants
 - flexeril, diazepam, norflex
 - Alter the stretch response in a muscle
 - Deep techniques, extreme stretches and full body hydrotherapy are contraindicated

Other Precautions:

- Blood Pressure
 - Low BP (hypotension) or High BP (hypertension)

• Possible Allergic Reactions

- Clients may be allergic to certain nuts and oils, cleaners or disinfectants
- Therapist must ask of any allergies the client may have
- Beware of things you eat before seeing certain patients!

Contraindications video

<u>https://www.youtube.com/watch?v=xerIHWYmcCl</u> <u>https://www.youtube.com/watch?v=4vLdQ_jQcTM</u>

Quiz 4 next class