

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.



Massage Contraindications

- 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.

Massage Contraindications

Absolute General Contraindications:

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

Massage Contraindications

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



Massage Contraindications

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

Massage Contraindications

Absolute Local Contraindications continued:

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

Massage Contraindications

Modified General:

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

Massage Contraindications

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

Massage Contraindications

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

Massage Contraindications

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

Massage Contraindications

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

Massage Contraindications

Contraindications for Medications:

- **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

Massage Contraindications

Contraindications Medications:

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

Massage Contraindications

Contraindications Medications:

- **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

Massage Contraindications

Contraindications Medications:

- **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

Massage Contraindications

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

Massage Contraindications

Contraindications Medications:

- **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

Massage Contraindications

Contraindications Medications:

- **Muscle Relaxants**

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

Massage Contraindications

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

<https://www.youtube.com/watch?v=xerlHWYmcCI>

https://www.youtube.com/watch?v=4vLdQ_jQcTM

Quiz 4 next class