

## Lecture 6

### ***Massage Therapy Contraindications and Precautions***

#### **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.

#### **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
- 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 Skin Conditions 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
- Coma
- Debilitation
- Diagnosed atherosclerosis
- Drug withdrawal

**General Conditions requiring treatment modifications:**

- Emphysema
- Fibromyalgia
- Hypertension/hypotension
- Inflammatory arthritis
- Major 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

#### **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

##### **•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

##### **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

#### •**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!