

# Contra indications that require medical permission.

**A doctors note must be obtained and kept on record for massage for the following conditions:-**

**Medical Oedema** - this is swelling and/or water retention, usually in the legs and arms. It is usually risky for the client to lie still for extended periods of time and increasing circulation with massage could prove detrimental to the clients health.

**Cardiovascular conditions** - this includes high and low blood pressure (hyper or hypo tension)

**Epilepsy** - Massage increases blood circulation to the brain as well as lymphatic drainage which can trigger a fit. Obtain a doctors note prior to proceeding with this treatment.

**Recent Operations** - Usually, treatment safe after 2 years (depending on the surgery as some surgeries take less time or longer to heal). Medical permission is advisable within 2 years of surgery.

**Diabetes** - Clients with Diabetes usually suffer with reduced skin sensitivity and circulatory problems. It can be dangerous to perform any service on clients with diabetes.

**Cancer** - Cancer patients are usually going through severe medical treatments. Doctors permission must be obtained before carrying out ANY service as chemicals can react with treatments and circulation increase can be detrimental to the clients health and medical treatment.

**Haemophilia** - This is where the blood will not clot, if the client suffers injury of any kind they may not stop bleeding, including bruising. Massage is very dangerous for Haemophiliacs.

**Slipped Disc, Spinal or Neck Condition** - As the client will need to lie down for this treatment, you will need medical permission if the client is suffering with these conditions as further discomfort or injury can be caused especially with the massage process.

**Osteoporosis** - This is also called brittle bone syndrome - bones may break easily

**Undiagnosed Pain** - Clients must seek diagnosis and medical permission before any treatment can be carried out.

**Taking Prescribed Medication** - Certain medications can react with chemical treatment or can be affected by circulation increase. It is best to seek medical permission to prevent injury to your client.

**Ongoing investigation/treatment from Doctor or other medical practitioner** - If the client is on ongoing investigations or treatments from medical personnel, permission must be sought in order to carry out the treatment.

## Contra indications that Prevent Service

**Do not** carry out the service if the client has any of the following conditions:-

Fever

Contagious or infectious diseases or skin diseases

Under the influence of recreational drugs or alcohol

Diarrhoea and vomiting

Sinusitis (infection or inflamed sinuses)

Ear or balance issues

Any known allergies (check the ingredients in your oils as some contain nuts etc.)

Eczema or psoriasis can be aggravated by some of the oil ingredients.

Inflammation, Cuts, Bruises or Abrasions in the treatment area

Scar tissue in the treatment area (2 years for major operation and 6 months for a small scar)

Recent fractures in the treatment area (minimum 3 months)

Neuralgia (nerve pain typically in the jaw and face)

Eye infection

Herpes simplex (cold sore)

Sunburn

Inflamed nerve