



Conditions to Watch For

For the most part, massage is something that can be enjoyed by anyone. However, there are a few circumstances where you need to exercise caution:

1. If you have been under the care of a doctor or other health care professional during the last year, are taking medication, are pregnant, or have previously had any severe health problem, talk to a qualified massage therapist or get a doctor's guidance before receiving massage.
2. Use caution when massaging someone who has taken pain medication, as the person may not realize when pressure is too deep.
3. Though you should never apply heavy pressure directly on bones (which is uncomfortable), be especially careful when massaging someone who has bone spurs!
4. Never massage anyone who has:
 - A fever
 - A contagious infection
5. Do not massage directly over:
 - Arthritis in the inflamed stage (red, hot, swollen)
 - Unhealed injuries
 - Swelling or bruises
 - Avoid direct and heavy pressure on the spine and joints themselves.
6. Consult a doctor before massaging anyone with:
 - Osteoporosis
 - Cancer
 - Heart or circulatory problems, especially blood clots
 - Numbness or inability to feel touch