



Contraindications for Massage

When in doubt about a condition, massage therapists direct clients to consult their primary health care professional. There are some conditions for which massage is not advisable. However, even if someone has a condition such as these, massage techniques *with modifications* can sometimes still provide benefits when applied appropriately.

- Acute conditions requiring first aid
- Chronic heart, kidney or liver disease
- Thrombosis and anything resulting in prolonged immobilization (which can predispose a person to thrombosis)
- Diabetes
- Hemophilia
- Hemorrhage
- Severe, undiagnosed headaches
- Severe hypertension
- Shock
- High fever
- Systemic infectious condition
- Some non-terminal cancers
- Flare-ups of rheumatoid arthritis or lupus
- Local irritable skin condition
- Open wounds
- Recent burns
- Coma
- Recent head injury
- Seizure disorders

Reference: Yates, John, Ph.D., *A Physician's Guide to Therapeutic Massage*, 3rd edition, Toronto ON, Canada, 2004.