

Contraindications for Swedish Massage

Condition	Symptoms	Possible consequences	Acceptable Interaction
Inflammatory Conditions	-heat, redness, swelling, pain -sprains, strains, bursitis, synovitis, tenosynovitis, arthritis	could aggravate and worsen condition	RICE, Sub-acute- general massage above area chronic inflammation- direct massage may be ok.
Varicose Veins	-veins that are enlarged and twisted due to damaged valves -can be painful	-direct pressure can cause further damage -deep draining strokes below varicosity is not advised as it may put more pressure on the valve	-spider veins ok -work around vein or move it out of the way -nutritional supplementation with Vit C and bioflavonoids recommended
blood Clots	-inflammation of vein -warmth, redness, -found in elderly or after trauma -may be discolored (reddish cyanotic hue)	-massage could dislodge and move clot possibly causing a heart attack or stroke	Wait for medical clearance; blood thinner medications may be necessary
Cardiac conditions	-severe high blood pressure that is unstable -arteriosclerosis	-heart/body may not tolerate increase in circulation	-work only when medicated or controlled by diet and stress reduction methods
Hemophilia	- inability of the blood to coagulate -abnormal tendency to bleed -may cause swelling in joints	-usually medicated with cumaden or other blood thinners -deep pressure may bruise or cause tissue damage	-light pressure until you find out what the client can tolerate
Diabetes	-advanced cases: loss of feeling and circulation in extremities -pitted edema: pressing into tissue leaving indentation that stays	may cause tissue damage	-circulatory strokes may still be beneficial: proceed with caution
Pregnancy	-reduced circulation in legs -possible blood clots due to hormonal changes	-miscarriage	Use Common Sense Work with physician or midwife.
Local or systemic infections	-fever -inflamed lymph nodes -some examples: chicken pox, measles, influenza, scarlet fever, nephritis, hepatitis	-massage may be too stressful on the body and the immune system	-energy work -physicians approval needed
Infectious Skin Diseases	-bacterial infections (staph, impetigo, tuberculosis) -viral infections (herpes simplex and zoster, warts, chicken pox, -parasites (scabies, fleas, lice, ticks) -Fungal Infections (athletes foot, ringworm, yeast infections)	-may spread disease to yourself and other clients	-physician approval