

COMMON CONTRAINDICATIONS

FEVER	INFECTION	SEVERE PAIN	CANCER
The application of heat can potentially raise body temperature further, which may worsen the fever & associated symptoms.	Treatment may spread the infection throughout the body, worsening the condition. It's important to avoid treatment at this time.	Manipulation of body tissues and the application of heat can exacerbate the underlying condition. This may cause further discomfort & harm.	Treatment is generally avoided due to the potential risk of spreading cancer cells, causing increased circulation to tumors, or exacerbating side effects of cancer treatments.
BLOOD CLOTS	PREGNANCY	SKIN CONDITIONS	RECENT SURGERY, OPEN WOUNDS, & SORES
Massage is contraindicated because treatment could potentially dislodge the clot & lead to serious health risks such as pulmonary embolism or stroke.	Certain massage techniques & thermotherapy can be risky during pregnancy, especially during the first trimester. Please consult with your family doctor prior to receiving any massage treatment.	Certain skin conditions like eczema, psoriasis, or open wounds can be aggravated by massage or heat therapy.	It's important to allow adequate time for recovery. Treatment is contraindicated due to risk of infection, disruption of the healing process, & increased pain or discomfort.
SEVERE OSTEOPOROSIS	CARDIOVASCULAR ISSUES	SENSORY IMPAIRMENT	INFECTIOUS SKIN CONDITIONS
The fragility of bones pose a risk for fractures or other injuries. It's important to avoid activities that compromise the integrity of bone fragility.	Heat therapy can affect blood pressure, so individuals with severe cardiovascular conditions should avoid treatment or consult with their family doctor first. For clients at risk, a blood pressure reading is implemented to modify, omit, or limit the application of heat during the massage treatment.	Individuals with reduced sensation in the feet (e.g. Diabetes) may be at risk of burns from hot thermotherapy. Always communicate openly with your massage practitioner about any health concerns or conditions to ensure a safe & effective treatment.	Can easily spread to other areas of the body or to the massage practitioner posing a risk for infection. Examples include: fungal infections (e.g. Ringworm), bacterial infections (e.g. impetigo), & viral infections (e.g. Herpes Simplex).