

Contraindications to Physical Therapy 1-Massage Treatment



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Submission: October 09, 2019; **Published:** October 18, 2019

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Opinion

“Natural forces within us are the true healers of disease.” “
Hippocrates”

Introduction

Massage therapy appears to have few serious risks - if it is performed by a properly trained therapist and if appropriate cautions are followed. The number of serious injuries reported is very small. Side effects of massage therapy may include temporary pain or discomfort, bruising, swelling and a sensitivity or allergy to massage oils.

- a) Health Benefits of Massage.
- b) Some of the physical benefits of massage and myotherapy include:
- c) Reduced muscle tension.
- d) Improved circulation.
- e) Stimulation of the lymphatic system.
- f) Reduction of stress hormones.
- g) Relaxation.
- h) Increased joint mobility and flexibility.
- i) Improved skin tone.
- j) Improved recovery of soft tissue injuries.
- k) Types of Massages.

Hot stone, Aromatherapy, Deep tissue, Sport, Trigger point, Reflexology, Shiatsu, Thai, Prenatal, Couple's, Chair. Noli Nocere!!!!

Contraindications to Massage Treatment

Massage treatment is non-invasive, relaxing and natural. It is therefore generally considered a safe treatment for most people.

Total contraindications

When you have any of these conditions, please do not book a massage: Fever, Contagious diseases, including any cold or flu, no matter how mild it may seem, Under the influence of drugs or alcohol-including prescription pain medication, Recent operations or acute injuries, Neuritis, Skin diseases.

Local contraindications

The therapist can massage but not over any areas affected by: Varicose veins, Undiagnosed lumps or bumps, Pregnancy, Bruising, Cuts, Abrasions, Sunburn, Undiagnosed pain, Inflammation, including arthritis

Medical contraindications

If you suffer from any of the following conditions, massage can only take place once it has been approved before your session in writing by your Physician. Cardio-vascular conditions (thrombosis, phlebitis, hypertension, heart conditions), Any condition already being treated by a medical practitioner, Oedema, Psoriasis or eczem, High blood pressure, Osteoporosis, Cancer, Nervous or psychotic conditions, Heart problems, angina, those with pacemakers, Epilepsy, Diabetes, Bell's palsy, trapped or pinched nerves, Gynecological infections. If you have any questions concerning 'Contraindications to Physical Therapy.1-Massage Treatment.', interactive clinical pharmacology, or any other questions, please inform me.



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DOI: [10.19080/PMCIJ.2019.03.555605](https://doi.org/10.19080/PMCIJ.2019.03.555605)

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