

## Pathology

## Considerations

## Contraindications

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<b>Adhesive Capsulitis (Frozen Shoulder)</b>	<ol style="list-style-type: none"><li>1. Stage of the condition</li><li>2. What current effect does it have on the ROM</li><li>3. Are they currently working with a physical therapist</li><li>4. How long has this been going on</li><li>5. Are they currently experiencing any pain in the Shoulder?</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue While Acute</li><li>2. PNF Locally While Acute</li></ol>
<b>Allergic Reactions (Hives, Anaphylaxis)</b>	<ol style="list-style-type: none"><li>1. Rescheduling the massage for when the rash clears up</li><li>2. Asking the client what they may have come in contact with to cause this reaction</li><li>3. Are they currently taking any antihistamines</li><li>4. Are the hives causing any discomfort</li><li>5. Are they having any trouble breathing</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue While Acute</li><li>2. Swedish Locally While Acute</li></ol>
<b>Alzheimer's Disease/Dementia</b>	<ol style="list-style-type: none"><li>1. What position on the table would create less disorientation for the client</li><li>2. How sever is the Alzheimer's /Dementia</li><li>3. Does time of day effect the clients mentality as with sundowners syndrome</li><li>4. The speech of the client and their ability to give verbal cues as to pressure and comfort</li><li>5. Due to this disease targeting elderly clients I would consider the possibility of other ailments and issues that might interfere with the massage</li></ol>	<p>All modalities are supportive or indicated unless the client is feeling disoriented and threatened at which time the therapist should look for other tactics.</p>

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<b>Ankylosing Spondylitis</b>	<ol style="list-style-type: none"><li>1. Is the client feeling any pain currently in the low back or buttocks area</li><li>2. How high on the spine are they feeling the pain</li><li>3. Have they had any fever lately</li><li>4. Performing a ROM test on the lower spine</li><li>5. If the client is currently experiencing any trouble taking full breaths due to the loss of movement in the rib area</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue</li><li>2. Trigger Point Therapy while acute</li></ol>
<b>Anxiety Disorders &amp; Depression</b>	<ol style="list-style-type: none"><li>1. If they are currently experiencing an increase in heart rate, dizziness, nausea or faintness</li><li>2. What situations bring on the feelings of panic</li><li>3. If they are currently on any anti-depressants or anti-anxiety medications to help regulate their moods</li><li>4. What is the level of their anxiety today prior to massage</li><li>5. How long have they had this condition</li></ol>	All modalities are supportive or indicated unless the client is feeling uneasy at which time the therapist should look for other options.
<b>Arteriosclerosis/Atherosclerosis</b>	<ol style="list-style-type: none"><li>1. If the client also suffers from high blood pressure</li><li>2. If the client has experienced an aneurism due to the arteriosclerosis</li><li>3. If they have any clots I should be aware of</li><li>4. If they are currently experiencing any shortness of breath which would hinder them being able to lie face down for long periods of time</li><li>5. If they are currently on any medication to help reduce the plaque buildup</li></ol>	Deep Tissue is contraindicated in the advanced stages

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Arthritis/Septic/Rheumatoid	<ol style="list-style-type: none"><li>1. Current level of pain and stiffness</li><li>2. What activities they currently use to stretch and move the joints</li><li>3. The use of a bolster to make the client more comfortable while on the table</li><li>4. What type of pressure to use around the affected joints</li><li>5. How long have they had Arthritis</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue while acute</li><li>2. Trigger Point Therapy locally while acute</li></ol>
Artificial Joints/Plates/Screws	<ol style="list-style-type: none"><li>1. How long has it been since their surgery</li><li>2. What joint did they have replaced</li><li>3. Were there any complications with the recovery that I need to be aware of</li><li>4. Are there any positions that they find uncomfortable</li><li>5. What type of pressure would they like used over and around the area of replacement</li></ol>	Depending on the stage of recovery Deep Tissue may have local contraindications
Asthma	<ol style="list-style-type: none"><li>1. Not using any scented oils or lotions</li><li>2. If they were currently having asthmatic issues with their breathing that would prevent massage</li><li>3. If they are using an albuterol inhaler and if they have one with them</li><li>4. When was their last attack</li><li>5. What are their usual triggers for an asthma attack</li></ol>	Massage for Asthma is only contraindicated during an attack otherwise it is indicated
Bell's Palsy	<ol style="list-style-type: none"><li>1. When did the condition begin</li><li>2. Do they suffer from frequent headaches</li><li>3. Are you taking any anti-inflammatories to assist in the healing</li><li>4. Do loud noises cause them pain</li><li>5. Have they been to a neurologist for the diagnosis</li></ol>	All Modalities are either indicated or supportive for bell's palsy

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<b>Bleeding/Clotting Disorders- Thrombocytopenia/Thrombophilia</b>	<ol style="list-style-type: none"><li>1. Lighter to moderate strokes to keep from bruising the client</li><li>2. Are they currently taking any medication to assist in the clotting process</li><li>3. Have they ever experienced an embolism</li><li>4. Are they experiencing any pain in the joints due to the excessive bleeding</li><li>5. Asking for a doctor's release to treat</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue</li><li>2. Trigger Point Therapy</li></ol>
<b>Bunions</b>	<ol style="list-style-type: none"><li>1. Are they currently on a corticosteroid injection to help reduce the inflammation</li><li>2. Have they considered new foot wear to help relieve some of the irritation that is causing the bump to stay irritated</li><li>3. Are they currently having any pain in the area of the bunion</li><li>4. When did they first notice this bunion developing</li><li>5. Stage of the bunion for Range-of-motion stretches, gentle traction, and friction around the affected area</li></ol>	Acutely inflamed bunions locally contraindicate massage
<b>Bursitis</b>	<ol style="list-style-type: none"><li>1. How sever is the pain they are feeling currently</li><li>2. Testing ROM on the affected area</li><li>3. Are they taking any anti-inflammatories currently</li><li>4. What repetitive activities caused the Bursitis</li><li>5. Positioning on the table for client comfort</li></ol>	<ol style="list-style-type: none"><li>1. Swedish massage locally contraindicated while acute</li><li>2. Trigger point therapy locally contraindicated</li></ol>

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<b>Carpal Tunnel Syndrome</b>	<ol style="list-style-type: none"><li>1. Any surgeries they may have had to release the entrapped median nerve</li><li>2. How sever the pain is currently</li><li>3. Where their pain originates to determine if it could be a neck injury or a nerve entrapment anywhere else in the arm</li><li>4. Position on the table</li><li>5. How long have the symptoms been occurring</li></ol>	<ol style="list-style-type: none"><li>1. Deep tissue while acute</li><li>2. Reflexology locally</li><li>3. Trigger point locally</li></ol>
<b>Cancer General</b>	<ol style="list-style-type: none"><li>1. Type of cancer</li><li>2. If the Client has doctors release for massage</li><li>3. If the client would need special accommodations for the table and comfort</li><li>4. What treatments or medications they are on</li><li>5. How long have they had Cancer</li></ol>	<ol style="list-style-type: none"><li>1. For tumors deep tissue is contraindicated locally</li><li>2. Lymphatic drainage locally</li><li>3. Trigger Point therapy Locally</li><li>4. Reflexology Locally</li></ol>
<b>Cellulitis</b>	<ol style="list-style-type: none"><li>1. Location of the infection</li><li>2. If the client is under a doctor's care and refer to one if not</li><li>3. What type of antibiotics the client is taking</li><li>4. How long they have had the signs of Cellulitis</li><li>5. Using Polarity therapy off site of infection with client comfort</li></ol>	Cellulitis systemically contraindicates hands-on bodywork until the infection has completely passed.
<b>Cerebral Palsy</b>	<ol style="list-style-type: none"><li>1. What type of CP the client has</li><li>2. What part of the body is affected by the CP</li><li>3. Any pain or difficulty sitting or lying down due to contractures</li><li>4. The ability of the client to communicate their needs verbally</li><li>5. Any other therapies the client is using</li></ol>	Trigger Point Therapy Contraindicated for numbness or flaccidity

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<b>Chronic Fatigue Syndrome</b>	<ol style="list-style-type: none"><li>1. How long they have had symptoms of CFS</li><li>2. What things they do to help them rest</li><li>3. Which symptoms bother them the most</li><li>4. What treatments they have tried</li><li>5. If they are taking any immunosuppressant drugs combined with antidepressants to help treat it</li></ol>	All Modalities are either indicated or supportive for CFS
<b>Common Cold/Flu</b>	<ol style="list-style-type: none"><li>1. How long they have had the cold/flu symptoms</li><li>2. Not working on them due to the contagious factor of a cold in the acute stage</li><li>3. If they are running a fever</li><li>4. What if any Over the Counter drugs they are taking</li><li>5. Recommending an increase to fluid intake and an increase to the amount of rest they get</li></ol>	Systemically contraindicated while acute: Deep tissue massage, Lymphatic drainage, PNF/MET/stretching, Trigger point therapy. All modalities are Contraindicated while acute.
<b>Compartment Syndrome</b>	<ol style="list-style-type: none"><li>1. If they are currently having any pain in the area of the leg that is affected</li><li>2. How severe is the swelling in the leg</li><li>3. Referring to a doctor if not already seeing one</li><li>4. Not working on them without a doctor's release</li><li>5. Working proximal to any swelling</li></ol>	<ol style="list-style-type: none"><li>1. Trigger point therapy is Locally contraindicated for compartment syndrome</li><li>2. Swedish Massage is contraindicated while acute</li><li>3. Reflexology is locally contraindicated</li></ol>
<b>Congestive Heart Failure</b>	<ol style="list-style-type: none"><li>1. Any other conditions that may be contributing to the heart failure such as Cardiomyopathy, diabetes or kidney disease</li><li>2. If they are currently having any trouble breathing</li><li>3. If they have a release from a doctor for massage</li><li>4. What medications and treatments they are using</li><li>5. What stage of heart failure they are in</li></ol>	<ol style="list-style-type: none"><li>1. Avoid full-body lymphatic drainage techniques or elevation of the limbs above the level of the heart with chronic congestive heart failure.</li><li>2. Local or distal techniques are contraindicated with edema</li></ol>

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<b>Contusions</b>	<ol style="list-style-type: none"><li>1. How long ago they injured the tissue</li><li>2. What type of contusion they have</li><li>3. If they are using any form of pain medication</li><li>4. How they acquired the contusion</li><li>5. What is the most comfortable position for them on the table</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue is locally contraindicated</li><li>2. Trigger Point Therapy locally</li></ol>
<b>COPD (Chronic Bronchitis, Emphysema)</b>	<ol style="list-style-type: none"><li>1. If they are currently experiencing and shortness of breath or wheezing</li><li>2. If they are on any form of beta agonist inhalers or orally taken steroids</li><li>3. How long they have had COPD or Chronic Bronchitis</li><li>4. If there is a position on the table that is more comfortable for them</li><li>5. What allergens cause the client discomfort such as scents</li></ol>	Massage for COPD is indicated when not in an acute stage. All modalities are contraindicated while acute
<b>Crohn's Disease</b>	<ol style="list-style-type: none"><li>1. If they are experiencing any pain in their lower right abdominal region currently</li><li>2. If there has been any major changes in weight particularly in loss of weight</li><li>3. When they had the last flare up and how they manage the flare ups</li><li>4. What position on the table will be most comfortable for the client</li><li>5. Are they currently taking any steroidal anti-inflammatories and immunosuppressant drugs to quell the inflammatory reaction.</li></ol>	<ol style="list-style-type: none"><li>1. Deep tissue massage Locally contraindicated while acute</li><li>2. Trigger Point Therapy avoid the abdomen area</li></ol>

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<b>Cruciate and Meniscal Injuries</b>	<ol style="list-style-type: none"><li>1. What they were doing when the injury occurred</li><li>2. Are they currently feeling any pain in the knee</li><li>3. What treatments they are currently using and if surgery was discussed</li><li>4. What position on the table will be the most comfortable for them</li><li>5. Is this the first time they have had a Meniscal injury</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue locally</li><li>2. Trigger Point Therapy Locally</li></ol>
<b>Deep Vein Thrombosis</b>	<ol style="list-style-type: none"><li>1. The location of the clot</li><li>2. What was the initial cause of the clot such as trauma, varicose veins or Local infection</li><li>3. Not working on the client without prior doctors approval</li><li>4. If the client is on any anticoagulants</li><li>5. Is this the first clot they have had</li></ol>	<p>Polarity is the only modality indicated for this Pathology</p>
<b>Degenerative Disc Disease</b>	<ol style="list-style-type: none"><li>1. What position on the table would be most comfortable for the client</li><li>2. Are they taking any Pain Medications currently</li><li>3. How long have they had issues with their back</li><li>4. Are they using any other forms of alternative medicine</li><li>5. How daily activities effect their ROM at the spine</li></ol>	<p>All modalities are indicated with careful pressure and when not inflamed</p>



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<b>Dermatitis/Eczema</b>	<ol style="list-style-type: none"><li>1. Using hypoallergenic lubricant for the client</li><li>2. If there are any breaks in the skin</li><li>3. Not massaging directly over the area effected if the issue is contact dermatitis</li><li>4. Any Topical immunomodulators or creams that the client may currently be using</li><li>5. Working proximal to any inflammation present</li></ol>	Deep Tissue, Swedish, and Trigger Point Therapy are all locally contraindicated while acute
<b>Diabetes Mellitus</b>	<ol style="list-style-type: none"><li>1. Any other conditions that may be due to the Diabetes such as neuropathy, impaired vision or kidney dysfunction</li><li>2. If they are using any insulin to help control their blood sugar levels</li><li>3. If they may need to use the restroom during the massage due to the symptom of frequent urination</li><li>4. If they had checked their blood sugar level prior to coming in to be massaged</li><li>5. The presence of any diabetic ulcers</li></ol>	Deep tissue massages Contraindicated if advanced with tissue damage
<b>Dislocations</b>	<ol style="list-style-type: none"><li>1. When did the dislocation occur</li><li>2. Referring to a chiropractor</li><li>3. If they are on any pain medications</li><li>4. What position on the table is most comfortable</li><li>5. What joint is dislocated</li></ol>	Lymphatic drainage and Polarity are the only modalities indicated for massage
<b>Edema</b>	<ol style="list-style-type: none"><li>1. How long they have had the swelling</li><li>2. What area is the Edema effecting</li><li>3. Are they currently on any anti-inflammatories</li><li>4. Working proximal to the swelling</li><li>5. What position on the table will work best for client comfort</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue Massage Locally or systemically contraindicated while acute</li><li>2. Swedish Massage Locally contraindicated with trauma. Locally or systemically contraindicated with infection, heart or kidney failure, pitting</li></ol>

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Embolism, Thrombus	<ol style="list-style-type: none"><li>1. Location of the clot and if it is lodged or traveling</li><li>2. How many clots have they had overall</li><li>3. Is the client on any blood thinners or anticoagulants</li><li>4. If the client is having any pain, numbness or tingling in the affected area or surrounding tissue</li><li>5. Not working on the client without doctor's release</li></ol>	Deep Tissue Massage, Lymphatic Drainage, Reflexology, Shiatsu, Swedish Massage, Trigger Point Therapy are all systemically contraindicated.
Endometriosis	<ol style="list-style-type: none"><li>1. If the client is experiencing any pain in the pelvic region currently</li><li>2. Are they on any Nonsteroidal anti-inflammatory drugs to help with the pain</li><li>3. How long have they had this condition</li><li>4. Are they using any Hormone therapy to disrupt the secretion of estrogen</li><li>5. What position is most comfortable for the client during the more sensitive times</li></ol>	<ol style="list-style-type: none"><li>1. Deep tissue massage Locally contraindicated</li><li>2. PNF/MET/stretching Locally contraindicated; otherwise supportive</li><li>3. Swedish massage Locally contraindicated</li><li>4. Trigger point therapy Locally contraindicated</li></ol>
Fever	<ol style="list-style-type: none"><li>1. How long have they had the fever</li><li>2. Are they on any medication to reduce the fever</li><li>3. If they know the cause of the fever</li><li>4. Rescheduling for when they no longer have a fever</li><li>5. Referring to a doctor if the symptoms persist.</li></ol>	All Modalities are contraindicated while acute

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Fibromyalgia	<ol style="list-style-type: none"><li>1. Level of current pain</li><li>2. How much pressure the client would like</li><li>3. Which position on the table will be the most comfortable for the client</li><li>4. If they are currently working with any type of pain management clinic or taking any pain medications</li><li>5. What current activities help relieve the pain, such as stretching, mild exercise or diet.</li></ol>	All modalities are Indicated within client tolerance
Fractures	<ol style="list-style-type: none"><li>1. Location of the broken bone</li><li>2. Level of pain at the site of the break</li><li>3. How long ago the fracture occurred</li><li>4. What type of fracture occurred</li><li>5. Are they currently on any medication for pain</li></ol>	<ol style="list-style-type: none"><li>1. Deep tissue massage Contraindicated while acute.</li><li>2. PNF/MET/stretching, Reflexology, Swedish massage, and Trigger point therapy are all locally contraindicated</li></ol>
Fungal Infections	<ol style="list-style-type: none"><li>1. Rescheduling the massage for when the infection is healed</li><li>2. Any creams or medications being used to treat the infection</li><li>3. How long they have had the infection</li><li>4. Where the infection is located</li><li>5. What forms of treatment are being used to assist in preventing the spread of the infection to other body parts</li></ol>	<ol style="list-style-type: none"><li>1. Deep tissue massage and Lymphatic drainage are systemically contraindicated</li><li>2. PNF/MET/stretching, Reflexology, Shiatsu, Swedish massage and Trigger point therapy are all locally contraindicated</li></ol>
Gout	<ol style="list-style-type: none"><li>1. If they have any pain in or around the big toe of the foot</li><li>2. What their diet consists of</li><li>3. If there are any signs of inflammation</li><li>4. How severe the gout is at this time and if there has been any issues with kidney function</li><li>5. If the client is on any pain relievers of anti-inflammatory drugs</li></ol>	<ol style="list-style-type: none"><li>1. Deep tissue massage Contraindicated while acute</li><li>2. PNF/MET/stretching, Reflexology, Swedish massage, and Trigger point therapy are all locally contraindicated</li></ol>

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<b>Headaches</b>	<ol style="list-style-type: none"><li>1. If the client had any sensitivity to lights or sound</li><li>2. If they have taken any medication for pain</li><li>3. What type of pain they are having and location of the pain</li><li>4. How long have they had the current headache</li><li>5. Working on the sub occipitals, upper traps, and other neck muscles to verify if it is a tight muscle issue</li></ol>	All modalities are indicated or supportive for massage with headache
<b>Hematoma</b>	<ol style="list-style-type: none"><li>1. Location of the bruising</li><li>2. What caused the bruising</li><li>3. If they are taking anything for pain or inflammation</li><li>4. If they have seen a doctor for the Hematoma</li><li>5. If they have had the area drained by a doctor depending on how deep the Hematoma is</li></ol>	Deep Tissue Massage, PNF/MET/Stretching, Reflexology, Shiatsu, Swedish Massage, and Trigger Point Therapy are all Locally contraindicated
<b>Hepatitis</b>	<ol style="list-style-type: none"><li>1. How long the client has had the hepatitis</li><li>2. If they have recently had any signs of weakness, nausea or fever</li><li>3. If they are on any of the current medications to assist with controlling the Hepatitis such as Interferon or ribavirin</li><li>4. If they have had a transplant of the liver or if they are currently waiting on a transplant</li><li>5. Making sure to avoid any areas of open wounds as some forms of hepatitis are transferred via blood and body fluids</li></ol>	Deep tissue massage, Lymphatic drainage, PNF/MET/stretching, Swedish massage and Trigger point therapy are all systemically contraindicated

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<b>Hernia</b>	<ol style="list-style-type: none"><li>1. Location and size of the hernia</li><li>2. If they are currently Experiencing any pain</li><li>3. If they have had or are planning to have surgery to correct the Hernia</li><li>4. If they are using any special corset to assist in keeping the pressure in the abdominal regulated</li><li>5. If they will need special accommodations for the table and positioning</li></ol>	<ol style="list-style-type: none"><li>1. Deep tissue massage Contraindicated while acute</li><li>2. PNF/MET/stretching, Swedish massage, and Trigger point therapy are all locally contraindicated</li></ol>
<b>HIV/AIDS</b>	<ol style="list-style-type: none"><li>1. If the client is currently having any other immune issues due to the HIV/AIDS</li><li>2. What medications they are using to slow the effects of the disease</li><li>3. Making the room as clean and clear of active pathogens for the client's safety at not contracting a new infection.</li><li>4. If the client has any open wounds that could possibly spread the HIV/AIDS</li><li>5. The clients pressure limits and what type of massage they need</li></ol>	All modalities are indicated or supportive for massage with HIV/AIDS
<b>Hypertension/Hypotension</b>	<ol style="list-style-type: none"><li>1. If the client has ever had a stroke due to the hypertension</li><li>2. What treatment options have been chosen such as diet and exercise</li><li>3. Asking the client to bring in doctors release for massage</li><li>4. If they are taking any form of diuretics, vasodilators, or beta blockers</li><li>5. How long they have had Hypertension</li></ol>	All modalities are indicated or supportive for Hypertension/Hypotension

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<b>Hypermobility/Hypomobility</b>	<ol style="list-style-type: none"><li>1. Which joints are most effected by the condition</li><li>2. Do they take any medication to assist with inflammation or pain</li><li>3. What position on the table will work best for their comfort</li><li>4. How long have they had hypermobile joints</li><li>5. How does this affect their daily living</li></ol>	<b>Deep tissue massage, PNF/MET/stretching</b>
<b>Inflammation</b>	<ol style="list-style-type: none"><li>1. The cause of the inflammation</li><li>2. The area that is inflamed</li><li>3. If they are using any anti-inflammatories</li><li>4. Recommending ice for the affected area</li><li>5. Working proximal to the affected area only</li></ol>	<ol style="list-style-type: none"><li>1. Lymphatic drainage Contraindicated while acute</li><li>2. PNF/MET/stretching Locally contraindicated while acute</li><li>3. Trigger point therapy Locally contraindicated while acute</li></ol>
<b>Irritable Bowel Syndrome</b>	<ol style="list-style-type: none"><li>1. If they are having pain in the abdomen currently</li><li>2. If they are currently experiencing any stress that causes the syndrome to flare up</li><li>3. When they were diagnosed with IBS</li><li>4. What if any medications they are on, such as antispasmodics, antidiarrheal, antacids, and antidepressants.</li><li>5. How sever is the IBS</li></ol>	<ol style="list-style-type: none"><li>1. Deep tissue massage Contraindicated while acute</li><li>2. Trigger point therapy locally</li></ol>

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<b>Lice and Mites</b>	<ol style="list-style-type: none"><li>1. Not working on client till clear</li><li>2. Are they using any medication to help eradicate the Lice/Mites</li><li>3. How long have they had signs of the Lice/Mites</li><li>4. Referring to a dermatologist or physician for any visible rash due to the Lice/Mites</li><li>5. Researching and providing printed information about Lice/Mites</li></ol>	All Modalities are locally contraindicated when contagious or acute
<b>Low Back Pain</b>	<ol style="list-style-type: none"><li>1. Position on table</li><li>2. Pain Meds</li><li>3. Recent injuries</li><li>4. Any other alternative medicine being used</li><li>5. How long have they had the pain</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue locally when acute</li></ol>
<b>Lupus (Autoimmune)</b>	<ol style="list-style-type: none"><li>1. Which of the four varieties of lupus does the client have</li><li>2. Have they had any form of blood clotting issues due to the disease</li><li>3. If they are taking any no steroidal anti-inflammatories.</li><li>4. If they have any rashes or open wounds</li><li>5. How long have they had lupus</li></ol>	<ol style="list-style-type: none"><li>1. PNF/MET/Stretching Systemically contraindicated while acute</li><li>2. Swedish Massage Contraindicated while acute;</li><li>3. Trigger Point Therapy Systemically contraindicated while acute</li></ol>
<b>Lymphedema</b>	<ol style="list-style-type: none"><li>1. Is the client currently on any form of radiation treatment</li><li>2. How long they have had the condition</li><li>3. What areas/limbs are effected by the lymphedema</li><li>4. What treatments have been tried, such as Compression machines, bandages, and supportive clothing</li><li>5. Any signs of inflammation</li></ol>	All Modalities are locally contraindicated or advised that caution be used when applying over the affected area

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Multiple Sclerosis	<ol style="list-style-type: none"><li>1. If they are having any weakness</li><li>2. Are they taking any steroidal anti-inflammatories to quell the severity of flares.</li><li>3. Are they taking any interferon betas to specifically limit immune system activity.</li><li>4. What stage of MS they are currently in</li><li>5. What position on the table would provide the most comfort to the client with MS</li></ol>	<ol style="list-style-type: none"><li>1. Lymphatic Drainage Systemically contraindicated while acute</li><li>2. Trigger Point Therapy Contraindicated while acute</li></ol>
Myocardial Infarction (Heart Attack)	<ol style="list-style-type: none"><li>1. When was the heart attack and have they had more than one</li><li>2. Have they had any Embolisms or Aneurysms due to the heart attack</li><li>3. Are they currently taking any nitroglycerin tablets</li><li>4. Have they had any surgery or balloon angioplasty to remove or open up clotted arteries</li><li>5. Are they currently in any pain in the chest area</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue Massage Contraindicated until the client is cleared for rigorous exercise</li><li>2. Lymphatic Drainage Systemically contraindicated</li><li>3. Swedish Massage Contraindicated while symptoms are present</li><li>4. Trigger Point Therapy Contraindicated during acute stage</li></ol>
Myofascial Pain Syndrome	<ol style="list-style-type: none"><li>1. If they are having trouble sleeping</li><li>2. If they have any issues with Depression or anxiety due to the illness</li><li>3. How much pain they are currently in</li><li>4. If they have tried any form of vapo-coolant spray, local injections of anesthetics, dry needling, and acupuncture.</li><li>5. Have they tried any trigger point therapy in the past</li></ol>	All modalities are indicated for MPS



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## Considerations

## Contraindications

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<b>Osteoarthritis</b>	<ol style="list-style-type: none"><li>1. Which joints are most effected by the condition</li><li>2. Have they had any joint replacement surgery's</li><li>3. Are they taking any Nonsteroidal anti-inflammatory drugs</li><li>4. What type of Exercise plan are they using</li><li>5. If there is a position on the table that will be more comfortable for them</li></ol>	<ol style="list-style-type: none"><li>1. PNF/MET/stretching Locally contraindicated while acute</li><li>2. Reflexology Locally contraindicated</li></ol>
<b>Osteoporosis</b>	<ol style="list-style-type: none"><li>1. Are the currently experiencing any pain in the lower back area</li><li>2. Have they had any fractures due to the weakened and brittle bones</li><li>3. If they are on any hormone replacement therapy for treatment</li><li>4. What exercises they are using</li><li>5. What medications if any are they taking for pain</li></ol>	Reflexology Locally contraindicated
<b>Parkinson's Disease</b>	<ol style="list-style-type: none"><li>1. If they are having any Nonspecific achiness, weakness, and fatigue</li><li>2. If they have a Shuffling gait</li><li>3. If they are having any Depression or sleep disorders</li><li>4. If they are currently working with a health care team and if I could review the notes of previous sessions</li><li>5. What position on the table is more comfortable for them</li></ol>	All modalities are indicated for this disease

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## Considerations

## Contraindications

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<b>Patellofemoral Syndrome</b>	<ol style="list-style-type: none"><li>1. If they have any pain that is felt on the anterior aspect of the knee</li><li>2. If they are having any difficulty walking down stairs</li><li>3. Are they currently under a doctor's care</li><li>4. Are they taking any nonsteroidal anti-inflammatories</li><li>5. Are they undergoing any physical therapy</li></ol>	All modalities are indicated for this disease
<b>Peripheral Neuropathy</b>	<ol style="list-style-type: none"><li>1. If the client is experiencing any cramping or twitching with the pain</li><li>2. What amount of pressure to use due to increased hypersensitivity to touch</li><li>3. Which nerves seem to be affected ex, sensory, motor, and autonomic nerves?</li><li>4. Are they on any medication for the PN</li><li>5. Referral to a specialist if not already being treated by one</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue locally</li><li>2. Trigger Point Therapy</li></ol>
<b>Piriformis Syndrome</b>	<ol style="list-style-type: none"><li>1. If they are having radiating pain from the gluteal area down the leg to the foot</li><li>2. Are they taking any non-steroidal anti-inflammatory drugs</li><li>3. Are they using any formal physical therapy</li><li>4. If they do any form of stretching exercises</li><li>5. Are they doing any exercises to strengthen the muscles</li></ol>	All modalities are indicated for this syndrome if not acute

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## Contraindications

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<b>Plantar Fasciitis</b>	<ol style="list-style-type: none"><li>1. If they use Shoe inserts to keep the foot from going into deep dorsiflexion</li><li>2. Do they use any Nonsteroidal and topical anti-inflammatories</li><li>3. Do they do any self-massage in the mornings to loosen up the calf muscles</li><li>4. They have used any Corticosteroid injections</li><li>5. Have they had any surgery to divide the plantar fascia</li></ol>	<ol style="list-style-type: none"><li>1. Reflexology Locally contraindicated with severe pain</li><li>2. Trigger point therapy Locally contraindicated while acute</li></ol>
<b>Pneumonia</b>	<ol style="list-style-type: none"><li>1. How many times or how often have they had pneumonia</li><li>2. If they have any coughing, very high fever, chest pains, shortness of breath, or muscle aches and pains</li><li>3. If they are on any antibiotics</li><li>4. Not working on them while they are in the acute stage of the condition</li><li>5. If they are having any pains in the rib / abdominal area from the coughing</li></ol>	Deep tissue massage, Lymphatic drainage, PNF/MET/stretching, shiatsu, Trigger point therapy Systemically contraindicated while acute
<b>Postural Deviations</b>	<ol style="list-style-type: none"><li>1. How sever the curve to the spine is</li><li>2. If there is a position they find more comfortable</li><li>3. If they are currently in any pain</li><li>4. Doing ROM assessments on the spine</li><li>5. What if any exercise or physical therapy they are using to help with the Postural deviation</li></ol>	All modalities of massage or either indicated or supportive for postural deviations

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<b>Postoperative Situations</b>	<ol style="list-style-type: none"><li>1. How long has it been since their surgery</li><li>2. What position on the table will best support the area operated on</li><li>3. Were there any complications with the recovery that I need to be aware of</li><li>4. Are they on any pain medication</li><li>5. Do they have doctor release for massage</li></ol>	<b>Deep Tissue is locally contraindicated. Trigger point therapy is locally contraindicated</b>
<b>Post-Traumatic Stress Disorder</b>	<ol style="list-style-type: none"><li>1. What situation created the disorder if the client is comfortable giving details</li><li>2. If music or lighting could be a trigger</li><li>3. How long they have had post-traumatic stress disorder</li><li>4. If they are using any anti-anxiety medications to help reduce the symptoms</li><li>5. What other forms of treatment do they use to help lower the anxiety</li></ol>	<b>Massage is indicated for PTSD within the comfort of the client.</b>
<b>Pregnancy/Ectopic Pregnancy</b>	<ol style="list-style-type: none"><li>1. What trimester is the client in</li><li>2. Working in a side lying position or using pregnancy pillows</li><li>3. What if any complications have they experienced</li><li>4. Have they had any pain in the abdomen recently</li><li>5. If they are an at risk pregnancy I would request a doctors release.</li></ol>	<b>Deep Tissue is locally contraindicated. Trigger point therapy is locally contraindicated</b>
<b>Psoriasis</b>	<ol style="list-style-type: none"><li>1. What topical medications they use to help control the symptoms</li><li>2. What oral medications they are using</li><li>3. Not working directly over the area</li><li>4. How sever the affected areas are</li><li>5. If it is currently causing them any pain or discomfort</li></ol>	<b>Deep Tissue, Swedish, and Trigger Point Therapy are all locally contraindicated while acute</b>

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## Considerations

## Contraindications

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Pathology	Considerations	Contraindications
Raynaud's Syndrome	<ol style="list-style-type: none"><li>1. How often they have episodes where they experience blood loss in their hands and feet</li><li>2. How long they have had Raynaud's</li><li>3. What treatments work best for the client</li><li>4. Offering Hydroheat therapy if they are currently in a flare up</li><li>5. If they have any pain or discomfort during a flare up</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue Massage Contraindicated when associated with other conditions</li><li>2. Trigger point therapy locally contraindicated when acute</li></ol>
Scar Tissue	<ol style="list-style-type: none"><li>1. Where the scar tissue is located</li><li>2. What caused the scar tissue</li><li>3. Is there any pain associated with the scar tissue</li><li>4. Do they use any pain meds to ease the discomfort</li><li>5. If they will need any additional bolstering for support while on the table</li></ol>	Massage is indicated for Scar tissue
Sciatica	<ol style="list-style-type: none"><li>1. If they have pain in the low back, buttocks, and down the leg with numbness and tingling</li><li>2. If the pain is bilateral or on one side</li><li>3. If there is a disc issue creating compression on the nerve root</li><li>4. If they are taking any pain medication or muscle relaxers</li><li>5. what if any positions help ease the pain</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue is contraindicated locally</li><li>2. Trigger point therapy is locally contraindicated</li></ol>
Seizure Disorders	<ol style="list-style-type: none"><li>1. What causes have been noted to trigger the clients seizures</li><li>2. If they have Partial seizures or Generalized seizures</li><li>3. If they are currently taking any anticonvulsant medication</li><li>4. What other treatments have been discussed</li><li>5. If they have doctors release for massage</li></ol>	Trigger Point Therapy Contraindicated during episode

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## Contraindications

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Pathology	Considerations	Contraindications
Shingles - Herpes Zoster	<ol style="list-style-type: none"><li>1. If they are having any pain currently</li><li>2. If they currently have any visible lesions</li><li>3. Not working on them while its acute</li><li>4. If they are currently taking any antiviral medication</li><li>5. What other treatment they use to help ease the symptoms</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue Massage, Lymphatic Drainage, PNF/MET/Stretching, Swedish massage and Shiatsu are all systemically contraindicated</li><li>2. Trigger point therapy is locally contraindicated while acute</li></ol>
Shin Splints	<ol style="list-style-type: none"><li>1. What level is the pain they are feeling</li><li>2. Recommending alternating use of heat and cold to the affected area</li><li>3. What area of the lower leg is causing them the most pain</li><li>4. If they are using any form of steroid injections</li><li>5. If they have had any previous surgery to correct the shin splints</li></ol>	<ol style="list-style-type: none"><li>1. Reflexology Locally contraindicated</li><li>2. Swedish massage Contraindicated while acute</li><li>3. Trigger point therapy Locally contraindicated for compartment syndrome</li></ol>
Skin Cancer	<ol style="list-style-type: none"><li>1. The location of the lesions</li><li>2. Have they had any treatment to freeze off the lesions with liquid nitrogen</li><li>3. If they are using any injections or topical ointments</li><li>4. If they have any abnormal moles or freckles</li><li>5. Not working on them in acute stages</li></ol>	Deep tissue massage, Lymphatic drainage, Reflexology, and Trigger point therapy are all locally contraindicated
Skin Conditions (Boils, Acne Rosacea, Acne Vulgaris, Herpes Simples, Warts)	<ol style="list-style-type: none"><li>1. Location of the condition</li><li>2. If they are using any topical or oral medications to clear the condition</li><li>3. How long they have had the skin condition</li><li>4. Does the condition cause them any pain</li><li>5. Are they working with a doctor currently</li></ol>	Depending on the condition present and the contagious aspect massage is indicated when not acute. If contagious the condition will have a local contraindication for most modalities.

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## Contraindications

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Pathology	Considerations	Contraindications
Spasms, Cramps	<ol style="list-style-type: none"><li>1. Location of the cramps and spasms</li><li>2. If the client is taking any supplements of calcium or potassium to help relieve the onset of the cramps</li><li>3. If there is a position while laying down that would aggravate the issue</li><li>4. What do they normally do to relieve the cramp or spasm</li><li>5. How long have they been having issues with cramps and spasms</li></ol>	Trigger point therapy Locally contraindicated for muscles in acute spasm
Spondylosis	<ol style="list-style-type: none"><li>1. If they are having any shooting pain, tingling, pins and needles, numbness, and muscle weakness</li><li>2. If they have had any loss of bladder or bowel control</li><li>3. If they are using any Anti-inflammatories</li><li>4. Are they using any local injection steroids to provide temporary relief</li><li>5. What positions on the table are most comfortable</li></ol>	Deep tissue massage Contraindicated unless working with health care team
Sprains/Strains	<ol style="list-style-type: none"><li>1. How recent is the injury</li><li>2. What were they doing when the sprain occurred</li><li>3. Are they using any Anti-inflammatories or pain medication</li><li>4. Doing mild range of motion activities in the sub-acute stage</li><li>5. If this is the first sprain they have had or if there have been many</li></ol>	Deep tissue massage, PNF/MET/stretching, Reflexology, Swedish massage, Trigger point therapy are all Locally contraindicated while acute

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## Contraindications

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<b>Stroke</b>	<ol style="list-style-type: none"><li>1. How long ago was the stroke</li><li>2. Are they taking any anticoagulant drugs for treatment</li><li>3. Did they have a surgery after or during the stroke</li><li>4. Are they currently working with a physical therapist</li><li>5. Have they had any other issues with blood clotting</li></ol>	All modalities are indicated or supportive for Stroke
<b>Temporomandibular Joint Disorder</b>	<ol style="list-style-type: none"><li>1. Are they having pain in the jaw, neck or shoulder currently</li><li>2. Doing ROM testing on the client</li><li>3. Have they had any surgeries to correct the TMJD</li><li>4. Are they currently or have they worked with a physical therapist</li><li>5. Are they taking any anti-inflammatories</li></ol>	All modalities are indicated or supportive as long as the inflamed regions are avoided
<b>Tendinopathies</b>	<ol style="list-style-type: none"><li>1. What were they doing when the injury occurred</li><li>2. Are they on any anti-inflammatories or pain medication</li><li>3. Location of the tendinopathy</li><li>4. How much ROM is lost currently</li><li>5. Are they wearing a splint or brace</li></ol>	Swedish massage, Trigger point therapy Locally contraindicated



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## Contraindications

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Pathology	Considerations	Contraindications
Tenosynovitis	<ol style="list-style-type: none"><li>1. Are they taking any antibiotics to help with infection</li><li>2. Are they on any anti-inflammatories or pain medication</li><li>3. Location of the tenosynovitis</li><li>4. How much ROM is lost currently</li><li>5. Have they had surgery to split the synovium</li></ol>	Swedish massage, Trigger point therapy Locally contraindicated
Thoracic Outlet syndrome	<ol style="list-style-type: none"><li>1. How severe is the pain and are they having numbness and tingling with the pain</li><li>2. Are they using any strengthening or stretching exercises</li><li>3. Have they had any surgeries to remove a cervical rib to help relieve the entrapment</li><li>4. Doing assessments to check for muscle imbalances</li><li>5. Working on the SCM and scalenes to help release the entrapment</li></ol>	All modalities are indicated or supportive for TOS
Thrombophlebitis	<ol style="list-style-type: none"><li>1. How long they have had Thrombophlebitis</li><li>2. If chronic, are they having any skin issues from lack of blood flow to the skin such as flaking, discoloration, and skin ulcers</li><li>3. Have they had any other blood clot issues such as deep vein thrombosis</li><li>4. Are they currently taking any anticoagulants</li><li>5. Have they had a filter implanted in the vena cava to prevent clots from reaching the lungs</li></ol>	<ol style="list-style-type: none"><li>1. Deep Tissue Massage, Lymphatic Drainage are both Systemically contraindicated</li><li>2. PNF/MET/Stretching, Reflexology, Shiatsu, Trigger Point Therapy are all locally contraindicated</li><li>3. Swedish Massage Contraindicated when symptoms are present</li></ol>

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## Contraindications

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Pathology	Considerations	Contraindications
<b>Torticollis/Spasmodic Torticollis (dystonia)</b>	<ol style="list-style-type: none"><li>1. What area is affected by the involuntary contraction</li><li>2. Did it occur suddenly or was it a gradual onset</li><li>3. Are they using any Injections of botulinum toxin (Botox) to block the acetylcholine receptors in the affected muscles.</li><li>4. Have they had any surgeries or implants to help control the motor function</li><li>5. How long have they had dystonia</li></ol>	All modalities are indicated or supportive for torticollis
<b>Traumatic Brain Injury</b>	<ol style="list-style-type: none"><li>1. What was the cause of the brain injury</li><li>2. What areas were more affected, autonomic or motor</li><li>3. Have they had any issues with seizures since the injury</li><li>4. Was a surgery done to help relieve the pressure on the brain</li><li>5. What other forms of treatment are they using during the recovery</li></ol>	All modalities are indicated or supportive for Traumatic Brain Injury
<b>Trigeminal Neuralgia</b>	<ol style="list-style-type: none"><li>1. How severe is the pain they are feeling in the jaw area</li><li>2. How often do they have flare ups and how long they normally last</li><li>3. Are they on any anticonvulsant drugs that inhibit nerve conduction</li><li>4. Have they had any lasers, radiation, heated probe, or injected chemicals treatments</li><li>5. Have they had any microvascular surgery to relieve pressure of the Trigeminal nerve</li></ol>	Deep Tissue Massage, Lymphatic Drainage, PNF/MET/Stretching, Trigger Point Therapy all locally contraindicated

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<b>Varicose Veins</b>	<ol style="list-style-type: none"><li>1. Not working directly over the swollen veins in the legs</li><li>2. Severity of the varicose veins</li><li>3. Have they had any vein stripping done</li><li>4. Have they had any injections or laser treatments to help treat the issue</li><li>5. Do the varicose veins cause any pain</li></ol>	<b>Deep Tissue Massage, Reflexology, Shiatsu, Swedish Massage, Trigger Point Therapy Locally contraindicated</b>
<b>Whiplash</b>	<ol style="list-style-type: none"><li>1. When was the accident that caused the whiplash to occur</li><li>2. Were any discs damaged in the cervical spine</li><li>3. Do they currently have any headaches</li><li>4. Have they had any spasms that limit their range of motion</li><li>5. Are they taking any pain medication or anti-inflammatories</li></ol>	<b>Deep tissue massage, PNF/MET/stretching, Swedish massage, and Trigger point therapy all Locally contraindicated while acute</b>