



Summary

Summary

Massage is increasingly being used as an intervention for various pain and injury conditions, there is ever more concern about making sure it is an appropriate intervention for these different conditions. In addition, throughout the health care system, there is currently more attention being placed on reducing medical errors that lead to adverse events. Contraindications provide a basic framework for understanding when, and under what circumstances, a particular therapeutic intervention is appropriate for treating the patient with minimal risk of injury. Therefore, contraindications serve as a guideline to help us determine if we should institute certain precautions in treatment, withhold treatment altogether, or recommend alternative treatments that would be more appropriate.

Contraindications to massage therapy

1. Skeletal System Injuries

- i. Fractures
 - Partial fractures
 - Compound fractures
 - Simple fracture
- ii. Sprains
- iii. Bursitis

2. Skeletal System Diseases

- i. Osteoporosis ('brittle bones')
- ii. Osteomalacia
- iii. Rickets
- iv. Paget's disease

3. Joint Problems

- i. Osteoarthritis
- ii. Rheumatoid arthritis
- iii. Ankylosing spondylitis

4. Muscular System - Overuse Problems

- i. muscle overuse
- ii. Spasms and Cramp
- iii. Strain (pulled muscle)
- iv. Tendonitis

5. Inflammatory conditions

- iv. Ankle tendon injuries
- i. Frozen shoulder
- ii. Deltoid bursitis
- iii. Housemaid's knee
- iv. Tennis elbow

6 .Blood Vessels Disorders

- i. deep vein thrombosis (DVT
- ii. Varicose veins

It is important to give consistent and comprehensive guidance in relation to contra-indicationsto:

1. Promote the professional image of the institute by providing consistent information to patient.
2. Protect patient by ensuring a consistent and safe approach of Practitioners.
3. To ensure that treatment is not unnecessarily refused by Practitioners