

# Contraindications to Massage Therapy

Please Note:

The following restrictions are in place to protect your health and well-being. Thank you for taking them as seriously as we do.

Q: Does a contraindication mean that massage therapy cannot take place?

A: Not always. Massage can be very therapeutic for many medical conditions. However, certain health conditions require extra caution, medical advice, or postponement of massage therapy to ensure your safety.

Important: Massage Therapists are not legally allowed to diagnose any medical condition unless they are also a fully qualified and currently registered doctor in New Zealand.

## Red Light - General Contraindications (Stop)

Massage therapy must not be undertaken at all in these cases, as it may pose a serious risk to your health.

Examples include:

- Fever or contagious illness
- Severe infectious skin conditions
- Severe cardiovascular disease (uncontrolled hypertension, recent heart attack)
- Deep vein thrombosis (DVT)
- Unstable fractures or recent severe injuries
- Advanced, unstable medical conditions without medical clearance

## Orange Light - Local Contraindications (Proceed with Caution / Seek Medical Clearance)

Massage therapy may be performed, but not on the affected area or only once medical permission has been granted.

Examples include:

- Varicose veins
- Localized skin infections or rashes
- Recent surgery or open wounds
- Areas with acute inflammation (e.g., bursitis, severe sprains)
- Hernias
- Pregnancy-related complications (seek medical advice)

## Green Light - Regional Contraindications (Go Ahead, but Adjust Treatment)

Massage therapy is generally safe, but must be modified to avoid the affected region.

Examples include:

- Bruises
- Minor cuts or abrasions
- Mild skin sensitivities
- Areas of mild discomfort not related to a serious condition

## Key Points for Your Safety

- Your Massage Therapist will always prioritize your health and comfort.
- They will work within their professional scope and refer you to other qualified healthcare providers if needed.
- Always disclose any new or ongoing health conditions to your therapist, so together you can create a safe and effective treatment plan.