

Contraindications to massage

- stroke
- recent trauma: fracture, sprain, muscle and ligament rupture
- fever
- inflammatory condition
- first three days of menstruation
- pregnancy
- infectious skin disease (fungal infection, shingles, open wound)
- haemophilia, if you are taking a blood thinner
- tumorous diseases for two years after the chemotherapy
- osteoporosis
- infarct
- circulatory failure
- lung disease, TBC
- varicose veins
- vasocoustriction
- thrombosis
- occlusion
- drug or alcohol
- epilepsy
- asthma
- bedsore
- pacemaker
- untreated hypertension
- six weeks after surgery
- conditions with acute complaints, pain, bleeding, swelling