

## Contraindications Checklist.

### Systemic

Osteomalacia

Rickets

Muscular dystrophy

**Meningitis, brain haemorrhage,  
brain tumour**

**Stroke**

**Transient ischaemic attack (TIA)**

Severe headache/ migraine

Epilepsy

Motor nerve disorders  
(Parkinson's, multiple sclerosis)

Alcohol or drug intoxication

Diabetes

**Skin infections (impetigo,  
ringworm, scabies)**

Infectious or non- infectious  
respiratory conditions (e.g. colds,  
flu, bronchitis)

**Heart attack/heart failure/  
angina**

Arteriosclerosis/atherosclerosis

**Deep Vein Thrombosis**

Allergies

**Cancer**

Please read through these lists carefully and inform your Sports Massage Therapist if you currently have, or have had in the last 6 months, any of these symptoms or conditions. This will help to inform your therapist to tailor your massage experience safely and comfortably for you.

### Local

Injuries, spasms, cramps

Bone fractures

Ligament sprain (tear or rupture)

Bursitis

Excessive spinal curvature

**Osteoporosis**

Osteoarthritis

Rheumatoid arthritis

Joint replacement

Fibromyalgia

Herniated or slipped disc

**Burns (including sunburn)**

Low back pain

Contagious or non- contagious skin  
conditions

**Hypertension (high blood  
pressure)**

**Varicose veins**

Oedema