

What's a Contraindication?

a condition or circumstance that suggests or indicates that a particular technique should not be used in the case in question.

If you are experiencing any of the following conditions, TruConnection will not be able to service you with Massage Therapy specifically, for the safety and well-being of you and the therapist.

- Alcohol Intoxication
- Appendicitis
- AIDS/HIV, only if sick
- Embolism
- Cancer
- Covid-19
- Fever
- Hemorrhage
- Hypertension (if untreated)
- Infectious Disease
- Influenza
- Lice
- Lupus (during a flare-up)
- Pregnancy
- Recent serious injury (must be at least 72 hours post injury and with medical clearance)
- Recent Surgery (unless you obtain medical clearance)
- Rheumatoid Arthritis
- Severe or acute pain
- Ringworm
- Shingles
- Tuberculosis

If you are experiencing any of the following conditions, please let your therapist know. You are able to receive massage therapy but disclosure of these conditions is mandatory, so that certain areas can be avoided if need be.

- Athlete's foot
- Blood clots
- Boils
- Burns and blisters
- Carpal Tunnel Syndrome
- Colitis
- Cretinism
- Crohn's Disease
- Cystitis
- Decubitus Ulcer
- Diabetes

- Diverticular Disease
- Eczema
- Fibromyalgia
- Continues on next page
- Foreign objects embedded in skin
- Fungal infections in/around nails
- Goiter
- Graves' Disease
- Hernia
- Hyper or Hypothyroidism
- Irritable Bowel Syndrome
- Inflammation
- Multiple Sclerosis
- Poison Ivy, Oak, or Sumac
- Rashes
- Spina Bifida
- Swollen lymph glands
- Tumors
- Ulcers
- Varicose Veins