

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 these conditions, TruConnection will not be able to service you with (JFB) Myofascial Release specifically, for the safety and well-being of you and the therapist.

- Malignancy
- Cellulitis
- Covid-19
- Febrile state
- Systemic or localized infection
- Acute circulatory condition--this is not absolute, you may still be able to safely receive depending on what you have going on.
- Osteomyelitis
- Aneurysm
- Obstructive Edema
- Acute Rheumatoid Arthritis
- Open Wounds (might be able to work around them, depending)
- Sutures (might be able to work around them, depending)
- Hematoma (might be able to work around it, depending)
- Healing Fracture (might be able to work around it, depending)
- Osteoporosis or advanced degenerative changes
- Anticoagulant therapy
- Advanced diabetes
- Hypersensitivity of skin

Because JFB Myofascial release is generally a gentle and extremely healing treatment, if you have any of the above conditions but still think MFR is right for you, please contact us to discuss the possibilities. Few situations are ever "black and white".

Cranial Therapy is by nature very gentle and subsequently has virtually no serious side effects. However, because of its potent influence on intracranial fluid dynamics, the following conditions should be considered as disqualifiers for receiving cranial therapy.

- Acute intracranial hemorrhage
- Intracranial Aneurysm
- Herniation of medulla oblongata
- Recent skull fracture
- Acute systemic infectious conditions