

BMSS4001 – Sports Massage

Contraindications

Learning Outcomes

- By the end of the session you should be able to:
 - Recognise clients who have either absolute and partial contraindications
 - Describe the general effects of sports massage techniques

Aims of Massage

- Massage can be considered either Remedial:
 - Offering some form of remedy/cure e.g. pain relief
 - Therapeutic:
 - Offering some form of therapy e.g. relaxation
- Sports Massage can encompass both of these aims

Effects of Massage

Effects can be either:

1.) Physical

- Direct result of massage

2.) Physiological

- Result from body's response to massage

3.) Psychological

- Interaction of body and mind

Absolute Contraindications

Acute Trauma

- Up to 48-72 hours
- Haematoma
- Ligament or tendon (sprain or strain)
- Rupture
- Fracture
- Bleeding (ongoing or open wound)

Blood Pressure and Circulatory Problems

- Uncontrolled Hypertension
- Deep Vein Thrombosis



Swelling



Skin Changes



Infections

- **Viral** – until blood test all-clear
measles, chicken pox
- **Bacterial** – whilst on antibiotics boils, folliculitis
- **Fungal** – if infectious athlete's foot, ringworm



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Rheumatoid Arthritis

- Rheumatoid arthritis



Pregnancy

- First trimester
- If history of miscarriage: For first 16 weeks
- Last 2-4 weeks of pregnancy



Cancer

- Currently diagnosed and receiving treatment for cancer (active)
- Unexplained lumps/bumps
- Any painful areas
- Specialist training required for lymphoedema massage



Sensory deficiency

- Anaesthesia
- Paraesthesia
- Diabetic Neuropathy

Myositis Ossificans

- Myositis ossificans



Partial Contraindications

- Things that require consideration
- Not definitive
- Risk needs to be assessed on each individual case
- Treatment may be modified around the condition

Blood Pressure and Circulatory Problems

- Hypertensive but controlled with medication
- Hypotensive: aware of risk of fainting after massage
- Heart condition/heart attack
- Heart surgery/bypass
- Haemophilia

Medications

- Warfarin/heparin (DVT)
- Anabolic steroids
- Topical corticosteroids

Infections & Arthritis

- HIV/AIDs – no open wounds
- Osteoarthritis

Pregnancy

- In between first trimester and last 4 weeks
- Think about the patients positioning and lymph nodes

Cancer

- History of cancer
- In remission

Local Contraindications

- Cannot treat the area directly
- But can work around or above the site of contraindication

Local Contraindications

- Varicose veins
- Cortisone injections – 10 days
- Bursitis
- Burns

References

- Paine, T. (2007). The complete guide to sports massage (2nd ed.). London: Bloomsbury Publishing ltd.