

MASSAGE & MYOTHERAPY POSSIBLE RISK FACTORS

Below is a list of potential risks associated with massage & myotherapy.

THERAPY	OUTLINE OF POSSIBLE RISK	STRATEGIES TO MINIMIZE POSSIBLE RISK
<ul style="list-style-type: none"> • Aromatherapy 	Aromatic interaction or response	Some essential oils may interact with alcohol, medications and may irritate or photo-sensitize skin, cause blood thinning or euphoria and may negate homeopathic remedies. Not recommended for infants, pregnancy, breast feeding or heart & kidney problems.
<ul style="list-style-type: none"> • Any Therapy 	Aggravation of your condition	It is possible that your condition could be aggravated. With a full medical history, therapists will be able to adjust treatment procedures to minimize aggravation of any existing conditions.
<ul style="list-style-type: none"> • Massage • Cupping 	Bruising	Tell the therapist if you bruise easily, have a bleeding disorder or are taking blood thinners. Cupping typically leaves marks which are usually painless and can last over a week.
<ul style="list-style-type: none"> • Cupping • Thermal 	Burn	Advise the therapist if you have sensitive skin and tell the therapist if the heat becomes unbearable.
<ul style="list-style-type: none"> • Massage • Myotherapy • Aromatherapy 	Fainting	Advise the therapist if you have low blood pressure (hypotension). Do not skip a meal before treatment. Get up slowly after the treatment. Keep well hydrated with water.
<ul style="list-style-type: none"> • Myotherapy • Massage 	Infection	It is possible to develop infection of the hair follicles (folliculitis) from friction or whenever the skin is punctured. Advise your therapist if you have a known skin condition(s) and/or immune problems. Some medications can affect your skin and immune system. Myotherapy fine filament needles are pre-sterilized, single use disposable needles.
<ul style="list-style-type: none"> • Massage • Myotherapy • Cupping • Thermal 	Pain	A pain response can be stimulated on the skin by pricking, burning, crushing or freezing. Tell your therapist if you are sensitive to such stimuli, and if you become uncomfortable or experience pain during treatment. A massage or myotherapy treatment should never cause unbearable pain.
<ul style="list-style-type: none"> • Any Therapy 	Pregnancy Complications	Obtain written medical clearance from your treating medical practitioner. Ask your massage therapist if they have had advanced training in pregnancy massage. Declare all medical conditions and state if you have any problems carrying. Go to your treating medical practitioner if you feel unwell after the massage.
<ul style="list-style-type: none"> • Massage • Aromatherapy 	Relaxed/Sleepy	It is common to feel relaxed or sleepy after treatment so avoid getting up quickly from the treatment table and give yourself time to adjust after treatment before driving or using stairs. Avoid driving immediately after the treatment if you feel sleepy. Keep well hydrated with water.