



Contraindications to treatment and conditions requiring medical permission, adaptive treatments or reasonable adjustments (09/26)

Working in partnership with the client is really important and any existing medical conditions must be shared at the time of enquiry or booking. This is to ensure that you do not attend for a treatment and then find that it cannot proceed due to contra-indications or conditions requiring medical permission. Treatments can be adapted to meet client's needs or to avoid problem areas so please do not hesitate to discuss. Ultimately, the aim is to provide you with a safe and nurturing experience without undue risk.

Contraindications that prevent treatment

Fever	Under the influence of recreational drugs or alcohol
Contagious or infectious diseases (including skin conditions)	Diarrhoea and vomiting
Deep Vein Thrombosis or Thrombosis	Severe skin conditions including cellulitis and phlebitis
Imminent medical tests or procedures	Acute undiagnosed pain
The first trimester of pregnancy	

Conditions that may restrict treatment and require medical permission or require adapted treatments or reasonable adjustments

In circumstances where permission has not been gained from the client's GP, the client will be required to give their informed consent in writing.

Abrasions or Cuts	Mental Health Conditions (i.e Anxiety/depression psychosis) or acute mental distress
Aids/HIV	Menstruation (where the periods are very heavy)
Aneurysm	Medication clinically prescribed
Arthritis (osteo or rheumatoid)	Nervous System dysfunction (Multiple Sclerosis, Parkinson's Disease, Motor Neurone Disease)
Asthma	Oedema -Medical
Autism/ADHD or other neurodivergence (reasonable adjustments may be required)	Osteoporosis
Bell's Palsy	Pain which is undiagnosed
Bone Fractures (minimum 3 months)	Pregnancy – 2 nd and 3 rd trimesters
Bruises -unexplained	Rheumatism -Acute
Cancer	Scar tissue (2 years for major operation and 6 months for a small scar)
Cardiovascular conditions (phlebitis, hypertension, hypotension, heart conditions)	Shingles or Nerves that are inflamed
Circulation problems (e.g Raynaud's or chilblains)	Slipped disc
Diabetes	Stroke
Epilepsy	Swelling localised
feet/hands/nails conditions or disorders	Sunburn -Acute
Haematoma	Surgery – imminent or post
Haemophilia	Trapped/pinched nerve (e.g. Sciatica)
Hormonal Implants	Vaccinations
Inflammation	Varicose veins
Kidney infections	Verrucae
Learning Disabilities (reasonable adjustments may be required)	Whiplash
Medical conditions being treated by a GP or another complementary practitioner	