



FIJIAN BAREFOOT MASSAGE CONTRAINDICATIONS/CAUTIONS

In addition to standard cautions for massage and body work, there are certain conditions which make Fijian deep tissue work inadvisable.

Medications: Blood Thinners, Anti-Coagulants, Corticosteroids

Recent Surgery

Osteoporosis

Varicose Veins or Any Vascular Disorders

Heart Condition, Pacemaker, Stent or Shunt,

Unrepaired Hernia

Cancer

Lyme Disease

Multiple Sclerosis

Severe Scoliosis

Spinal Injury, Acute Herniated Disc, Fusions

Untreated/Uncontrolled Hypertension

Tuberculosis, Kidney Disorders, Irritable Bowel Syndrome,

Thrombosis ~ Sitting in the same position for more

than 6 hours with minimal movement for long periods

Client-Specific Consideration: Knee or Hip Surgery/Joint Replacements