

The Right Pressure

Reflexology



Contra-indications are medical conditions which require medical treatment

Below is a list of possible Contra-indications that you may need to consider before your reflexology treatment. If you are uncertain, or need to clarify any of the conditions listed, please first consult your GP. If you have any questions, contact can be made via the contact form on the website, or email right-here@therightpressure.co.uk

<u>Total Contraindications</u> These conditions are unable to receive reflexology currently	<u>Localised Contraindications</u> These conditions may restrict reflexology at this time	<u>Other Contraindications</u> These conditions require consent from your GP
Contagious / Infectious disease	Area of undiagnosed pain	Asthma / Bronchitis
Contagious disorder to hands, feet or nails	Cuts, Bruising, Abrasion	Bell's Palsy
Diarrhoea / Vomiting	Hormonal Implant	Cancer
Fever	Inflammation	Cardio vascular conditions; Thrombosis, High/Low Blood Pressure, Heart Condition
Haemophilia	Joint implant	Cervical spondylitis (Osteoarthritis)
Osteoporosis / Osteogenesis	Just eaten heavy meal	Diabetes
Pregnancy 1st Trimester	Menstruation	Epilepsy
Purpura (bruise easily)	Minor disorder of Hands, Feet, Nails	Gynaecological infection
Under Influence of Alcohol, drugs	Pregnancy (After 1st Trimester, medical permission obtained)	Inflamed nerves/ Pinched / Trapped Nerve

	Recent Fracture	Nervous / Psychotic condition
	Scar Tissue, within: -major Op; 2 years, -minor scar; 6 months	Neurological Conditions: - -Multiple Sclerosis -Parkinson's disease -Motor Neuron Disease
	Skin Disease, Fungal Infection	Medical Oedema
	Sunburn	Osteoporosis / Osteogenesis
	Undiagnosed Lumps or Bumps	Osteoarthritis Acute Rheumatism Arthritis
	Varicose veins	Postural abnormalities Slipped disc
		Pregnancy
		Prescribed medication
		Recent Operation
		Whiplash Injury
		Any condition being treated by another medical practitioner or therapist

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