

Basic Massage · Stretch | 基本按摩 · 伸展

For immediate release

Contraindications for Massage

To minimize the risks and maximize the result, identification of contraindications before each massage session is of utmost importance. Some examples of the absolute contraindications are;

- *Acute injury*
- *Unstable fracture / joint / skeletal structure*
- *Pathological conditions (e.g, cancer, diabetes, sepsis, etc.) without approval from medical professionals*
- *Open wound*

Upon professional precaution and care, massage is safe to people with pregnancy, minor strain and controlled orthopedic conditions. It's studied that massage could improve the efficiency of medical interventions in these conditions.

We have the full series of information and reports on Massage Therapy. Should you have any interest and query, or , please contact Mr. Ho, RPTHK, on 25302110.

有關按摩的禁忌症候

若專業按摩治療師能於每次護理中，確認客人有否出現禁忌症候及不適，便能有效避免客人受傷及使按摩達到最大功效。以下是一些全面性禁忌：

- 急性創傷
- 骨折，關節，骨架結構出現問題
- 一些未得到專業醫護人仕診斷的醫療狀況 (例如:癌症，糖尿病，膿胞等等)
- 皮膚出現傷口

在科學根據及豐富經驗下，專業按摩治療師能就客人的身體 及 精神狀態作出準確的評估。有一些狀況如懷孕，身心操勞和初期骨質疏鬆等，透過適當按摩可以刺激客人自身的修復系統，並有效輔助醫學護理的效果。

我們已備有一系列關於按摩治療的資料和報告。如欲深入了解或對以上資料有興趣，請致電 25302110 聯絡 註冊物理治療師何先生。

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