

Support Tools Benefits & Contraindications

Support tools

**Massage Therapist will have discretion in using any or all the following tools:

- Percussion Therapy Device • CBD • Proassage • BioFreeze
- Silicone Cupping Set • Kinesiology Tape cut and uncut
- Therapy Balls • Hot Towels

Benefits of Support Tools:

- Percussion Therapy Device - Help relieve muscle pain, stiffness, and soreness, increase range of motion, circulation, and blood flow, reduce muscle recovery time
- CBD- Reduce pain and need for opiate painkillers and their side effects Assists with regulation stress, sleep, inflammation, fascia release, muscle recovery, reduce anxiety, boosts mood
- Hot Towels - Promotes circulation, reduces muscle soreness, releases muscle tension, and opens pores.
- Proassage- Warming ointment loosens up the muscles by relaxing thermoreceptors and increasing the flow of oxygen
- Biofreeze- An analgesic that relieves pain through a menthol-induced cooling process, reduce inflammation and improve circulation.
- Silicone Cups- Improve mobility, flexibility, performance, speed up recovery, alleviate common muscle, soreness, boost immunity, increase circulation, and alleviate fascial restriction.
- Kinesiology Tape- relieve muscle pain, increase blood flow, reduce swelling, decrease inflammation
- Theraballs- Helps penetrate through layers of skin and muscle to massage deeply into high tension areas & myofascial release

Contraindications for Use of Support Tools

Percussion Therapy Device - Pregnancy, diabetes with complications such as neuropathy or retinal damage, pacemakers, recent surgery or injury, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis, or spondylosis, recent joint replacements or IUD, metal pins or plates. Use caution with frail individuals, children, and elderly

- **CBD** - cuts abrasions, sunburn damaged skin, open wounds, sensitive skin or allergies as identified by Massage Envy
- **Prossage** - Pregnancy, damaged skin, open wounds, sensitive skin or allergies
- **BioFreeze** - Pregnancy, damaged skin, open wounds, sensitive skin or allergies
- **Cupping** - Cancer, acute inflammation, fever. Severe cardiovascular conditions: DVT, low blood pressure, hemophilia, kidney and liver dysfunction, sensitive skin. Skin conditions: eczema, sunburn, rash etc., On blood thinners, diabetes 1 with complications such as neuropathy
- **Kinesiology Tape** - Skin allergies, sensitive skin, open wounds, pregnancy, cancer, neuropathy, congestive heart failure

Contraindications

The following contraindications are considered **TOTAL** contraindications.

If clients have any of the following conditions, do not book a massage. Advise client they must NOT schedule if they are sick. If in doubt, discuss directly:

Fever

- Contagious disease, including cold and flu, no matter how mild your symptoms are
- Under the influence of drugs, alcohol- including prescription pain medication
- Recent operations or acute injuries
- Neuritis
- Skin diseases including rash

The following conditions are considered **LOCAL** contraindications.

This means the massage therapist can work around but not **ON** these areas:

Varicose veins	Bruising	Cuts/Wounds/Damaged Skin
Abrasions	Sunburn	Undiagnosed pain
Severe inflammation	Current pregnancy	Sensitive skin or allergies
Numbness and Tingling	Migraines	Disk Herniation
Arthritis	Metal Pins or Plates	Fibromyalgia
Joint Replacement or IUD	Spondylolisthesis/Spondylolysis	Joint/Bone/Muscular Injuries
Pacemaker		

The following are **MEDICAL** contraindications.

These conditions would require a note from client's doctor before receiving massage.

Cardiovascular conditions (thrombosis, phlebitis, untreated hypertension, heart conditions)

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Edema	Osteoporosis	Cancer
Epilepsy	Diabetes	Bell's Palsy
Congestive heart failure	Kidney or Liver dysfunction	DVT
Hemophiliac	Taking Blood Thinners	Spinal or Rib Fracture
Severe cardiovascular condition	Recent Surgery	Blood Clots

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Tools, Benefits & Contraindications for FDA's Talking Points:

TOOLS

GENERAL BENEFITS

CONTRAINDICATIONS

Hypervolt

Help relieve muscle pain, stiffness, and soreness, increase range of motion, circulation, and blood flow, reduce muscle recovery time

Pregnancy, diabetes with complications such as neuropathy or retinal damage, pacemakers, recent surgery or injury, epilepsy or migraines, herniated disks, spondylolisthesis, spondylolysis or spondylosis, recent joint replacements or

IUD, metal pins or plates. Use caution with frail

Individuals, children and elderly

TOOLS	GENERAL BENEFITS	CONTRAINDICATIONS
Silicone	Improve mobility, flexibility, performance	Cancer, acute inflammation, fever. Severe cardiovascular related conditions: DVT, Low blood pressure
Cupping Set	speed up recovery, alleviate common muscle, Soreness, boost immunity, increase circulation, And alleviate fascial restrictions	hemophiliacs, kidney and liver dysfunction, sensitive skin, skin conditions: eczema, sunburn, rash etc. on blood thinners, Diabetes 1 with complications such as neuropathy
Kinesio Tape Cut and Uncut with scissors	relieve muscle pain, increase blood flow, reduce swelling, decrease inflammation	Skin allergies, sensitive skin, open wounds, pregnancy, cancer, neuropathy, congestive heart failure
Prossage (Same amount as in EMT)	Warming ointment loosens up the muscles by relaxing thermoreceptors and increasing the flow of oxygen	Pregnancy, damaged skin, open wounds, sensitive skin or allergies
Biofreeze	an analgesic that relieves pain through a menthol-induced cooling process, reduce inflammation and improve circulation	Pregnancy, damaged skin open wounds, sensitive skin, or allergies

TOOLS	GENERAL BENEFITS	CONTRAINDICATIONS
CBD 1/8 oz. (for 2 small, targeted areas Or lower back with hips)	Reduce pain and need for opiate painkillers and their side effects Assists with regulation, stress, sleep, inflammation, fascia release, muscle recovery, reduce anxiety, boosts mood	Pregnancy, damaged skin, open wounds, sensitive skin, or allergies
Hand Towels	promotes circulation, reduces muscle Soreness, releases muscle tension, and opens pores	Test temperature on skin prior to use
Therapy Balls	Helps penetrate through layers of skin And muscle to massage deeply into high tension areas and myofascial release	Same as massage therapy in general No acute inflammation AKA red, hot puffy sprains