

Ashiatsu Contraindications

Ashiatsu is deep, gliding compression proved with the feet as the tool instead of the hands and arms. Padded, sanitized soles provide a luxurious feel that is not only deeper, but more soothing and comfortable than traditional massage. Feet vs. hands stimulate the clients' parasympathetic nervous system, allowing them to dive deeper into relaxation. The result is feeling longer, taller, and less tight after a session. Because of the nature of this modality, however, there are some specific considerations:

Physical Contraindications for Ashiatsu:

- Implants of any kind within the last year that are still causing soreness or preventing normal body movements
- Any condition that compromises bone density, i.e. osteoporosis, osteoarthritis, etc...
- Any surgery, especially major joints, within the last 4 weeks
- Certain conditions of the spine, i.e. spondylitis, spondylolisthesis, spondylolysis, etc...
- If you've had recent eye procedures/Lasik surgery within 72 hours
- If you have phlebitis or cellulitis
- Any condition that causes blood clots or thrombosis, or increases risk of aneurysm

Ashiatsu requires consent from a doctor for:

- Any condition that increases risk of a heart attack or a pacemaker, stint or shunt
- Autoimmune disease, i.e. lupus, multiple sclerosis, Lyme disease, etc...
- A rib or any bone fracture or break within 6 months
- A history of Tuberculosis or ongoing kidney disorders
- Guillian-Barre' Syndrome, any neuropathy, or any neurological disorder that causes loss of sensation or muscle weakness
- Been on a plane flight longer than 6 hours or SCUBA diving within the last 24 hours prior to your massage appointment
- If you are currently under supervision of a doctor for any other medical issue

Consent

I have read and understand the parameters of receiving Ashiatsu. I do not have any of the contraindications listed above.

CLIENT NAME _____ BIRTH DATE _____

SIGNATURE _____ DATE _____