
MT1 WHEN NOT TO TREAT

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This document provides a simple list of situations when the massage practitioner should not treat clients but refer them for appropriate medical care. This might be to Accident & Emergency (A&E) or to a General Practitioner (GP).

Refer client to A and E

- Pins and needles or numbness between the legs – this is an absolute contra-indication and implies cauda equina compression as would loss of sphincter control and altered gait.
- Any severe trauma to exclude fracture or dislocation
- Trauma to wrist or ankle – when in doubt the injury should be x-rayed

Refer client to doctor

- Any incontinence of bladder or bowel
- Change in bladder or bowel function such as difficulty or frequency at night in older men
- Unexplained and undiagnosed lumps, swelling or bruising or any condition that creates doubt. e.g. unexplained inflammation or pain.
- Changes in moles, sores that do not heal.
- Constant nose bleeds.
- Any unusual bleeding – when coughing or vomiting, during sexual intercourse, after the menopause, with bowel movement (or motion may be black if bleeding is higher up).
- Chronic indigestion.
- If the client is complaining of very severe pain radiating down BOTH legs that does not change with movement in any way.
- Thrombosis refers to a blood clot in the leg and requires medical treatment.
- Calf pain if there is a history of thrombosis, no history of injury and the person has just come off a long distance flight.
- Oedema if not already diagnosed that might be due to a kidney or heart condition
- Widespread or progressive motor weakness, (this could also be linked to cauda equina compression).