

No, there are several medical conditions that would make massage inappropriate. That's why it is necessary that you fill out the health history forms before you begin your session. The massage therapist will ask general health questions to find out if you have any contraindications to massage. It is very important that you inform the practitioner of any health problems or medications you are taking. If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage prior to any session. Your massage therapist may require a recommendation or approval from your doctor.