

## Ashiatsu DeepFeet Bar Therapy Contraindications

In this section, we discuss pathologies and conditions which are specific to receiving Ashiatsu Barefoot Massage. Deep, compressive massage should always be viewed as a technique where the therapist should take additional precautions and ask thorough questions before acting.

Contraindications for all hand massage techniques are also contraindications for Ashiatsu; therapists should adhere to the laws in the state in which they reside. However, there are some cases where you would massage with your hands and not with your feet and that's why we cover additional precautions in this course. The general rule of thumb is, whenever you are in doubt, withhold treatment and ask for doctor's clearance. We provide a general reference guide, but every client is unique in their pathologies and should be treated on a case-by-case basis. *A good massage pathology resource is: **The Essential Massage Companion** by Dr. Bryan A. Born.*

### **Ashiatsu Massage involves Three Main Physiological Components:**

1. Increased Circulation
2. Compressive Force
3. Histamine Release.

**Increased Circulation:** When applying Ashiatsu massage techniques, you are increasing blood and lymph circulation at a much deeper and faster rate than regular hand massage techniques. This occurs as a result of therapists' covering larger surface areas by utilizing a broader tool and gravity. Application of Ashiatsu techniques changes the hemodynamic state of various systems involving circulation in the body.

**Compressive Force:** Is the application of power, pressure, or exertion against an object which causes it to become compressed or compacted. Ashiatsu therapists utilize compressive force by applying pressure to tissue using gravity and bodyweight. When applying compressive force to a client, it's always advised that they are healthy and injury free.

**Histamine release:** Ashiatsu massage can cause localized itching after a session, due to a chemical reaction taking place in the tissue. Advise clients to ice the affected area and drink plenty of water to continue the benefits of detoxifying through massage. **Note:** Stress and an allergic reaction can also cause a hives, if the itching sensation location is in more than one area, the client may be allergic to your cream/oil.

### **Withhold Ashiatsu Treatment for the Following:**

- **Pregnancy or trying to conceive-** unsafe for both client and fetus
- **Breast Implants** within 9-12 months post surgery. Use breast pillow post 9 months and be mindful of pressure on thoracic region especially with standing strokes. No anterior work.
- **Calf, Pec, Gluteal** implants avoid local massage, never massage a foreign object.
- **Uncontrolled High Blood Pressure:** on/off medication, unable to workout or be in heat w/o side effects (passing out). Ashiatsu increase blood flow which increases pressure, not suitable.
- **Blood Thinner Medications:** Coumadin, Lovenox, Heparin, Daily Aspirin, Vitamin E, Ginger (bruising)
- **Deep Vein Thrombosis (blood clot) , Aneurysm, Varicose veins (local)**
- **Blood Disorders:** Hemophilia (unable to clot, can cause internal bleeding)) **Severe Anemia**

## Withhold Ashiatsu Treatment for the Following (cont..)

- **Acute Liver, Kidney & Urinary Disorders:** Hepatitis, Cirrhosis, Renal Failure, Gout, Kidney removal
- **Acute Compromised Auto Immune Systems:** AIDS, Cancer, Lupus, Lymes, MS
- **Acute Inflammatory Diseases:** Phlebitis, Cellulitis, Lupus, Fibromyalgia, Tendonitis, Arthritis
- **Acute Neurological Disorders:** Parkinson's, Guillain-Barre Syndrome, Vertigo
- **Advanced Stages of Diabetes:** Neuropathies, Poor Circulation, Infections
- **Acute Reproductive Disorders:** Endometriosis, Inflammation of Pelvis, Ovarian cists
- **Bone Disorders:** Osteoporosis (avoid systemic), Bone Fractures, Hairline fractures (avoid local)
- **Recent injuries & Surgeries:** Hernia Surgery, active herniation, C-Section, Bowel, Brain, Heart, Joint/Spinal Surgeries. 3-12 months depending on surgery. **Lasik eye surgery** (no ashi within 7 days)
- **Injections (steroid, cosmetic)** within 7 days
- **Skin Disorders/Contagious Skin Diseases:** Ringworm, Scabies, Lice, Shingles, Poison Ivy, MRSA, Boils, Abscesses, Open wounds, Skin Cancers, Fungal Infections, Warts

## Use Precaution or Request Doctor Clearance for the Following:

- **Prior Heart Attack, Arteriosclerosis, Pacemakers (regulate heart beat) Stents/Shunts**
- **Controlled High and Low Blood Pressure-** Watch for signs of dizziness/fainting
- **Heavy Menstrual Cramping, Abnormal Flow Cycle**
- **Diabetes 1 & 2,** Hypoglycemic-Have client check blood sugar before massage, have fruit available
- **Post Injury/Surgery:** Use added bolstering, mindful of limited ROM, avoid local massage until fully healed/cleared by physician. **Whiplash:** Avoid Ashiatsu locally 4-6 weeks.
- **Separated Shoulder:** Mindful of ROM with Arms (scap work).
- **Separated/Fractured Acromioclavicular:** Avoid pressure locally and use caution when working pectoral region. Mindful ROM with Arm/Shoulder.
- **Acute Tendonitis, Arthritic joints** (avoid local) **Chronic:** work within client's comfort level.
- **Chronic Fibromyalgia, MS, Lupus, Lymes:** Be mindful of pressure on inflamed areas, start w/light-moderate pressure and see how the client's body reacts before increasing pressure.
- **Anxiety, PTSD, Claustrophobic Conditions:** Hyperventilation, Hypersensitive clients.
- **Lordosis, Kyphosis, Scoliosis:** Use caution around bony prominences & use added bolstering.
- **Acute Vertebral Spinal Surgeries/Conditions:** Rods, Screws, Pins, Lumbar Laminectomy, Spinal Fusion, Lumbar Spinal Stenosis, Spondylitis, Spondylolisthesis. Avoid Locally & Use abdominal Bolstering.

**Use Caution:** QL work is great for clients experiencing low back pain, but caution must be taken. Always work medial to lateral or lateral to medial and avoid direct downward pressure on or around the affected vertebrae. Direct downward pressure in the lumbar area causes hyperextension in the spine, which may cause more pain and discomfort to a client with a spinal injury or condition. Clients that have, Spondylitis, Spondylolisthesis, Lordosis or any condition where excessive curvature is present in the lumbar spine should always use an abdominal bolster under the pelvic area to help bring the spine to a more neutral position. Be very commutative with your clients while working in a therapeutic range in the low back region. Always work SLOWLY and make sure to warm up the tissue adequately before you attempt to perform focus work.

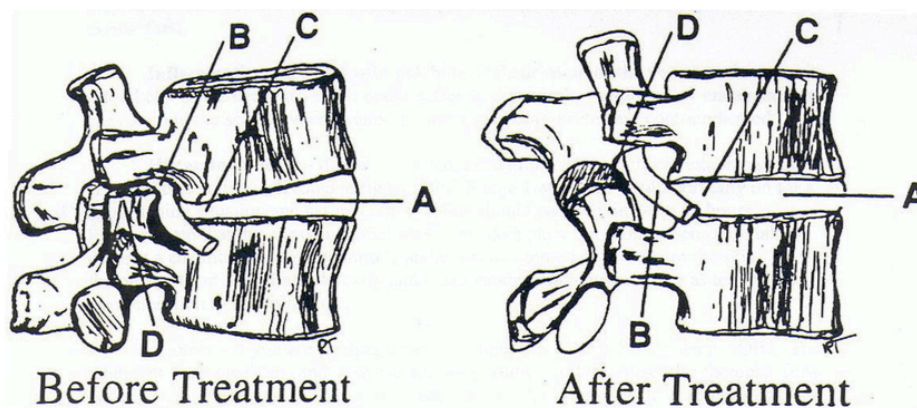
## **Degenerative disc disease/ Herniated disk: Stages of Disc Herniation**

Elongating Ashiatsu strokes are very effective along the spine if used wisely and can help open up the vertebral disk space. Once you combine elongating strokes with two footed advanced strokes you will create a push-pull-pumping effect on the soft tissue that surrounds the intervertebral disc space which helps the following to happen: The nucleus pulpous inside the disc helps to assume its central position within the annular fibers, thus relieving irritations on the spinal nerve caused by swelling. The intervertebral disc height is noticeably heightened, which will help remove tension on the annular fibers and nerves by making more room and improving circulation. Vertebral joints can be restored to their proper physiological relationship of motion, which helps to realign the spine.

### **Stages of Disc Herniation**

- 1. Protrusion-incomplete herniation- 1 footed Ashiatsu OK
- 2. Prolapsed-incomplete herniation: 1 footed Ashiatsu OK
- 3. Extrusion- If paired with previous treatment and not in a flair up – 1 footed Ashiatsu OK
- 4. Sequestered-complete herniation-no Ashiatsu

### **Before and After Ashiatsu Treatment for Herniation**



**For the safety of yourself and your client PLEASE DO NOT attempt two footed Ashiatsu strokes without formal training.**