

## Foot Reflexology Contraindications

Resource: <https://www.traceycrowleymassagetherapist.co.uk/reflexologycontra-indications>

- Any contagious skin disease ie. impetigo, scabies, chicken pox, mumps etc.
- Severe psoriasis or eczema on foot (foot will be too sore to work)
- Any untreated severe medical condition, or acute pain (Reflexology may hide a condition which needs medical attention)
- Anyone under influence of alcohol or recreational drugs
- Internal bleeding
- Severe varicose veins i.e. phlebitis (Reflexology may increase pressure of blood to veins)
- Any form of infection, disease or fever (can make client feel worse and spread infection to the therapist)
- Diarrhea and vomiting – cross infection
- Bruising on feet
- Cuts, grazes, open skin, rashes, bites, burns, fractures
- First few days of menstruation (Reflexology may make period heavier)
- Athletes foot or verruca
- Localized swelling/inflammation
- Scar tissue (2 years for major operation, and 6 months small scar)
- Sunburn
- Hormonal implants
- Recent fractures (minimum 3 months)
- Cervical spondylitis
- Hematoma