



กรมสนับสนุนบริการสุขภาพ
Department of Health Service Support

Contraindications/cautions about massage

For the propose of warding consumers and preventing any dangers, unpleasant symptoms or various complications to customers. A massager should ask the customer's medical history and behave as contraindications/cautions are as follows:

1. Do not massage the injured person.
2. Do not massage areas with disorders of circulatory system such as varicose veins or tendinitis which may has blood clots moving to others area for causing the clogging of blood vessels, heart and brain.
3. Do not massage the person who has high blood pressure, dizziness, palpitation, headache, nausea and vomiting.
4. Do not massage the area of the skin disease which has not been completely healed. It may cause the wound or infect from the lymph to the massager.
5. Do not massage the infected area or the inflamed area because it will cause more infection and inflammation.
6. Do not massage in the area after surgery which is less than 1 month.
7. Do not massage the person who has bone-related symptoms such as osteoporosis and bone fractures.
8. Do not massage cancer patients because a massage will stimulate to overspread cancer cells.
9. A massage for the person who changes joints that must massage as careful as possible. The massager must have speciality skill and proficiency.
10. Do not massage a person who has fever.
11. Do not massage pregnant women.



Call Center : 02-193-7000
With good wishes from
Division of Health Establishments
Department of Health Service Support,
Ministry of Public Health