Below is a list of conditions that are contraindicated for Ashiatsu. Please check if any apply to you:

- Pregnant or trying to conceive _____
- Contagious illness or disease _____
- Contagious skin disorders (Shingles, MRSA, Scabies) _____
- Implants within nine months – breast, pectoral, gluteal, calf _____
- Thrombosis, aneurysm, varicose veins, DVT _____
- Acute liver kidney and urinary disorders _____
- Recent bowel, inguinal or abdominal hernia surgery _____
- Acute inflammatory conditions such as active phlebitis, cellulitis, lupus, lyme in flare up. _____
- Persons on Coumadin, Lovenox, Heparin or Heavy aspirin (bruise/clots), Cortisone __
- Uncontrolled high/low blood pressure or heart condition _____
- Any disorder that causes loss of feeling or motor control _____
- Any recent (acute) injuries, accidents, surgeries within the last 6 weeks _____
- AIDS, Hodgkin's disease, Cancer, Leukemia _____
- Recent injection (cosmetic or steroid) _____
- Hemophilia and any condition where blood clots can occur _____
- Severe diabetes _____
- Rib fracture, Osteoporosis _____
- Spinal surgeries that involve pins, plates, rods _____
- Stents, shunts, pacemakers _____
- _____
- CLIENT SIGNATURE DATE