



CranioSacral Therapy Contraindications

According to the Upledger Institute, “There are certain situations where application of CST would not be recommended. These include conditions where a variation and/or slight increase in intracranial pressure would cause instability. Acute aneurysm, cerebral hemorrhage or other preexisting severe bleeding disorders are examples of conditions that could be affected by small intracranial pressure changes.” (2021) We have researched and found the following medical conditions to be possible contraindications to CranioSacral Therapy. If you would like to research more on CranioSacral Therapy, we would love to direct you to the Upledger Institute International website at the following web address, www.upledger.com.

- Acute Stroke
- Cerebral Aneurysm
- Hemorrhage
- Herniated Medulla Oblongata
- Recent Skull Fracture
- Cerebrospinal Fluid Leak (Lumbar Puncture)
- Spina Bifida (Myelomeningocele)
- Arnold Chiari Malformation
- Brittle Bones
- Ehlers-Danlos Syndrome
- Down’s Syndrome
- Rheumatoid Arthritis
- Herrington Rods
- Arbuckle’s Fibers
- Bell’s Palsy

Lymphatic Drainage Therapy Contraindications

According to the Chikly Health Institute, “If you respect the contraindications, you can apply LDT to almost every ailment, for there is no limit to the number of indications already discovered. There is an unending list of indications that still need to be explored.” The following is a list of contraindications. Should you suffer from any of these conditions, please inform your therapist.

- Acute Infectious/Inflammatory Illness with Fever: Bacterial Infections, Congested Painful Tissues
- Serious Circulatory Problems: Aneurysm, Thrombosis, Phlebitis, Venous Obstruction, Blood Clots
- Major Cardiac Problems: Acute Angina, Coronary Thrombosis, Uncontrolled Congestive Heart Failure
- Hemorrhage, Internal Bleeding
- Acute Anuresis (absence of urination), Major Renal Insufficiency, Hemodialysis
- Active Cancer, not under medical control, Undiagnosed Lump
- Carotid Stenosis
- Fresh Scars, Skin Hypersensitivity, Eczema
- Recent Abdominal Surgery, Radiation, Tumor, or Pain of Undetermined Origin
- Chronic HIV Infection
- Medication, Chemotherapy, Anesthetics: Certain drugs may be metabolized faster with treatment.