Manual Lymphatic Drainage

Contraindications Concerning the Entire Body

Absolute Contraindications:

- Decompensated cardiac insufficiency
- Cardiac edema
- Congestive heart failure
- Acute inflammation caused by pathogenic germs (bacteria, fungi, viruses)can cause sepsis (blood poisoning)
- Renal failure
- Acute DVT

Conditions stated above must not be treated with manual lymph drainage

- Malignant Disease

Contraindications to Neck Treatment

Absolute Contraindications

● **Overactive thyroid function:** danger of the thyroid hormones flooding into the blood too rapidly

● **Overly sensitive sinus caroticus:** The threat of a danger-ous decrease in blood pressure and pulse rate (oversen sensitivity can be the result of a stretching of the lumen at the carotid bifurcation or at the beginning of the arteria carotis interna, where numerous pressure-sensitive nerve endings are present)

● **Cardiac arrhythmia:** In some cases stimulation of the vagus nerve can cause heart failure

Relative Contraindications

Before treating patients over 60 years old, the therapist should consult the referring physician. In older patients, arteriosclerosis in the large neck vessels is always a possibility. The vessels become increasingly sensitive to pressure, and arteriosclerotic deposits might become loosened from the inside wall of the neck arteries and block a blood vessel leading to or actually in the brain (danger of stroke!).

Contraindications to Abdomen Treatment

Absolute Contraindications

- Pregnancy
- During menstruation
- Patients Suffering From Seizures(epilepsy)because the danger of hyperventilation), which might trigger seizures
- Blocked intestine(ileus)
- Intestinal diverticulosis
- **Abdominal aortic aneurysm** or after surgical treatment
- Massive **arteriosclerotic** changes (mostly the frame work of metabolic disturbances such as diabetes mellitus)
- Diseases involving inflammation of the intestines (colitis ulcerosa, Crohn's disease)
- Pronounced Adhesions In the Abdomen as a consequence of surgical intervention
- Changes in the abdomen or the lower abdominal region after **radiation therapy**
- Radiation cystitis, radiation colitis
- Condition subsequent to pelvic deep venous thrombosis