

1. Contraindications to Kinesitherapy:

- acute inflammatory conditions of the joints
- inflammation of periarticular tissues
- inflammation of veins
- Temperature above 38
- Fractures, post-traumatic conditions
- conditions after dislocation
- impaired skin and soft tissue continuity
- Pain occurring during exercise
- conditions after surgery before removal of stitches (consult your doctor)
- Diastolic blood pressure above 100 and systolic blood pressure above 160 (measured at rest)
- General serious condition of the patient
- State after computed tomography with contrast
- After lower lumbar puncture (e.g. collecting cerebrospinal fluid)
- Temperature above 38°
- Fractures, post-traumatic conditions
- Pain during exercise
- General seriousness of the patient's condition

2. Contraindications to Physical Therapy:

- History of cancer;
- Sudden weight loss without specific cause;
- Increasing weakness or emaciation of the body for no apparent reason cause;
- Fever or subfebrile state;
- Persistent pain that has no diagnosable underlying cause;
- Resting pain, often described as throbbing;
- Swelling of one or more joints;
- Undiagnosed trauma;
- Fresh or progressive peripheral paresis;
- Urinary and/or fecal incontinence associated with spinal pain;
- Muscle tension disorders;
- Movement disorders;
- Balance disorders and brief loss of consciousness;
- Sudden or new-onset drooping of the corner of the mouth, and problem with speaking;
- Pain in the abdominal or retrosternal region;
- Resting heart rate greater than 100 beats per minute and less than 50;
- Blood pressure above 160/95;
- Blood pressure less than 90/50

3. Contraindications to therapeutic massage:

- o Tuberculosis
- o Acute inflammatory conditions (pneumonia, bronchitis)
- o Infectious diseases; Neoplastic lesions
- o Bronchial asthma during attacks
- o Ruptured gastric ulcer and duodenal ulcer
- o Pancreatitis; Viral hepatitis
- o Inflammation of the gallbladder
- o Inflammation of the bile ducts
- o Appendicitis; Peritonitis
- o Parasitic diseases; Neoplastic changes
- o Changes that threaten to interrupt the continuity of the intestines
- o Condition after a heart attack (2 weeks)
- o Advanced atherosclerosis of coronary arteries
- o Fresh inflammation of the valves and heart
- o Uncompensated heart defects
- o Angina pectoris during a seizure
- o Hypertension (!!!110 diastolic!!!)
- o Peripheral vascular diseases
- o Nephrosclerosis; Neoplastic lesions
- o Acute cystitis; Acute ureteritis
- o Pyelonephritis
- o Kidney stones (large stones); Bone tuberculosis
- o Fresh adhesion; Advanced osteoporosis
- o Acute inflammatory conditions (RA, AS in exacerbation)
- o Meningitis; Haematomas, aneurysms and angiomas
- o Myelomeningocele
- o Bone marrow inflammation with fistulae
- o Palsy tremor
- o Epilepsy (depends on the condition)
- o Vascular hemangioma
- o Advanced peripheral arteriosclerosis
- o Varicose veins with skin lesions
- o Varicose veins at site
- o Thrombophlebitis (6 months after the inflammation)
- o Birger's disease III°IV°
- o Reunalds disease III°IV°

4. Contraindications to Hydrotherapy:

- o myocardial insufficiency
- o ischaemic heart disease
- o condition after myocardial infarction
- o arterial hypertension
- o arteriosclerosis of the cerebral arteries
- o states of general exhaustion

5. Contraindications to Cryotherapy:

- o excessive stimulation of the sympathetic system manifested, among others, by increased sweating,
- o metabolic disorders - hypothyroidism,
- o Old age,
- o conditions after past thrombotic and embolic disorders,
- o Ongoing neoplastic process,
- o Allergies to cold,
- o advanced anaemia,
- o Acute respiratory diseases,
- o Extensive scarring,
- o If you have consumed alcohol or pharmaceuticals with neuroleptic effects,
- o neuroleptic drugs.

Risks and possible complications after the procedures:

- Allergic reactions (in electrotherapy, taping and to medications used in physiotherapy)
- pain (after massage, after kinesitherapy)
- increase or decrease in blood pressure
- dizziness
- pinching, burning (in electrotherapy, paraffin therapy ultrasounds)
- feeling of anxiety with palpitations (after magnetic field and electromagnetic magnetic field, electromagnetic field procedures)
- individual reaction of the body

Correct body response after physiotherapy treatments:

- local reaction on the skin (redness after treatments with sollux lamp, electrotherapy, paraffin therapy, cryotherapy, massage, manual therapy manual therapy)
- local aggravation of pain up to 3 days after starting the cycle of physiotherapeutic treatments
- Soreness, tenderness, sometimes swelling in the place where manual therapy is performed manual therapy