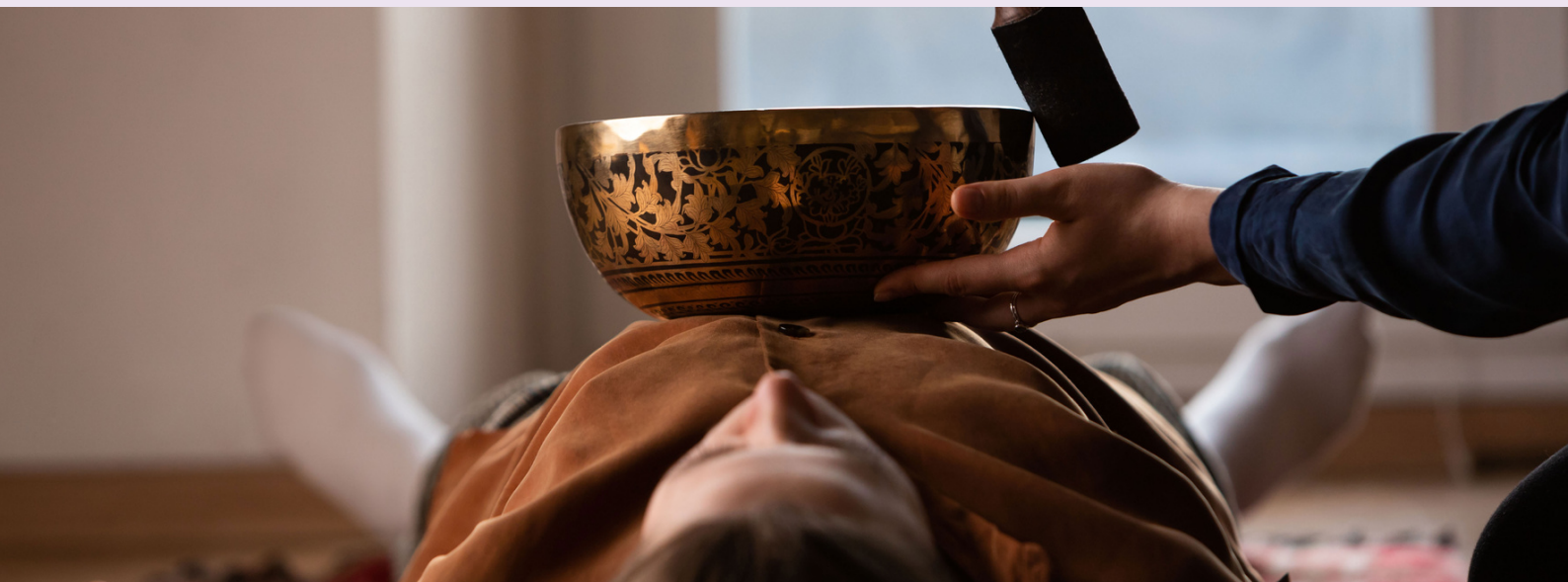




# CONTRAINDICATIONS FOR SOUND HEALING GUIDELINES



**There are three categories: warnings, cautions and contraindications.**

**Warnings** are listed to tell you about **sound healing practices that are potentially dangerous.**

**Practices** listed under caution are when **care should be taken to avoid danger or risk.**

Please use those practices with care.

A **contraindication** is **anything** (including a symptom or medical condition) **that is a reason** for a person **to not receive a particular treatment** or procedure because it may be harmful.

For information about the conditions below, see the last pages of this document.

## **WARNINGS**

- **Sound-induced epilepsy**

**Do not** use any form of sound healing with anyone who suffers from sound-induced epilepsy. Sound-induced epilepsy is a contraindication for sound healing.

These people should consult their doctor for approval before the first use of sound healing.

- **Pregnancy**

**DO NOT** use sound healing instruments directly **ON** the body during pregnancy - pregnant women should consult with their doctor before receiving any sound healing.

**Caution** is advised in the **first trimester** when playing sounds **OFF** the body in the bioenergy field.

- **Cardiac or brain implants**

People with cardiac pacemakers, defibrillators, artificial heart valves, or cardiac arrhythmias, with a stent or shunt, and a deep brain stimulation device (DBS).

**If approved by the doctor, keep a minimum distance of 20 cm (8 inches) between a sound healing instrument and any of the above implants, stents or shunts.**

- **Non-sound-induced epilepsy**

**Do not** use sound healing on anyone with non-sound-induced epilepsy before approval from their doctor.

## CAUTION

- **Serious mental health challenges**

Caution is advised for working both OFF and ON the body of people with a history of severe depression, anxiety, psychosis, PTSD and other serious mental health challenges.

## CONTRAINDICATIONS

**These conditions are contraindications for using sound healing ON the body.**

Do not use sound healing instruments ON the body in the following circumstances:

- on any deep vein thrombosis in the leg or known thrombi
- on open wounds or wounds with sutures until fully healed and closed
- on acute inflammations and tumours
- directly on or anywhere in the immediate area of a metallic implant (including screws and artificial joints)
- around the neck/the area of the carotid artery/larynx in the case of carotid atherosclerosis
- inflamed joints
- the skin, in the case of inflammatory skin disorders including weeping eczema
- diseased or inflamed veins

Treatment should not commence until three days after injury at the earliest for:

- whiplash

## Other diagnosed medical conditions

People with diagnosed medical conditions not covered above should check with their doctor before receiving sound healing ON the body.

## COMMON MEDICAL TERMS & CONDITIONS

**Acute** – as a medical term: of abrupt onset, about a disease. Acute often also connotes an illness that is of short duration, rapidly progressive, and in need of urgent care.

**Chronic** – persisting for a long time or constantly recurring, as in a disease or medical condition

- **Arthritis** - inflammation or swelling of the joints; usually includes joint pain and stiffness. There are many different types and causes of arthritis. The most common types are osteoarthritis, rheumatoid arthritis, and psoriatic arthritis
- **Artificial heart valves** - used to replace heart valves that have become damaged, maybe metal and fabric, or tissue (usually from a pig or cow)
- **Bone fractures** - a complete or partial break in a bone
- **Bruise** - injury to the tissue beneath the skin resulting in blood settling near the skin
- **Cancerous tumours** - a lump or mass that may spread to other parts of the body and cause problems with normal functions; abnormal cells that have grown out of control
- **Carotid atherosclerosis** - occurs when fatty deposits (plaques) clog the blood vessels that deliver blood to your brain and head (carotid arteries). The blockage increases your risk of stroke
- **Cirrhosis** - late-stage scarring of the liver caused by many different forms of liver disease
- **Concussion** - a traumatic brain injury that affects your brain function. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. Concussions are usually caused by a blow/injury to the head.
- **Deep brain stimulation (DBS)** - an elective surgical procedure in which electrodes are implanted into certain brain areas. These electrodes, or leads, generate electrical impulses that control abnormal brain activity. The electrical impulses can also adjust for the chemical imbalances within the brain that cause various conditions. Stimulation of brain areas is controlled by a programmable generator that is placed under the skin in the upper chest.
- **Defibrillator** - an apparatus used to control heart fibrillation (twitching) by application of an electric current to the chest wall or heart. Some people have a defibrillator implanted in their chest.

- **DVT** - deep vein thrombosis; blood clot occurring in one or more of the deep veins in the body, usually in the legs
- **Epilepsy** - a condition of the brain causing seizures. A seizure is a disruption of the electrical communication between neurons. Seizures cause temporary abnormalities in muscle tone or movements (stiffness, twitching or limpness), behaviours, sensations or states of awareness
- **Hearing aids** - a small electrical device worn behind the ear to make some sounds louder. Hearing aids contain a microphone, amplifier, and speaker
- **Heart arrhythmia** - uneven heart rhythm
- **Heart pacemakers** - A pacemaker signals the heart to beat when the heartbeat is too slow or irregular. A pulse generator is a small metal case that contains electronic circuitry with a small computer and a battery that regulates the impulses sent to the heart.
- **(Other) Implanted electrical devices** - include electrical leads and batteries (eg. for spinal cord stimulator)
- **Hyperacusis** - a disorder in loudness perception. Patients suffering from hyperacusis may appear overly sensitive to a range of sounds, finding many noises unbearable and painfully loud
- **Lymphedema** - The condition is caused by a blockage in the lymphatic system, part of the immune and circulatory systems. Lymphedema is most commonly caused by lymph node removal or damage due to cancer treatment. The main symptom is swelling in an arm or leg that may be accompanied by pain or discomfort
- **(Severe) Mental health challenges** - include severe depression, psychosis or other serious mental health challenges. These are mental, behavioural, or emotional disorders resulting in serious functional impairment, which substantially interfere with or limit one or more major life activities. Caution is advised for working both OFF and ON the body of people with a history of severe depression, psychosis, PTSD and other serious mental health challenges
- **Metal allergies** - common metal allergies include nickel, cobalt, chromium, and zinc. Symptoms range from mild to severe
- **Metal implants/pins** - metal implants include replacement joints, dental implants, and cochlear implants. Pins are used to join or anchor bones so they may heal properly

- **Misophonia** – certain sounds may trigger negative reactions; psychological and sometimes physiological
- **Open wound** - any break in the skin that leaves internal tissues exposed
- **Osteoporosis** - a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps
- **Pacemaker vs defibrillator** - The pacemaker is the steady hand guiding your heart through each day, while the defibrillator is the guardian angel standing ready to keep you safe if your heartbeat becomes dangerously irregular
- **Preeclampsia** - a pregnancy complication characterized by high blood pressure and signs of damage to another organ system, most often the liver and kidneys.
- **Pregnancy** - the period in which a fetus develops inside the uterus. Pregnancy usually lasts about 40 weeks, or just over 9 months, as measured from the last menstrual period to delivery. Healthcare providers refer to three segments of pregnancy, called trimesters. Do not play ON the body. Use caution playing OFF the body during the first trimester
- **Scar** - the body's natural way of healing and replacing lost or damaged skin. A scar is usually composed of fibrous tissue. Scars may be formed for many different reasons, including as a result of infections, surgery, injuries, or inflammation of tissue
- **Sebaceous cyst** - common non-cancerous cyst of the skin. Cysts are abnormalities in the body that may contain liquid or semiliquid material. They grow slowly and may become uncomfortable
- **Sensory sensitivity** - sensory issues [may be related to Autism, and] can involve both hyper-sensitivities (over-responsiveness) and hypo-sensitivities (under-responsiveness) to a wide range of stimuli. These stimuli can involve sights, sounds, smells, tastes, touch, balance and body awareness (proprioception)
- **Shunt** - a passage that is made to allow blood or other fluid to move from one part of the body to another; a catheter (tube) that carries cerebrospinal fluid from a ventricle in the brain to another area of the body. A shunt may be placed to relieve pressure from hydrocephalus, for example
- **Sound-induced epilepsy** - Do not play any sounds under any circumstances.

Musicogenic seizure, also known as music-induced seizure, is a rare type of seizure, with an estimated prevalence of 1 in 10,000,000 individuals, that arises from disorganized or abnormal brain electrical activity when a person hears or is exposed to a specific type of sound or musical stimuli

- **Stent** - a tiny tube that your doctor can insert into a blocked passageway to keep it open
- **Stroke** - a medical emergency that occurs when the blood supply to the brain is interrupted or seriously reduced
- **Surgery** - operation; a medical treatment provided through an opening in the body. These openings may be left open to heal or closed with sutures/stitches, and vary in the length of time required for closing and healing
- **Thrombosis** - a blood clot that can block the blood flow in both veins and arteries. Complications depend on where the thrombosis is located. The most serious problems include stroke, heart attack, and serious breathing problems
- **Weeping eczema** - skin blisters that are oozing fluid
- **Whiplash** - neck injury due to forceful, rapid back-and-forth movement of the neck