



The College of Naturopaths of Ontario

## Guidelines

### Contraindications for Manipulation

#### Absolute & Relative Contraindications in the Area to be Manipulated

Absolute Contraindications	Relative Contraindications
<b>I. Arthritides</b>	
Atlantoaxial instability from any cause, including: <ul style="list-style-type: none"><li>• Rheumatoid Arthritis</li><li>• Down's Syndrome</li><li>• Marfan's Syndrome</li><li>• Injury such as MVA or head trauma</li><li>• Congenital laxity or absence of transverse ligament</li></ul>	Inflammatory arthritis Rheumatoid arthritis and ankylosing spondylitis Atlantoaxialoccipital osteoarthritis
<b>II. Bone Weakening &amp; Destructive Bone Disorders/Diseases Due to:</b>	
Destructive Bone Disorders <ul style="list-style-type: none"><li>• avascular necrosis</li><li>• malignant bone tumours-neoplasms</li><li>• infection of the bone at the joint</li><li>• fractures</li><li>• anatomical dislocation</li></ul> Congenital malformation <ul style="list-style-type: none"><li>• aplasia of the posterior arch of atlas</li><li>• os odontoideum</li></ul>	Congenital malformation Articular hypermobility-instability Benign bone tumors Demineralization of the bone <ul style="list-style-type: none"><li>• osteoporosis</li><li>• osteopenia</li><li>• long-term steroid use</li><li>• previous radiation therapy</li></ul> Calcification of the ligaments of the upper cervical spine Spondylolisthesis: No PA thrust/lumbar roll
<b>III. Neurological Disorders/Diseases Due to:</b>	
Cauda Equina Syndrome Neurological deficits after cervical spine high velocity thrust procedures	Neurological deficits as a result of discopathy

Absolute Contraindications	Relative Contraindications
<b>IV. Circulatory/Cardiovascular Disorders/Diseases Due to:</b>	
Recent TIA Clinical manifestation of vertebral basilar insufficiency (cervical manipulation). An aneurysm involving a major blood vessel in the general area of manipulation. Calcification of the vertebral artery	An aneurysm involving a major blood vessel. Anti-coagulant therapy and some blood dyscrasias Calcification abdominal aorta
<b>V. Miscellaneous</b>	
Lack of consent Drugged/drunken patient Recent surgery in/near area of planned manipulation	Discopathies: acute and chronic Lateral stenosis of lumbar spine Fused vertebrae Manipulative treatment exacerbates patient's condition. Manipulation is not the appropriate treatment for the diagnosis
Patient not accepting of manipulative care	Acute HA and/or neck pain of unknown etiology with no abnormal examination findings except pain.

Note: The above is not intended to be an exhaustive list of contraindications.

## Approval

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