



Core Wellness & PHYSICAL THERAPY

FAR INFRARED SAUNA CONTRAINDICATIONS FOR USE

1. **PACEMAKER / DEFIBRILLATOR / STENTS** The magnets used to assemble infrared saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss the possible risks with your physician prior to using an infrared sauna.
2. **RECENT INJURY** If you have a recent joint injury, sprain, laceration, or surgery, the affected area(s) should not be heated for the first 48-72 hours, or until the hot and swollen symptoms subside. For patients with chronic hot and swollen joints, vigorous heating is not recommended. Begin with short sessions of 15-20mins at a lower temp (115-120 degrees).
3. **ACUTE FEVER** Clients with an acute fever should not use an infrared sauna until the fever has subsided.
4. **HEMOPHILIACS / BLOOD DISORDERS** The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.
5. **CARDIOVASCULAR CONDITIONS** Clients with advanced symptomatic heart disease or unstable angina should not use an infrared sauna unless supervised by a Doctor. People with cardiovascular conditions should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty beats per minute for each degree increase in core body temperature.
6. **CHRONIC CONDITIONS / DISEASES ASSOCIATED WITH A REDUCED ABILITY TO PERSPIRE.** It is inadvisable to raise the core temperature too high in someone with adrenal suppression, systemic lupus, or multiple sclerosis, by some authorities. Multiple Sclerosis, Parkinson's, Central Nervous System Tumors, Diabetes with Neuropathy are conditions that are associated with impaired sweating. Patients with these conditions should discuss use of an Infrared Sauna with their Doctor prior to use.
7. **BREASTFEEDING** There is insufficient evidence to establish whether toxins are released during IR sauna use that could enter into the breast milk. It would be therefore prudent to avoid intense sauna therapy while breastfeeding.
8. **PREGNANCY** Exposure to intense heat during the first trimester may slightly increase the risk of birth defects. Fetal damage can occur with an elevated body temperature. Sessions should not be undertaken without consent from your Doctor.

Initial _____

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CAUTIONS WITH USE

1. **MEDICATIONS** If you are using any medications please check with your GP or Pharmacist, for any possible change in the drug's effect due to any interaction with infrared energy. Corticosteroids may be contraindicated. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergic medications may inhibit sweating and predispose patients to heat rash, or heat stroke. Some over the counter drugs such as anti-histamines may also cause the body to be more prone to heat stroke.
2. **HIGH / LOW BLOOD PRESSURE** Infrared Sauna does not normally raise blood pressure, though you may use a BP monitor to observe BP rates during your sauna. Although the heart rate is increased during use, vasodilation of all blood vessels and increased circulation actually allows for a lowering of blood pressure in many users.
3. **MEALS** Wait for an hour or two after a meal before using the sauna. Infrared sauna straight after a meal may interfere with digestion, causing mild stomach cramps.
4. **ALCOHOL / ALCOHOL ABUSE** Contrary to popular belief, it is not advisable to 'sweat out' a hangover. Alcohol intoxication can impair judgment and increase the heart rate, which may be further increased by heat stress.
5. **CHILDREN** The core body temperature of children rises much faster than adults. It is not advised therefore that children use the Far Infrared Sauna.
6. **ELDERLY** As we mature our bodies naturally lose the capability to activate its natural cooling processes to maintain its core body temperature. For this reason guests over 70 years old are advised to use the sauna at a lower temperature.
7. **EXERCISE AND SAUNA USE** Allow your body to cool down completely after exercise, before entering the sauna.
8. **MENSTRUATION** Heating the lower back area of women during the menstrual period may temporarily increase menstrual flow.
9. **INSENSITIVITY TO HEAT** Individuals who have insensitivity to heat should not use the Infrared Sauna.

I have read and am aware of the cautions and contraindications relating to sauna use as outlined above.

Patient Name: _____ Signed: _____

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