

AERIAL HAMMOCK HEALTH CARE FACT SHEET

In offering informed consent for your participation in aerial hammock exercise and to uphold our Duty of Care, we encourage you to read this document regarding precautions and contraindications for conditions that may preclude certain movement or advise against traction and inversions. If you have any concerns regarding the presence of a condition or related condition it is important you consult your medical health professional and gain clearance for participation in this practice.

Movement Precautions / Contraindications

Supine Lying (lying on back)

Mid to late-stage pregnancy
Acute nucleus pulposus herniation



Lateral Flexion (side bending)

Stenosis
Spondylolisthesis
Facet joint syndrome

Flexion (bending forward)

Acute disc herniation
Osteoporosis (avoid loaded flexion)
Mid to late-stage pregnancy



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Movement Precautions / Contraindications (cont.)

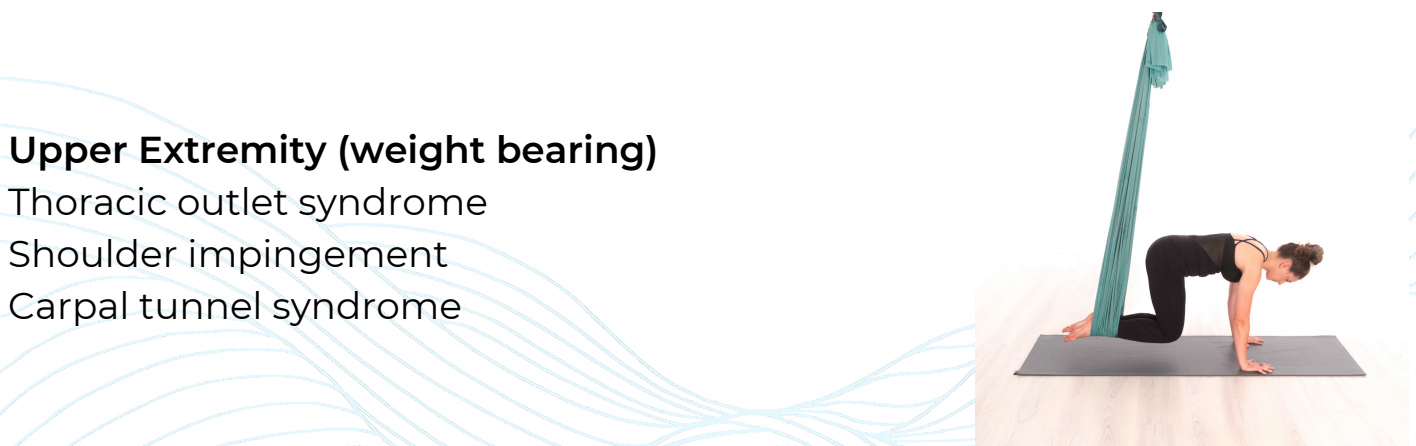
Lower Extremity (weight bearing)

Pelvic instability
Osteitis pubis
Total hip joint replacement
Trochanteric bursitis



Extension (bending backward)

Stenosis
Spondylolisthesis
Facet joint syndrome



Upper Extremity (weight bearing)

Thoracic outlet syndrome
Shoulder impingement
Carpal tunnel syndrome



Rotation (twisting)

This a combination of flexion, lateral flexion and rotation and therefore must be considered carefully for those with flexion or lateral flexion contraindications.

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Inversions and Traction

CONTRAINDICATIONS

Hypertension
Glaucoma
Gastric Reflux
Hiatal Hernia
Pregnancy
Soft tissue reactivity
Recent surgery or spinal fusion
Osteoporosis
Rheumatoid Arthritis
Adverse Neural Tension
Neurological Conditions
Structural Disease
Cardio-vascular Disease
Diabetes



PRECAUTIONS

Anxiety
PTSD
Claustrophobia
Less than 8 weeks postpartum
Presence of pain or discomfort