

**EQUIPMENT NEEDED:**

1. Treatment or massage bed;
2. stool or chair of adequate height for Learner to sit comfortably to enable work on the practice patient on the bed;
3. 2 pillows
4. blanket for the practice patient, as required.

## PRACTICE PATIENT CRITERIA AND CONTRA-INDICATIONS

A friend or family member, who must be over the age of 18 years and who consents to use as a practice patient, must be someone in relatively good health with only minor complaints, possibly of mild headaches, poor sleep, poor digestion and historical injuries that only sometimes bother them and or have mild but general complaints.

Minor children, under the age of 18 years, may not be used as practice patients until you have successfully completed the module relating to infants and children.

And persons with major health issues, multiple injuries or serious complications should not be used as a practice patient as yet. Anyone with any one, or more, of the following conditions may not be practised on at all:

- Acute history of intra-cranial haemorrhage ( within one year)
- Medically unstable heart
- Intra-cranial aneurysm
- Herniation of Medulla Oblongata
- Recent skull fracture, vertebrae fracture or rib fracture (within 6 months)
- Post stroke in the last 6 months
- Unstable Venous Malformation within the cranium
- Recent spinal lumbar puncture (within 3 months)
- Arnold- Chiari malformation
- Spina Bifida (Myelomeningocele)
- Recent concussion ( within 3 months)
- Cerebral oedema (Raised intra- cranial pressure)
- Recent Transient Ischaemic Attack or blood clots (6 months)
- Encephalitis or Meningitis or brain abscess or brain tumour (benign or otherwise)
- Diagnosed with Cancer and undergoing either Radiation or Chemotherapy or both
- Unstable Diabetes
- Congestive Heart Failure
- Generalised organ failure
- Renal Dialysis
- Otherwise bedridden and severely unwell
- Elephantitis
- Uncontrolled epilepsy
- Infectious skin conditions
- Other contagious and infections illnesses like bronchopneumonia etc.
- Mentally unstable psychiatric illness medicated or unmedicated