

COVID-19 vaccination policy



This clinic welcomes clients who have received a COVID-19 vaccination.



Massage therapy is not advised for the first 48-72 hours after receiving the vaccination: this is the period where you are most likely to experience the common side effects of vaccination, like headache, muscle and joint pain, and fever. Around 30% of people experience one of more of these reactions.



Please avoid booking an appointment during this brief post-vaccine window.



If you are feeling unwell please let us know.

If you experience any of the following side effects after a vaccination, you will need to seek urgent medical assistance:



- severe, persistent headaches that do not settle with paracetamol or other painkillers
- blurred vision
- weakness of face or limbs
- confusion or seizure
- shortness of breath that is not usual
- chest pain
- persistent abdominal pain
- leg swelling
- pin-prick rash or bruising not at the injection site that cannot be explained.

We look forward to seeing you at your next appointment.