

When should you not exercise? Contra-indications

Most of the time moderate intensity exercise is perfectly safe for everyone, but there are a few conditions in which exercise is dangerous and should be avoided.

I am listing here the most common contra-indications. Check-in with your doctor if you have any of these conditions for when it is safe for you to return.

Acute concussion (first 24 hrs) for info on when its safe to return see Sports Concussion South Africa

Acutely ill including influenza and COVID and gastro

If you have fainted DURING exercise until a doctor has cleared you.

Post-surgery: ask your doctor / physio when you can safely start with what type.

Pregnant **AND** bleeding or with other complications – check with your doctor / mid-wife.

Uncontrolled severe high blood pressure (as soon as it's controlled you must exercise)

Your doctor has instructed you not too (make sure you know when you can restart or if there's something else you can do in the meantime to keep fit).

Severe anemia (you cannot carry enough oxygen around, please get the anemia treated first)

Deep vein thrombosis or pulmonary embolism until it's been treated.

Heart related:

Unstable angina, get to a Dr and get treated, once you are stable you need to exercise.

Recent heart attack (until you've been treated and started on a rehab program)

Complete heart block (you are unable to increase your pulse rate)

Cardiomyopathy (a type of heart muscle disease)

Myocarditis (inflammation of the heart from exercising while you were sick...)

Acute congestive heart failure

Undiagnosed rhythm problems first get a doctor to do an ECG

Severe aortic stenosis

Aortic aneurysm

If you have something else and are not sure if its safe to exercise speak to your doctor (check if they are Exercise is Medicine accredited) or a Sports Medicine Practitioner, a Physiotherapist or a Biokineticist. You may need an exercise adaptation rather than no exercise. Pregnancy is a physiological state not an illness, if your pregnancy is going well you should exercise.

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