Cupping Therapy

What is it?

Cupping therapy is an ancient form of medicine dating back to around 28 A.D. China. This form of therapy uses cups that create a vacuum by either mechanical suction or fire, to lift the skin from the body for any amount of time that is appropriate for the specific patient. The point of this is to bring blood to the surface of the skin, allowing the body to release the stagnation and toxins that are stored beneath. It is essentially a form of deep-tissue massage that intends to mobilize the flow of blood.

Benefits

- Release stagnation
- Relieve muscular pain/tension/spasms
- Increase blood circulation
- Remove pathogens through the skin
- Removes stagnant old blood
- Promotes metabolism within skin tissue
- Facilitates flow of lymph
- Stimulates peristalsis to aid digestion
- Blood purification
- Decreased acidity
- Stimulates sensory nerves of the skin
- Can help with anxiety, fatigue, headaches, stiffness, and body aches

Potential Reactions

- Discoloration of skin; this may appear as a circular bruise due to the blood being brought to the surface of the skin. The color ranges from a light pink, to blue, red, or purple depending on the health of your body at the time of cupping. This is perfectly normal and depending on how you take care of yourself, they will disappear within 3 days to 2 weeks.
- Flu-like symptoms; this is considered a healing reaction due to the waste that is released into your lymph to be drained from the body. It creates a slight immune response (light headaches and body aches) and is treated with water and rest.

Contraindications

Any of the following conditions, but not exclusive to, is recommended to avoid cupping therapy.

- Consumption of blood thinners
- Suspected hemorrhaging
- Hemophilia
- Low blood pressure
- Kidney disease
- Cardiovascular disease
- Sites of deep vein thrombosis
- Pregnancy
- Infection
- Fever
- Acute rheumatoid flare up
- Cancer
- History of clotting disorders
- Sunburn
- Skin rash, psoriasis, eczema
- Medications; ask your doctor if cupping is contraindicated with any medication you are taking
- Shingles (herpes zoster)

Please disclose any significant health changes or past health history with your therapist so that we may discuss whether or not cupping therapy is the right treatment for you.

After Care

In order to gain the maximum benefits of cupping therapy, there are few guidelines to follow after each treatment.

- Drink plenty of water to help your lymphatic system get rid of the waste that has been pulled to the surface of your body.
- Stay warm covering the areas you were cupped, but avoid conditions of hot or cold for at least 4-6 hours. This includes saunas, hot showers/baths, hot tubs, or strong air conditioning/windy conditions.
- Avoid intense exercise for at least 12 hours.
- Avoid caffeine, alcohol, sugary foods and drinks, dairy, and processed meats as they will slow down your body's ability to process the treatment.
- Rest, especially if you are feeling fatigued.
- Enjoy your healing!

Cupping Therapy Client Release Form

- I understand that all treatments at this office are therapeutic in nature. I agree to communicate to the therapist any physical discomfort or draping issues during the session.
- Information has been provided to me about Cupping Therapy. If I choose to experience these therapies during treatments, I understand the potential effects and after-care recommendations.
- It has been explained to me that there are contraindications for Cupping Therapy. I have fully disclosed all health factors to my therapist, including those not mentioned on my intake form, to avoid any complications.
- I am not taking blood thinners, experiencing a fever, cancer, had recent surgery, have hemophilia or bleeding / clotting disorders, diabetes, abnormal blood pressure, nor am I currently pregnant.
- It has also been explained to me that there is the possibility of discolorations or bruise like markings that can occur from breaking up myofascial congestion or stagnation in my body.
- I further understand that the discolorations or bruise like markings are contusions (bruises) and will dissipate from a few hours to as long as 2 weeks in some cases in relation to my after-care activities.
- I understand that the first time I experience Cupping, my body's immune system can temporarily react to this release as it might with the flu- producing effects like nausea, headache, and aches that will subside in time with rest and water. Water helps to dilute the intensity of the release.
- I understand that the Cupping therapy modalities should not be combined with aggressive exfoliation, 4 hours after shaving, after sunburn, or when I'm hungry or thirsty.
- I understand that I should avoid exposure to cold, wet, and/or windy weather conditions, hot showers, baths, saunas, hot tubs, and aggressive exercise for 4-6 hours. I understand that exposure to such extremes can produce undesirable effects.
- I agree to disclose to my therapist if my medical health history would happen to change during the time period of receiving Cupping Therapy.
- I have read all of the above disclaimer and I agree that I am not currently experiencing any of the contraindications. I have had the opportunity to ask any questions about this treatment, and by signing below I agree to release my therapist from any liability in connections with receiving Cupping treatments.

Client Name _____

Signature_____ Date_____

Therapist Name _____

Signature_____ Date_____