

Cupping Therapy Information Sheet



What is cupping?

- A therapeutic application of cups, which can be used in a static or sliding/dynamic fashion
- Can cause a mechanical, chemical and/or neurological change
- There are different styles of cups: silicone, glass and plastic

Benefits of cupping:

- Desensitize regions of pain and irritability
- Increase blood flow and aid tissue repair
- Drain lymphatic system to reduce edema/swelling
- Loosen muscle knots and improve tissue flexibility
- Mobilize scar tissue and adhesions
- Reduced muscle spasms
- Release nerve entrapments

Is Cupping Right For You? (Precautions/Contraindications)

Do not use cupping tools without talking to a medical professional if you have any of the following conditions:

- Inflamed skin (rash, etc.)
- Active infection
- Known active tumours
- Over open or slow healing wounds
- Over a hernia or hernia repair
- During pregnancy
- Clotting disorders (eg. hemophilia, blood clots, etc.)
- Heart conditions or arterial/venous disease
- Over a disc herniation
- Areas on the body to avoid: front/side of the neck, genitalia, nose, eyes, ears

Before & After Care

Before

- Review & understand the precautions/contraindications
- If you have any doubts about this treatment consult a medical professional first

During

- Choose the right cup size:
- Smaller cups have more intensity and work better for areas that are curve
- Larger cups work well for large surface areas
- Avoid areas where bruising and/or redness would not be wanted
- Apply cream/lubricant to help with the gliding motion with sliding techniques
- Monitor the skin and how you are feeling during the treatment

After

- Monitor cupping marks
- Monitor how you are feeling from the treatment
- Clean cups with soap and warm water

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