

COCOON

Registered Massage Therapy Services

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About Cupping Therapy

The benefits of cupping include local pain relief and muscle relaxation as well as increase local blood flow to particular muscle regions. Cupping therapy utilizes negative pressure, rather than tissue compression. Cupping when applied may help reduce pain and increase range of motion.

Why Cupping is so effective in bodywork?

By creating suction and negative pressure, cupping therapy lifts connective tissue, releases, rigid tissue and loosens adhesions. Cupping pulls stagnated blood and waste to the skin level where it can be easily flushed out by the lymphatic and circulatory system.

Cupping techniques bring blood flow to stagnant areas. The pulling action engages the nervous system, thus allowing deep relaxation throughout the entire body.

What are the marks that can occur from cupping?

They are not bruises. They are metabolic waste, blood and other stagnant material that have been freed from the underlying tissue and brought to the surface where they can more easily be flushed away. These marks can last anywhere from a few hours to a few weeks and should not be tender to the touch.

Please initial the following and print/sign the bottom.

_____ I understand these marks may get darker as time passes.

_____ I understand that these marks may last up to 3 to 21 days

_____ I understand the benefits, side effects and contraindications of cupping therapy.

I, _____, confirm that my RMT has thoroughly explained the possibility of cupping marks that can occur in the cupping site.

Signature _____

Date _____