

Cupping Therapy Advice Sheet

Cupping therapy is one of the most effective methods of releasing the toxins from body tissue and organs. Cupping therapy is indicated for both healthy patients (anti-ageing treatment, rejuvenation purpose) and those suffering from a range of conditions.

A Physiotherapist utilizes a rubber pump to create a vacuum and this causes the skin to rise. This causes the tissue beneath the cup to be drawn up and swell causing increase in blood flow to affected area. Enhanced blood flow under the cups draws impurities and toxins away from the nearby tissues and organs towards the surface for elimination.

The cups are commonly placed on areas with abundant muscles. The back is the most common site of application, followed by the chest, abdomen, buttocks, and legs. Other areas, such as the face, may also be treated by cupping. According to research studies, it is recommended that cups should be on the skin for approximately 5-10 minutes. The residual marks left from cupping disappear in 1-10 day.

Intended benefits

1. Cupping helps to reduce pain and inflammation.
2. Improves blood flow.
3. Used for relaxation, well being and deep tissue massage.
4. It is safe, non invasive and inexpensive treatment.
5. Rejuvenation of body organs.
6. Facilitates healing process and strengthens immune system.

External benefits

- Headaches and migraines can be treated by increasing the flow of oxygen and nutrients up into the scalp.
- Muscle tissues are softened and an increase in flexibility and mobility.
- Muscular Injuries are eased by speeding up the healing process, reducing aches and pains. E.g., lower back pain.
- Cellulite: The lymphatic system is stimulated, increasing circulation which helps to improve the appearance of cellulite with the area looking smoother and firmer.
- Arthritis: Removing excess fluid and toxins (such as uric acid and cytokines) from the area will reduce inflammation and swelling.
- Varicose Veins: cupping helps drain away fluids which can exert pressure onto the varicose veins, whilst preventing the formation of new varicose veins.

Internal benefits

- Immune response: The increased blood flow triggers an immune response within the whole body. Cupping aids move congestion, fluid and mucus. Common Colds and Flu benefit from an autoimmune response, speeding up recovery.
- Fertility: Cupping induces ovulation, balances hormones and prevents ovarian cysts, As well as removing blockages and inflammation in the fallopian tubes.
- Asthma: The increase in blood flow from cupping sends red blood cells to the lungs. These deliver oxygen to the surrounding cells, allowing the lungs to expand more and the airways to open. This can help reduce Asthma attacks.
- Metabolism: Cupping enhances the secretion of bile and improves the appetite and metabolism, regulates bowel movements, and helps prevent constipation and diarrhoea. Blood circulation to the digestive track is increased which helps the secretion of digestive enzymes helping indigestion.
- Weight Loss/ Diabetes: The increase in metabolism can help with weight loss. whilst regulating hormones, cholesterol and sugar in the body, which can help control diabetes.

Contraindications

- Kidney failure
- Cardiac failure
- Leukaemia
- Allergic purpura
- Any other type of organ failure
- Cancer that is spreading through the body
- Haemophilia
- Dermatitis
- High fever
- Radiation
- Extremely over or under weight

Side effects of cupping

Cupping is a low-risk therapy. The side effects will typically occur during your treatment or immediately after. After treatment, the skin around the rim of the cup may become irritated and marked in a circular pattern.

Light-headedness

Dizziness

Sweating

Nausea

Blisters

Fatigue.

Headaches.

Muscle tension or soreness.

Skin infections, bruising, itching or scarring

Types of cupping

Dry Cupping

The treated area will benefit from an increase in blood flow which encourages oxygen, fresh blood and nutrients, this in turn will speed up the healing process.

A deep sense of relaxation and relief can be experienced as well as extreme tiredness after the session is over. Bruising, slight swelling and soreness at the sites where the cups were placed is normal and the desired effect of cupping is for the skin to show blemishes. The darker the discolouration of the blemish the more toxins are present in the area.

Wet Cupping

Wet cupping is the same as dry cupping however a scalpel is used to create small scratches on the skin, which draws out stagnant blood, offering relief from pain. The advantages of wet cupping over dry cupping are:

- Wet cupping stimulates the flow of blood and chi almost immediately. Therefore it can be considered the fastest method of cupping when comparing results.
- Wet cupping is the most effective method for pain relief for both chronic and acute pain.
- Wet cupping offers long-term relief for several ailments including flu, addiction, acne, skin disease, anxiety attacks, fibromyalgia etc

Massage Cupping

Unlike traditional massage there is no downwards pressure, the pressure is forced upwards into the cup allowing for a more comfortable deep tissue effect. Massage cupping is the most non-invasive and safe type of cupping and it can be tailored for use on children, adults and the elderly safely.

If marks are shown after cupping massage, it is a sign that there is muscle congestion in area and some regular treatments might be beneficial.

Facial cupping

During face cupping massage, you apply a serum or oil, then nonstop move or glide the cups 'massaging' the face. Because of this constant movement – you do not get facial bruising.

Facial cups (more often made of silicone) are suctioned on to the skin creating a negative pressure which separates your 7 skin layers. The point of the massage is to move the cups around the face and as you're gliding them you are creating a lymphatic drainage.

Intended benefits

- Brighten the skin
- Stimulate your cells to produce and secrete collagen
- Diminish fine lines
- Prevent & treat acne
- Reduce hyperpigmentation
- Reduce acne scars
- Reduce pore size
- Firm and tone and lift your skin