

Massage Cupping For Self Care



w/ Rev. Jason Abbey, LMT, MCT, MFDT

MassageCuppingCE.com

JasonAbbeyLMT@gmail.com

Massage Cupping For Self Care Elective



DiscoveryPoint
School of Massage



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Sup?!

- Who are you? LMT/Student? Length of Experience?
- What level of exposure do you have to Cupping?
 - Have you received Cupping?
 - Have you seen a Cupping Demo?
- What are your problem areas? What is your current self care routine?

Class Agenda

- Intro's
- History of Cupping
- Introducing the CUPS!
- Benefits & Therapies
- Contra's & Cautions
- Cupping & Gua Sha

Purpose of this class:

- Educate and inform you as to what Massage Cupping (MC) is, how and where it's used in Massage Therapy. You'll learn a brief history of Cupping, current cups available, how they're used, contraindications, and how to use Massage Cupping for Self Care.
- **This class is NOT TO TEACH YOU TO DO MASSAGE CUPPING ON ANOTHER PERSON, ESPECIALLY ON A PAYING CLIENT!**
- **I am asking you not to practice MC on anyone without formal training from a qualified MC Instructor.**

Brief History of Cupping

- The true origin of Cupping Therapy, Vacu-Therapies, Suction Therapy, remains in obscurity. The Chinese expanded the utilization to include use in surgery to divert blood flow from the surgery site. Cupping eventually developed into a separate therapy, with healers treating a variety of conditions. Early written records date from 28 AD, and a traditional Chinese saying indicates "acupuncture and cupping, more than half the ills cured."
- The Egyptians produced a text on ancient medicine that discussed the use of cupping for conditions such as fever, pain, vertigo, menstruation imbalances, weakened appetite and accelerating the "healing crisis" of disease. From the Egyptians, cupping was introduced to the Greeks and eventually spread to ancient cultures in many countries of Europe and even the Americas.
- ◉ Cupping developed over time from the original use of hollowed animal horns to drain toxins out of snakebites and skin lesions. Horns evolved into bamboo cups, which were eventually replaced by glass. Therapeutic applications evolved with the refinement of the cup itself, and with the cultures that employed cupping as a health care technique.
- ◉ In recent history, European and American doctors widely used cupping in practice into the late 1800's. Research papers were written in the 19th century, and a collaborative effort between the former Soviet Union and China confirmed the clinical efficacy of cupping therapy. It became an official therapy to be found in all Chinese hospitals. Breast cupping became common for inflamed breasts and lactation dysfunctions. The familiar breast pump emerged from this. The 20th century brought about a decline in interest as technology and machines came into use.

Brief History of Cupping Continued...

- Hippocrates, acknowledged as the “Father of Medicine”, described different versions of cupping in his *Guide to Clinical Treatment*. He recommended it particularly for the relief of angina (chest pain caused by reduced blood flow to the heart) and menstrual disorders. Hippocrates was also a teacher of Cupping and was rumored to chastise any practitioner of medicine who did not use Cupping as a part of their therapies.
- Several centuries later, Galen, another pioneer of medicine, was an avid practitioner of Cupping himself.
- Cupping has also been used as a religious rite and ritual as a part of a purification/ cleansing in various traditions around the world.
- The Arabic term for Cupping, *hijaama*, means “to reduce in size”. “That is, to return the body back to its natural state”
- The practice of Cupping (*hijaama*) is widespread in the Islamic world, and has been so for centuries. It is a basic aspect of surgery wherever it is available. It is commonly practiced in most steam-baths (*hammam*) throughout the region, along with bloodletting, massage and hydrotherapy. Cupping has the full support of the religious authorities, as it is endorsed by the Prophet Mohammed (pbuh) in numerous directives and texts. It fulfills three important roles for Islamic people – maintenance of optimum health, prevention of diseases, and treatment of medical ailments.

Myofascial Decompression

Dr. Daprato, UCSF

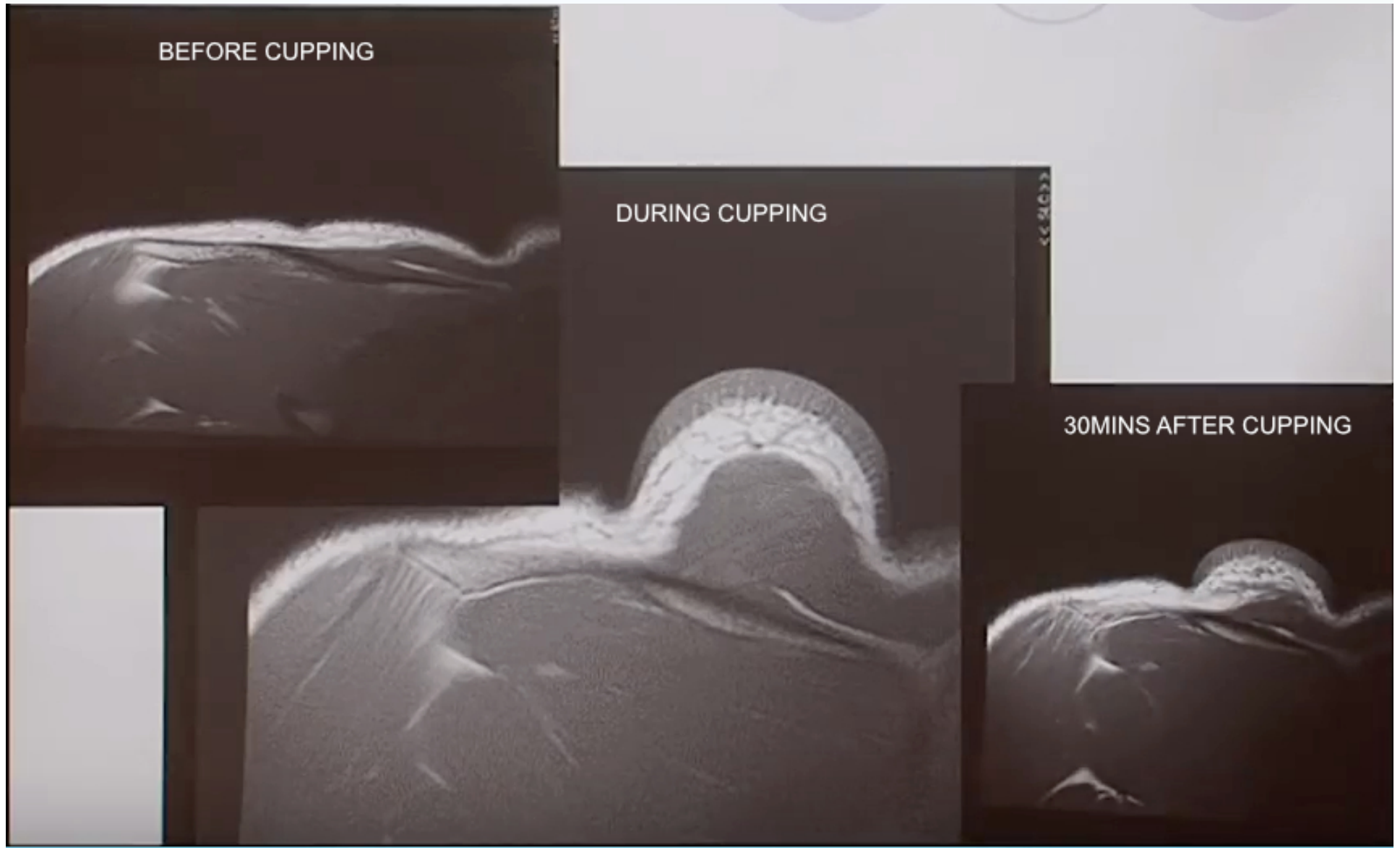
Myofascial Decompression (MFD), otherwise known as Cupping, is a form of soft tissue work where a pneumatic (air/mechanical) pump is used, along with plastic vacuum cups and placed on the skin to release the fascia and muscle tissue underneath.

This form of Cupping application is relatively new to the PT world. MFD was coined in 2008 by Dr. Daprato and is used primarily as a static Cupping with deep suction and positional or ROM release.

This form of Cupping was what was used by athletes in the 2016 Olympics.



MRI Images from UCSF, Dr. D



Cups We'll Be Using

Glass Cups



Facial Cups



Trigger/Turtle



Silicone



Mechanical Vacuum



Cellulite/BodySculpt



Other Types of Cups



More



More



And...





Lubricants & Gliding Agents:

- Coconut Oil
- Fractionated Coconut (liquid at room temp)
- Jojoba Oil
- Sunflower Oil
- Apricot Kernel Oil
- Avocado Oil

Any of these Oils can be mixed with your current lotion or may be used alone



TRY NOT USE MINERAL OR BABY OIL:
These have a drying effect on the skin and contain fragrances and chemicals.

*If the above oils aren't available or you have another oil preference you can use that, it's best to use light oils without fragrance. Olive Oil can turn rancid on linins and has a heavy feeling on the skin.

Self Care at your finger tips!

- * Primarily Increases Circulation
 - * Release rigid soft tissue (ex. scar tissue)
 - ⊙ * Drain excess fluids and toxins
 - ⊙ * Lift connective tissue
 - ⊙ * Bring blood flow to stagnant skin and muscles
 - ⊙ * Pulling action engages parasympathetic nervous system allowing deep relaxation
 - ⊙ * Activates the secretion of synovial fluids to release joint stiffness
 - ⊙ * Promotes vasodilatation and increase skin temperature
 - ⊙ * Promote metabolism of skin tissue for more efficient sweat and sebaceous glands
 - ⊙ * Flush capillary beds
 - ⊙ * Re-supply nutrients
- ⊙ Facial cupping
 - ⊙ * Drainage of stagnant fluids reducing edema and puffiness
 - ⊙ * Lines and wrinkles will plump and reduce in appearance
 - ⊙ * Loosen rigid muscles associated with TMJ
 - ⊙ * Sinus infection and inflammation relief

Complimentary Therapies And Benefits

- ◉ Massage Cupping (MC) releases rigid soft tissue; drains excess fluids and toxins; loosens adhesions and lifts connective tissue; bringing blood flow to stagnant skin and muscles. MC makes MFR effortless and produces results more quickly. It also breaks down adhesions with less time and energy spent by the Practitioner.
- ◉ Due to its wide application, many other therapies can greatly benefit from MC techniques including; Physiotherapy, Aromatherapy, Spa Applications, Cellulite treatments, Reflexology,, Acupuncture/Acupressure, Biomagnetic Field Therapy, Chiropractic, Shiatsu, Osteopathy, aesthetic protocols, pre/post surgical care, etc.
- ◉ MC can be combined or used as a supplement to traditional massage sessions. The results from the cups are comparable to other expensive and many times painful treatments that usually require large mechanical devices to deliver the results that you expect and want.
- ◉ Another benefit of Negative Pressure Massage is that it really feels great. The pulling action engages the parasympathetic nervous system, thus allowing a deep relaxation to move through the entire body.

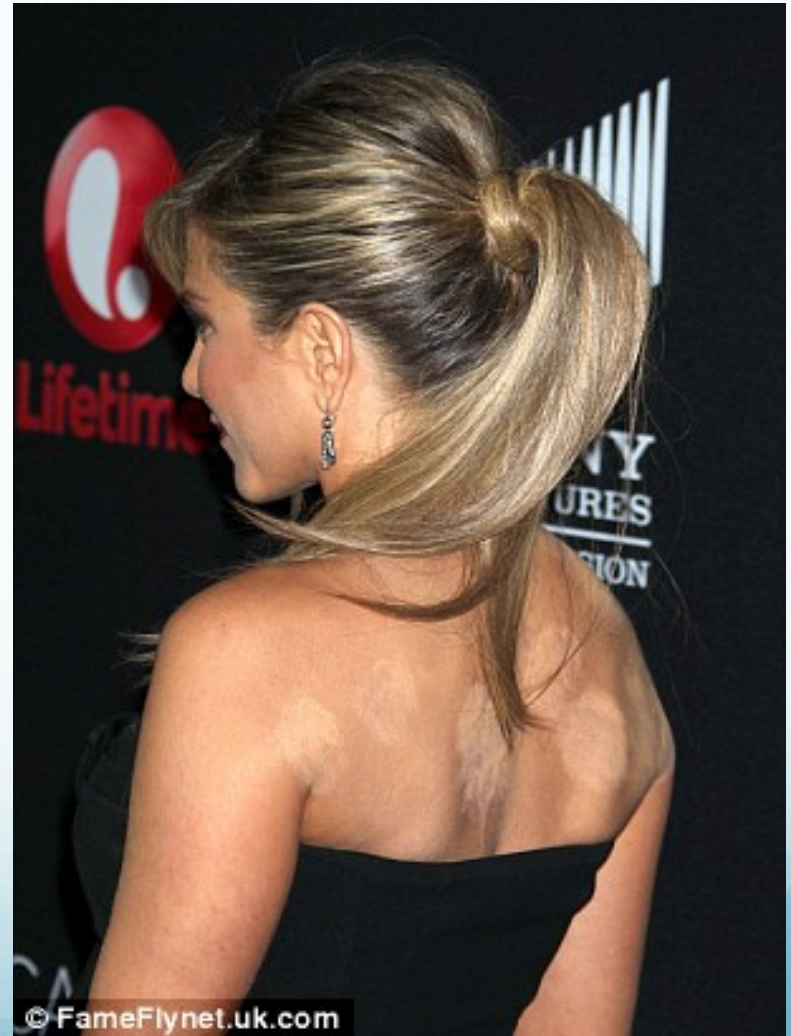
ME!



Marks Marks Marks Marks Marks
MarksMarksMarksMMMarks!!!



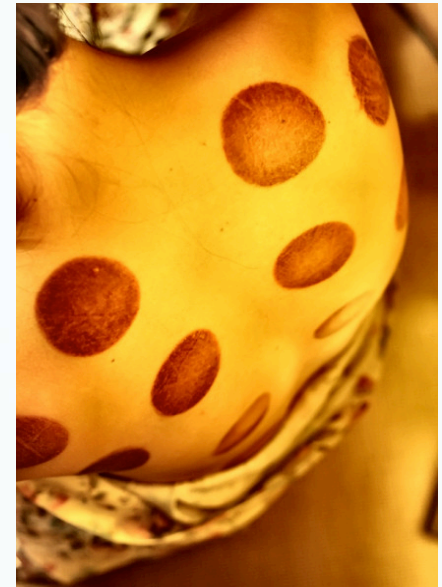
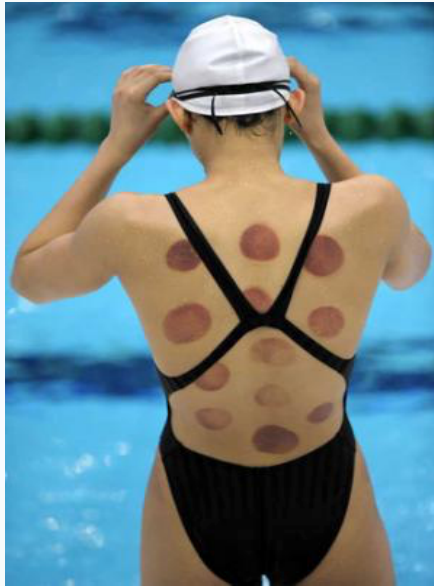
Infamous Cup Marks Heard 'Round the World...



Cupping is sooo...POSH!??



Marks







Healthy Blood
Circulation



Moderate
Stagnation



Severe
Stagnation



Congestion
and Toxins



Blood and
Qi Deficiency

What is a Cupping Mark?

- The most common misunderstanding regarding one of the most powerful and beneficial after effects of Cupping, is the marks that sometimes result.
- **A MARK is NOT A BRUISE**, there has been no blunt force trauma or damage to the tissue. The use of a term like “Mark, Discoloration, Response to Cupping” are preferred terms to “Bruises or Hickies or reaction”.
- It is not our intention to cause a mark, however if they do occur (or not) this is an important diagnostic tool. Generally speaking the darker the mark, the older or more chronic the condition. Gray or black color is an indication of smoke inhalation or even mold release. Simply put, what goes in the body needs to go out or it can become a long term issue.
- When injuries occur deep in the muscle, internal bleeding often occurs causing deep bruises. There will also be edema in the area involving the coagulation of sticky proteins. The combining presence of these elements usually results in stagnation of circulation to the area - resulting in pain, dysfunction, and chronic conditions.

What is a Cupping Mark?

- The vacuum formed by MC draws up the old non-circulating stagnant blood and sticky fluids from the area, bringing them up to the surface and away from the injury so that healthy free circulation can be restored to the affected area, thus creating space for oxygen, living cells and nutrients for faster recovery.
- Where there is dead, static blood, lymph, cellular debris, pathogenic factors, and toxins present in the body, Cupping can leave marks which indicates that the stagnation or disease has been moved from the deeper tissue layers to the surface.
- In many countries - this is a non-issue, they've experienced themselves the amazing detoxifying effects suction therapy can provide.
- In some industrialized countries, where Allopathic Medicine still overshadows more holistic approaches, these surface discolorations are misinterpreted as damage.
- Westerners also live in an image conscience society and also has a heightened sensitivity to domestic abuse...

Safety and Contraindications

Avoid Massage Cupping:

- Open Wounds
- Aggressive Cupping Over Organs
- Skin Rash
- Irritated Skin
- Over an Acute Injury
- Blood Clots
- Varicose Veins
- Heavy Exfoliation
- Bulging Disc's
- Norplant (Female form of Birth Control)
- Bio Magnetic Cups on CX with Pace Maker, Insulin Tracker/Pump, Metal Plate w/Superficial Hardware, Hearing Aids
- Recent Tattooing (Less than 9 months old)
- (CX) Avoid Extreme Heat/Cold after TX for 24 hr and Exercise for 4-6 Hours
- Remove Hearing Aids When Using Bio Magnetic Cups
- Be sure NOT to over cup your client, base the amount of cupping on clients using the same considerations you would use for deep tissue and other modalities

Generally speaking, if your clients condition is contraindicated for Massage in general, avoid cupping.

Safety and Contraindications

Severe Diseases

Cupping should not be applied on the portion of tissue where hernia exists or has occurred in the past.

Lesions

Bulging Discs

High Risk Pregnancy. For clients with a healthy/normal pregnancy avoid static/aggressive cupping on the abortion points, the lower abdomen, medial leg, and sacral region.

Injection Sites

A thorough health intake should always be on file and updated/reviewed often when considering MC. Remember your clients needs can change from day to day and MC may not be appropriate based on several factors.

Organ Failure

Severe Edema

Clients who are lethargic or exhausted should avoid receiving MC may amplify these.

Hemorrhagic Diseases

Allergic Pupura/Vasculitis

Avoid aggressive cupping directly over organs like the kidneys, liver, and superficial arteries, as well as 3D varicose veins, superficial nerve or arterial tissue; avoid the inner thigh and arms due to sensitive tissue and sites of caution. Avoid static cupping over lymph nodes.

Hemophilia

Leukemia

Dermatitis

Clients with high blood pressure (not being controlled with medicine and monitored by a Dr.). Clients who are on blood thinners should not receive cupping without prior consultation with their PCP.

Destruction of skin

Pressure Matters

- ⦿ Always ask the client if the pressure is uncomfortable in any way. Almost all areas of the body may be worked on, including the neck, shoulders, middle and low back, and sacrum. The stomach, hips and thighs require a gentler suction.
- ⦿ Watch closely to determine the circulatory reaction and adjust the suction as needed. It is a good idea to start with a medium to light pressure and increase slowly. Marks may occur with very strong cupping - and while this may be considered beneficial in TCM, this is usually not the way to send a client home from their first massage.
- ⦿ Remember that the intensity of the cupping depends on a few factors:
 - 1) How quickly the cup is placed on the skin after the flame is removed.
 - 2) The strength of the flame (certain alcohol burns hotter than others).
 - 3) The size of the cup.
 - 4) If using a vacuum set, the pump will determine the suction.
 - 5) How hypertonic, injured, and congested the underlying tissue is.

Start slowly, use adequate lubrication, and medium pressure as you can always add more if needed. Watch for non verbal cues from your client such as quick shallow breaths, flinching, resisting, and holding.

Swedish Gymnastics & Injury TX

- ◉ Swedish Gymnastics and other ROM
- ◉ Using the Silicone Cups will allow for movement of the joint and the freedom to Cup Directly over Bony Prominences
- ◉ TX of Acute, Sub Acute, and Chronic Conditions and Injuries
- ◉ Cross Fiber FX and Realignment
- ◉ Ligaments and Tendinous Tissue
- ◉ MFR

Gua Sha

- Gua Sha is a technique used in Traditional Chinese Medicine, in the western allopathic world this practice is called, “Graston”. It is often used to treat muscle pain and tension, but can be used for relieving fevers, treating the common cold, to increase the temperature of the skin, etc. Gua Sha aims to move energy, known as qi or chi, around the body. The treatment involves using a tool to press stroke the skin in long or short strokes. Gua Sha helps to break down scar tissue in connective tissue, increasing circulation and space between the layers of fascial tissue.
- The name Gua Sha — pronounced gwah-shah — comes from the Chinese words for scraping sand. It may also be called skin scraping, spooning, or coining.
- According to Traditional Chinese Medicine, qi or chi is energy that flows through the body. Many people believe that a person's qi must be balanced and flowing freely to ensure their health and wellbeing.
- Traditional Chinese Medicine views blood stasis or stagnation as a cause of pain and illness. People also believe that qi can become blocked, causing pain or tension in the muscles and joints. Gua Sha moves this blocked energy to relieve aches or stiffness.
- Massage Cupping and Gua Sha are perfect complimentary medicine, as a supplement for formal massage treatments, and are amazing modalities that every LMT needs to add for a comprehensive self care routine. These modalities can be applies to any place on the body. In the extremities, work distal to proximal, flushing toward the heart when moving in a linear direction.

Visuals of OLS

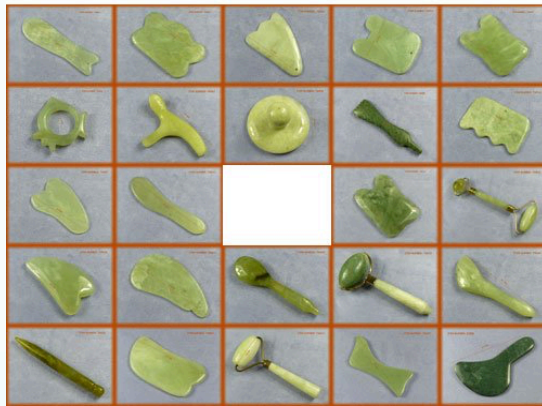




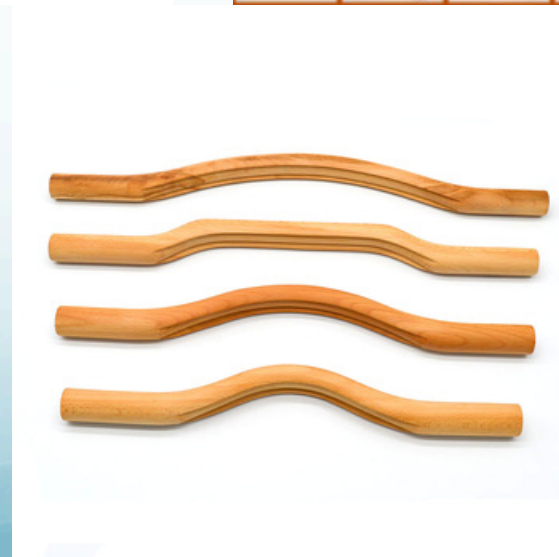


Equipment & Photos

Green jade



buffalo horn



Marks & Sha



GET YOUR CUP ON!

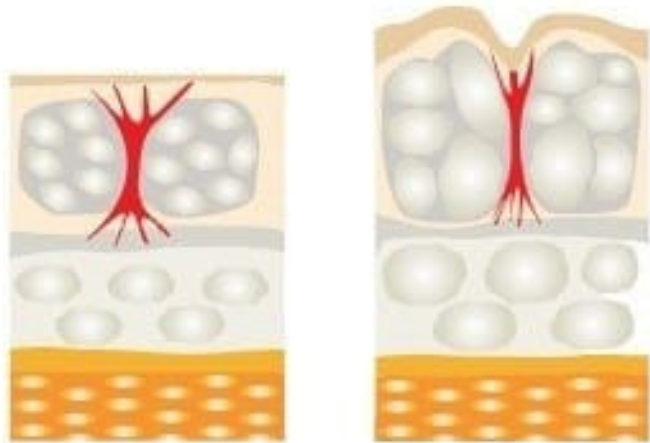
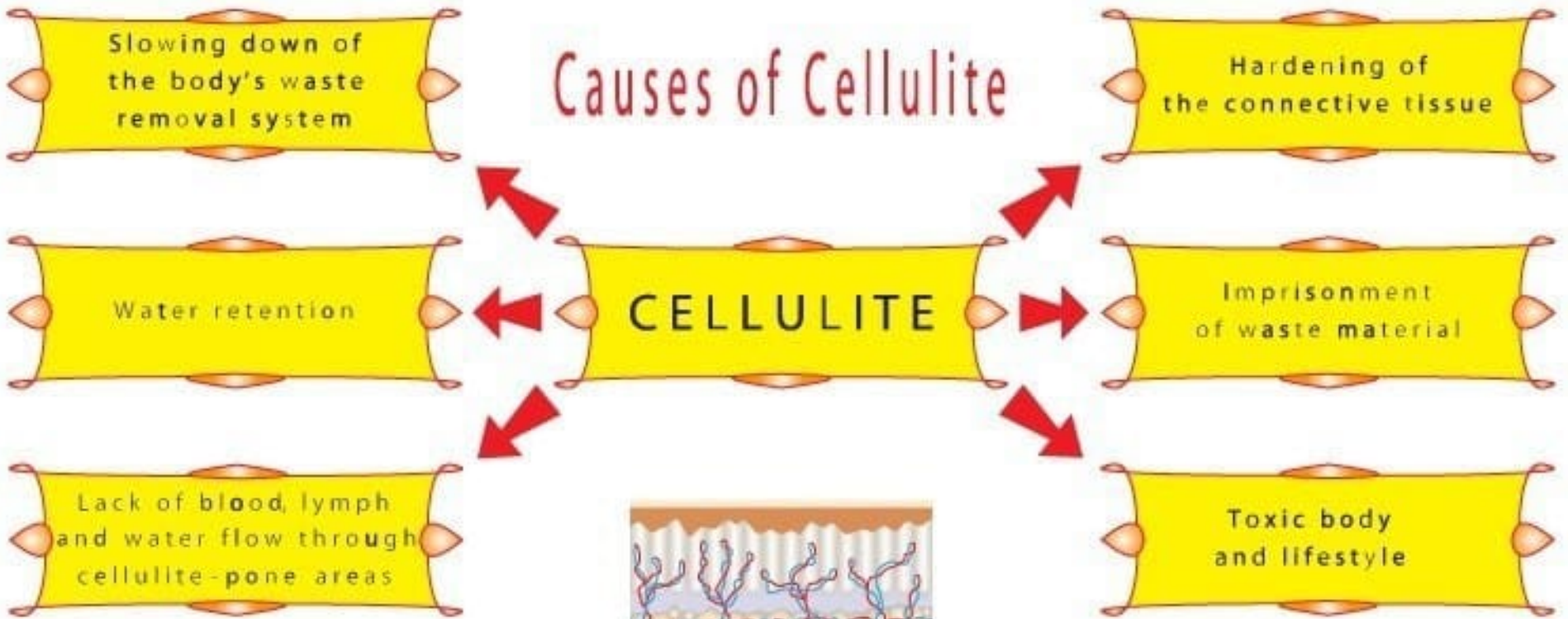


Cellulite TX

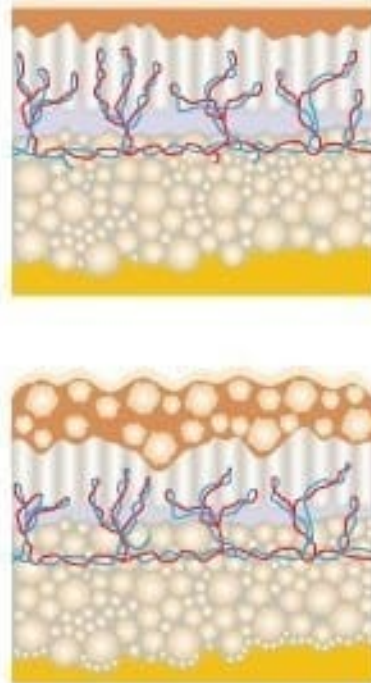


- Massage cupping is also effective in treating cellulite.
- A light suction provides drainage, while heavier application can be used to stimulate circulation and loosen adhesions or "dimpling."
- Using a Circular Motion toward the Heart to facilitate Drainage.

Causes of Cellulite



The Formation of Cellulite
 (Toxic Accumulation, Enlarged Fat Cells, Poor Circulation, Fibrosis of Connecting Tissue, Water Retention)



Causes of Cellulite

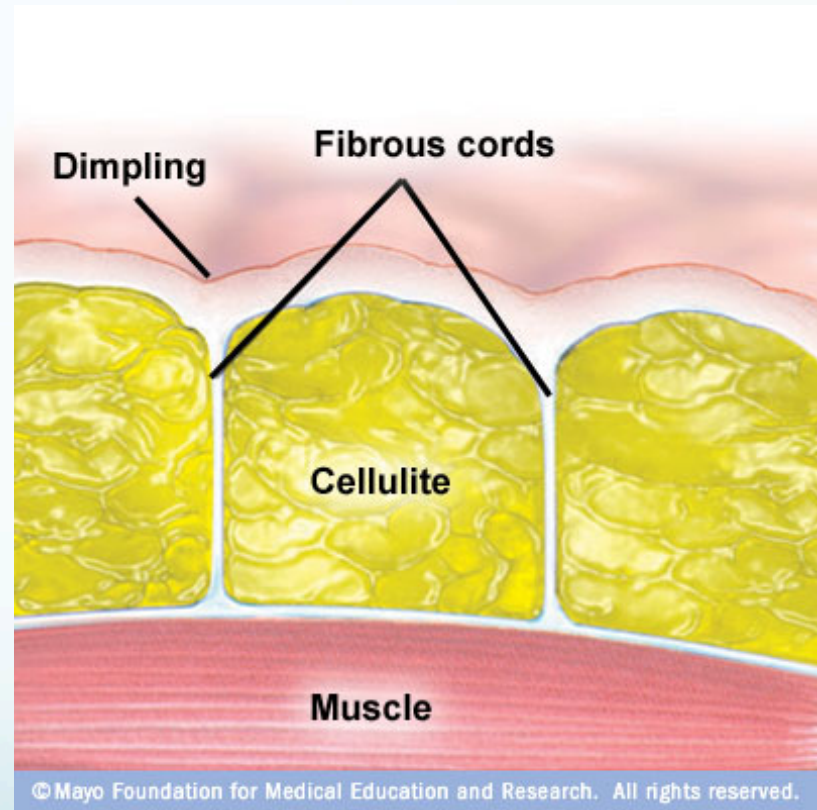
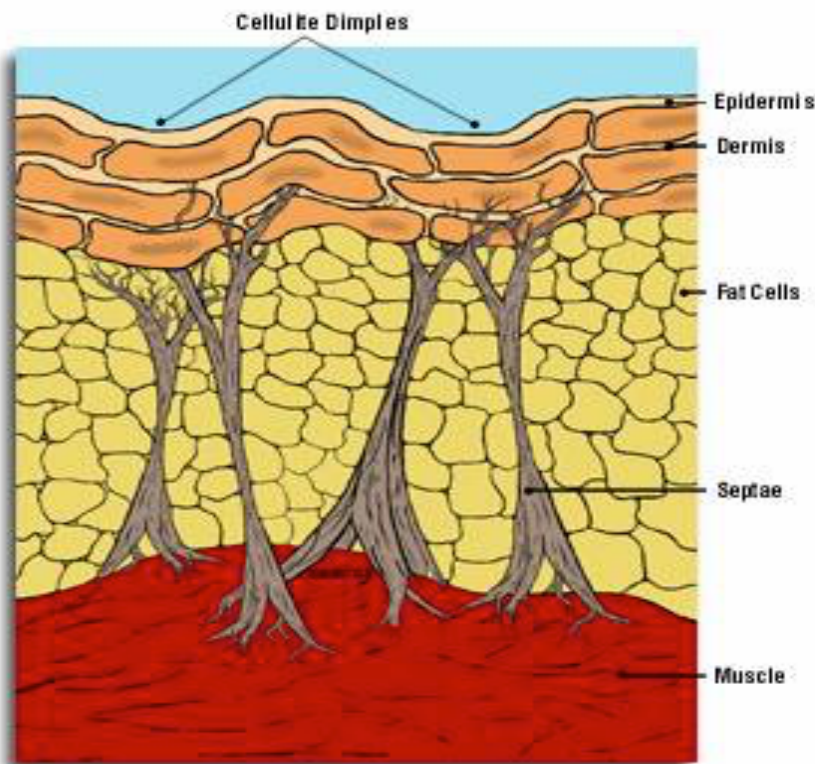


Male Fat Cells



Female Fat Cells

Anatomy of Cellulite



Grades of Cellulite



GRADE 0

No dimpling when pressure is applied



GRADE 1

Dimpling when pressure is applied



GRADE 2

Dimpling is visible when standing, but not when lying down



GRADE 3

Dimpling while both when standing and lying down