



# Cupping 101

Cupping therapy is a form of mechanical decompression in which a therapist puts suction cups on your skin for a few minutes.

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The suction cups then pull superficial & deep muscles into the volume of cup to increase space between tissues, blood flow & fascial lubrication to the soft tissues.

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The benefits include but are not limited to increasing range of motion, pain reduction, & muscle relaxation.

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It invigorates local circulation of blood in the area being treated, resolving swelling, pain & tension by drawing impurities to the surface, removing toxins.

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