
CUPPING ADVICE LEAFLET

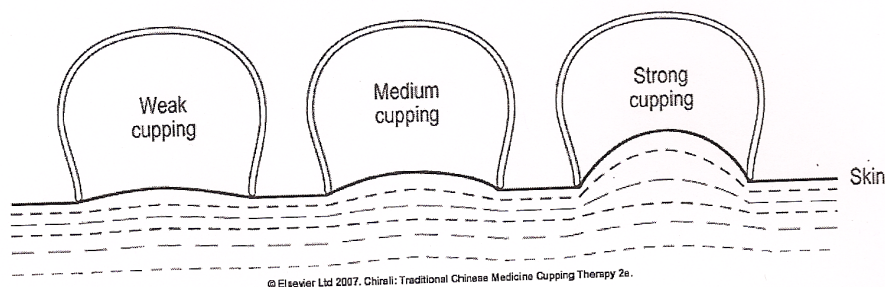
What is cupping?

Cupping comes from Traditional Chinese Medicine. Cups (plastic or glass) are placed on the skin and are held in place by creating a vacuum.

How does it work?

The vacuum causes a drawing up of the underlying tissues into the cups. This results in improved circulation to the area.

The cups (2-4) are left in place for five to 15 minutes, and when removed, they usually leave a round red bruise behind. Cups are applied at the level of tightness to suit each person's level of comfort.



The cups may be left static or moved. The latter is very similar to a deep massage. Cupping may be combined with acupuncture where appropriate.

It is a completely safe and highly effective technique.

What conditions is cupping commonly used on?

- Tight and sore muscles (especially the upper and lower back)
- Headaches
- Sports injuries e.g. ITB syndrome, muscle strains

What should I be aware of if having this treatment?

Discolouration (round red or purple bruises) is the major sign that the treatment has been effective. The extent of the discolouration will depend on the severity of the problem i.e. the more chronic the problem the deeper the discolouration.

Discolouration will remain once the cups have been removed. It is recommended to avoid a cold environment after treatment and the use of a wheatbag/hotpack and appropriate attire needs to be taken into consideration. These markings can take several days (3-4) to disappear, but they will go away. Each individual thus needs to take into the consideration the clothing worn following treatment.

If you have any queries, please consult your physical therapist.