Cupping Therapy and its Benefits

Introduction

Cupping therapy has been used for more than 2000 years and by many healing practitioners. There is two main types of cupping which is wet(hijama) and dry cupping which we all know by is practiced with the glass or the more current ones that falls under handheld pump for more accuracy of power for suction applied onto the skin. Wet cupping is a form of blood letting which is then accompanied by cupping the area of affected site to allow healing to take place, the dry cupping is mainly used by a glass cup and accompanied by putting flames into the cups to allow a suction from the exchange of gases which then is used to be applied onto the skin. The cups are usually aligned within the Eastern meridians or acupuncture points to help rid of pathogens in the body. It also helps to balance the flow of Qi in the body which in turn makes your immune system stronger according to the Eastern medicine.

Decompressive Therapy

Pain as we all clinicians know, can be alleviated via compressive and decompressive. Cupping therapy amongst few others are a form of de-compressive therapy added onto the skin to decrease pain and allow more interstitial flow helping with healing and increasing daily and sports performance. Unlike massage and many other compressive force of therapy, cupping provides a lifting effect on the skin for better flow of blood and lessen the stagnation process of the blood flow.

Modern Cupping

With us moving forward in time, there is always a change on information, invention and thought process as well. The current mode for clinicians to be able to seamlessly use and rely on both eastern and western medicine using the silicone cups are such that there isn't anything that can hold a practitioner back as they are easy to use and easily portable , making treatment more accessible.

Silicone Cupping

Silicone cupping was a breakthrough for many cupping therapists around the globe as prior to this, the only approach was to place a glass cup which would have the practitioner to light up with a small flame to induce the vacuum on the skin. The then rigid cups are easily broken if dropped and can be quite difficult to handle let alone placed in some areas that needs a bit of flexibility in materials. Advanced materials have allowed us to create flexible silicone cups with extraordinary advantages.

They're virtually unbreakable, portable and pliable. Most importantly, you can easily control the degree of suction by simply squeezing the cups more firmly or gently, depending on your preference. This materials breakthrough combines modern science with an ancient healing art, bringing you the best of both worlds.

The silicone cups creates gentle movement that can reach up to four inches inside your tissues. It leaves your skin and muscles feeling refreshed and rejuvenated, and the enhanced circulation brings new blood and nourishment to the tissues.

Lastly Cupping therapy is remarkably affordable and simple to use. You will start seeing your practice grow just by adding this simple tool to use!

Benefits of the Silicone cups:

- Portability
- Easy to wash
- Easier application on body parts that is hard to reach
- Easy to apply and take off
- Better control and grip
- Faster and easier control of suction accuracy
- Glides easier
- Can be stored cold to provide cryotherapy
- Can be heated prior to use
- Allergy free (Hypoallergenic material)
- Superficial Fascia/ Myofacsial release
- Active movement release
- Can be used in conjunction with Eastern and Western medicine approach whilst cupping
- Non-Invasive
- Cheap
- Easy to store

If you are interested to gather more information on how to use cupping into your practice, you can drop us an email at **general@itigrad.com** and we will cup back to you! Alternatively you can visit us at **www.itigrad.com** for more information. We look forward to hearing your success stories and increase the awareness of cupping therapy! Thank you for your time!





Non-Specific back pain

Green tags: This is used to illustrate the amount of cups that you can use if you have extra cups. Kindly take note that you would be placing the same size cups along those lines.

Fingers: Place extra cups at those points if you have extra cups as your sets will consist only of those pictured. The reason for those points is that you release the kidney points and the thoracolumbar junction together at the same time providing many benefits!





Sciatica

A great way to relief the nerve compression is to follow the lines or the sciatic nerves.

Start with the glutes and work your way down the whole chain.

Alternatively, you can use the cups NOT on the sciatic nerves in a straight line over it but beside it as well making two rows outside the sciatic nerve!







Rotator cuff

Green tags: This is used to illustrate the points to cup using the same size cups. It helps target the traps, rhomboids, teres m, lats, infraspinatus and the inferior or lower rhomboids.

Fingers: Place additional pair of cups on the fingers. You may use a smaller sized cups.







Intercostal / Serratus anterior

Top picture: Begin this with applying emolium or oil of your choice. Start with the cups being at the lateral side of the body and ask the patient to take a few deep breaths while having the cup stationed there still.

Next few deep breaths, glide the cup upon inhalation and slide slowly. Making sure that you follow the patients breathing while gliding.

If patient is comfortable with movements via shoulder flexion, ask patient to have themselves move into flexion and glide the cups accordingly.



General knee pain

With regards to knee pain you may use a generic technique that may help with most knee pain. Choosing the distal direction from the hips, you may choose to give a generic area for decompression surround the knees.

Place a big cup on the top of the knee, place a smaller cup on the distal end of the IT band and one more on the Medial Collateral Ligament. You may use smaller sized cups along the knees if you have more and allow a full de-compression of the knee area.





Tension/ headaches

Tension headaches are usually associated with the pain or tender points near the Levator Scapula is. Patients will complain or feedback that the pain is increased upon palpation of the LS.

You may use to smaller cups and line them up along the fibre of the muscles.

You can as well use a larger sized cups to allow more surface area surrounding the superior margin of the scapula and then followed by a smaller sized cups to allow a much more specific targeting of the areas to be treated.





AMT SHOULDER

Place cups in a static order.

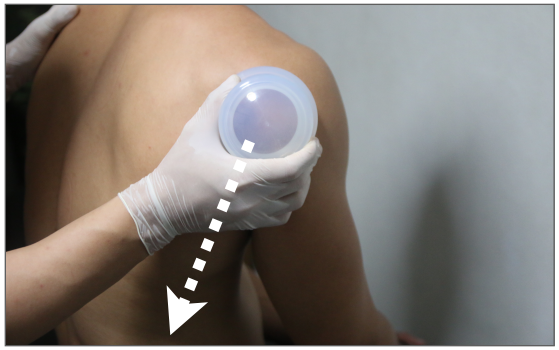
Start by having the largest cup on the posterior aspect of the deltoid.

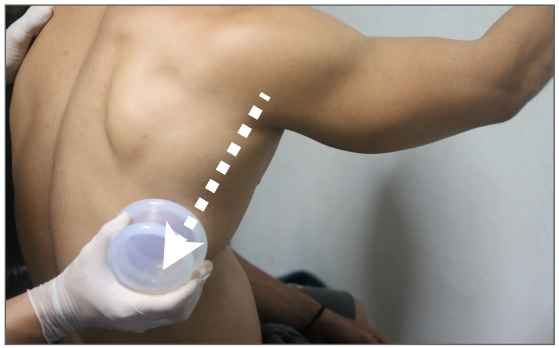
Second cup will be applied on the lats.

Third cup will be placed on the supraspinatus tendon.

Fourth cup will be placed in between the posterior deltoid and the supraspinatus tendon.







SFT SHOULDER

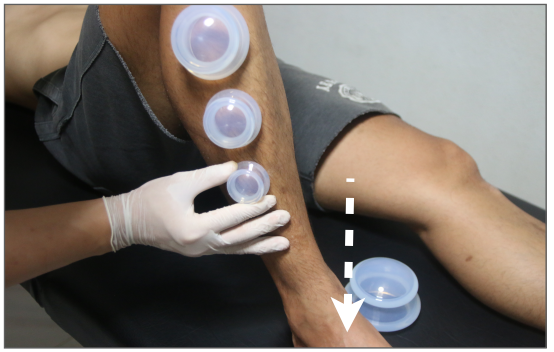
Active Movement Technique allows a more dynamic approach to fascia release and provides the muscles involved to be more facilitated.

Place the cup of specific size to the area of treatment and use a medium vacuum.

Start by placing the cups on the posterior aspect of the shoulders.

Ask patient to move the shoulder into shoulder flexion without pain or just before the pain(work below the pain parameters so that the CNS allows release of the fascial and the muscular system.

Follow the pattern of the lats down and repeat this a few more time until desired outcome.





AMT SHIN SPLINTS

Place the cups in a static manner along the shin of the affected side.

Start by asking the patient to plantar flex.

Next ask patient to move the feet into dorsi flexion.

Repeat this a few times until desired time and outcome is achieved.





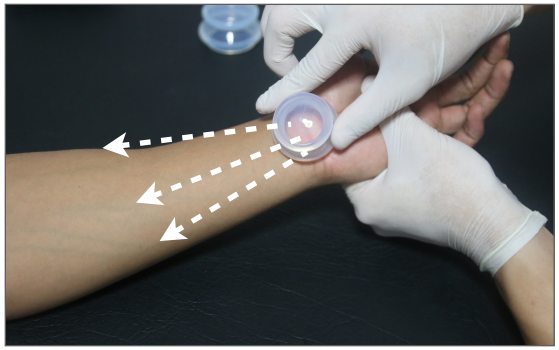
PLANTAR FASCIITIS

With Plantar Fasciitis, you can use both static and gliding techniques to help with inflammation and releasing the fascia for better circulation of the plantar area.

Static: Apply the cups at the area of the calcaneus, middle of the feet and the metaphalangeal area.

Gliding: Start form the distal part of the feet and go proximal. Or in another word, you may start from the ball of the feet and work towards the heels.

NOTE: Use thick emolium if the cups are not sticking.





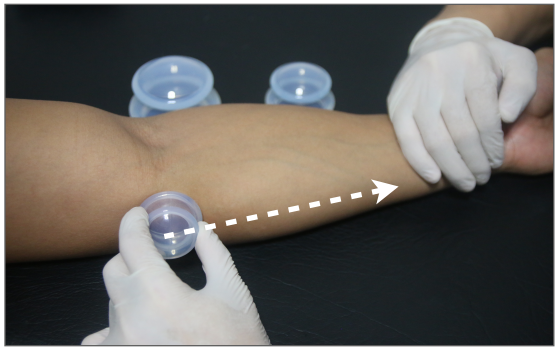
CARPAL TUNNEL

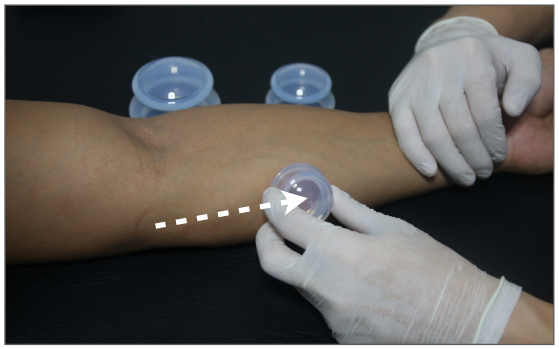
Top picture: Start by placing the cups in a static manner and get the patient to be either in neutral alignment or shortened.

Bottom picture: Lengthen the wrist to allow the vacuum to do its thing under the skin and whilst doing that, you will glide the cup in three directions allowing a dispersing action away from the affected area.

Use a smaller cup to allow more precise treatment area.







MEDIAL EPICONDYLITIS

Top picture: Start directly on the medial epicondyle.

Bottom picture: Glide it through using a dispersing action away from the affected site.

Proximal to Distal.





M. R. Jab

Cupping has always been an interesting one as Jab tries to look at it from a scientific/ clinical point of view rather than have bias only on traditional practices. He's travelled the world looking for that course that teaches him what he would have been using & how to make cupping therapy safe & simple to use once thoroughly trained. The cupping therapy course will both enhance & increase your value as a cupping therapist that looks at your whole being when applying the cupping therapy. Now challenging

He looks forward to guiding you in cupping therapy and looks forwards to see you grow your referrals!

Contraindications and safety

Special Conditions

With every tool and modality comes a barrier for us to watch out for as it can complicate the condition or make it worse. Quickly look out for some of these to ensure that you avoid them:

- Diabetics
- Pregnant women
- Cancer
- Open wounds/ cuts
- Patients taking blood thinners
- Broken bones
- Sensitive skin
- Fibromyalgia

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Cupping Guideline

Vacuum level	Minute(s)	depth
soft	30	superficial fascia
medium	20	myofascia
hard	10-15	up to 4inch

Materials presented in this brochure written by M.R Jab

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