

## **Pre- and Post-Treatment Guidelines for Massage Cupping**

THE INSTRUCTIONS, GUIDELINES, AND CONSIDERATIONS PRESENTED IN THIS INFORMED CONSENT SHOULD BE REVIEWED AND FOLLOWED EVERY TIME YOU RECEIVE ANY MASSAGE CUPPING TREATMENTS.

### **Cupping Therapy**

Cupping therapy is an ancient form of alternative medicine that dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. One of the oldest medical textbooks in the world, the *Ebers Papyrus*, describes how the ancient Egyptians used cupping therapy in 1,550 B.C. The Greek physician Hippocrates, often referred to as the "Father of Medicine", compiled descriptions of cupping techniques.

The type of cupping our practitioners use involves placing plastic cups on the skin and using a pump to suction out the air, creating a vacuum that gently draws the skin, fascia, and muscle into the cup. The therapist then gently glides the cups along the surface, decompressing the tissue beneath (dynamic massage cupping). Cups may also be "parked" or left on the treatment area for 2-15 minutes (static cupping). A cupping treatment can be used for targeted areas, (e.g., back, thighs, shoulders, face, etc.), or on the full body, depending on goals, session length, and how conditioned the tissue is to this type of treatment (how often it is done).

### **Benefits**

This decompression of the soft tissues that is created allows the body to pull old, stagnant fluids out for detox through the lymphatic system, as well as increasing blood flow and allowing new fluids with healing agents into the area. Some of the benefits include: release of old scars and fascial adhesions, decongestion of the lymph system, relief of muscle tension, reduction of inflammation, increase of pain thresholds, and boosting of cellular repair and immunity. It may also help form new connective tissues and create new blood vessels in the tissue.

One of our practitioners' favorite ways to use Cupping therapy is to prep the tissues for FasciaBlasting. The combination provides incredible results. More information can be found in the services descriptions as well as the Resources page on our website. Feel free to contact us with any questions.

### **Considerations**

Cupping should never hurt; but just like manual massage, there may be some degree of discomfort during the treatment, especially in areas of chronically held tension or sensitive tissues. And just like adjusting pressure used during manual massage, your therapist can adjust the degree of suction applied through the cups. Discomfort should never go beyond being therapeutic in nature to becoming painful. If the work or treatment causes you to tense your muscles, hold your breath, want to shy away, or any other unpleasant response, please tell your therapist immediately so adjustments can be made.

Post-treatment, some guests can experience a light burning sensation or itching as old toxins in the tissues are stimulated. Discolorations can appear on the skin from old injuries or surgeries. The color and intensity of these circular marks vary from person to person, depending on such things as how much congestion is in the tissue, how much suction is applied, how long a cup is "parked" (or left in one place) without being moved, and on the guest's skin tone. Although these marks look like bruises, they are not caused by trauma. The vacuuming of the tissues causes the blood to come to the skin's surface, where it is visible; but there is no damage to the tissue and no pain around the marks. It can take anywhere from 30 minutes to two weeks for the marks to completely clear. If there is any old residue in the congested lymph, the immune system can be triggered. And detox symptoms, such as mild cold- or flu-like symptoms, rashes, headaches, and emotional fluctuations could occur and last for a few days.

### **INDIVIDUALS WHO SHOULD NOT GET THIS TREATMENT**

Cupping is safe for most everyone, but there are a few exceptions that may require treatment to be modified or withheld. In some cases, a note from your doctor may be required, stating that the cupping services you're wanting to have done are safe for you.

Please make sure we are aware of any health conditions you have been diagnosed with or suspect you may have. In addition to normal massage and bodywork precautions, cupping is partially or totally contraindicated for issues including but not limited to:

- a history or possibility of deep vein thrombosis (blood clots)
- blood disorders or conditions, (e.g., phlebitis, hemophilia, etc.)
- anticoagulants or any other medication or supplement that causes blood-thinning
- pulmonary embolism
- history of cancer or taking cancer medications
- neoplasms
- abnormal heart rhythm

- active meningitis
- liver or kidney disease or failure
- uncontrolled congestive heart failure
- severe or uncontrolled diabetes
- severe or uncontrolled neuropathy
- acute infections or active viruses
- open skin lesions, sores, or scratches
- pregnancy or nursing
- recent surgery
- other conditions that may cause the body to have difficulty with detox

If you have any health concerns, please check with your physician before starting a cupping regimen. Your therapist is not a physician and cannot give you medical advice on how cupping may affect you.

### **Pre- and Post-Treatment Guidelines and Recommendations**

- Make sure you are well-hydrated before your cupping treatments and be prepared to drink plenty of water after. Drinking water is an *essential* aid to the body in this process.
- Avoid extreme temperatures for 24 hours following your treatment (e.g., do not use ice packs or heating pads, etc.)
- Let your body rest as much as possible for 24-48 hours after your treatment. For example, normal daily activities are generally fine, but you will want to take a break from working out during this time. Adequate recovery time gives the body a chance to complete the work we started with the cupping therapy. The techniques used assist by changing the pH and polarity of the tissue to create a healthy environment and allow healing.
- Do not apply products to your skin prior to your treatment. Some lotions, oils, and creams affect the glide of massage oil or the ability of treatment products to absorb.
- We recommend that you wear, or bring a change of, loose fitting clothing. Now, that you've worked so hard to release tense muscles, you don't want to squeeze them back into tight clothing.
- Keep in mind, as with any treatment, individual results vary. But with a regular routine of fascial work, (professional and self-care at home), combined with a healthy lifestyle, you will see results.
- Remember: When filling out intake forms, it is imperative that you be candid in revealing any condition that may have a bearing on these treatments. If you think you might have forgotten to include some pertinent information, inform your therapist immediately.