W1Health

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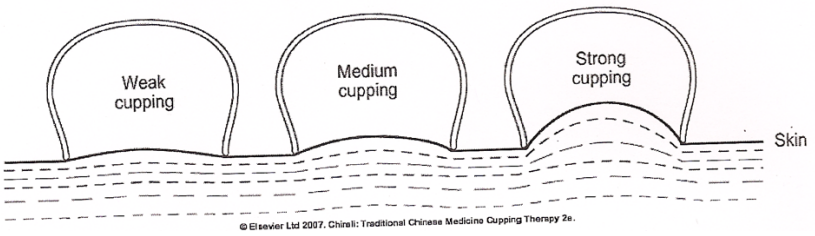
CUPPING INFORMATION LEAFLET

What is cupping?

Cupping is a completely safe and highly effective technique that originates 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 anywhere between 1-15 minutes, and are applied at the level of tightness to suit each person's level of comfort (see image below). 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.



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?

It is common to experience discolouration over the area where the cups have been in contact with the skin. Discolouration (round red or purple marks) 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/long term the problem the deeper the discolouration.

Discolouration will remain once the cups have been removed, so please take into account the clothing you may wear after treatment i.e. you may want to cover the area of affected skin for visual purposes. These markings can take several days (3-4) to disappear, but they will go eventually. It is recommended to avoid a cold environment after treatment and the use of a hot-pack for 10-15 minutes (as many times as you feel necessary).

If you have any queries, please consult your Therapist.