



THE STORY BEHIND CUPPING

History: Records of cupping were found from as early as 28AD. First practiced in China then in Egypt, cupping was introduced to the Greeks and eventually Europe, and was even used in America in the late 1800s. In fact, cupping sets were available from medical supply companies in America as early as the 1940s.

Cupping uses negative pressure in the form of suction to produce its therapeutic results.

Uses of Cupping: Cupping is used to drain fluids and toxins from various areas of the body, break up adhesions and lift and pull connective tissue, increase blood flow to stagnant muscle tissue and stimulate the nervous system. It can be a very effective deep tissue therapy. It is thought to affect tissues up to four inches deep from the external skin, clearing blockages and releasing toxins to refresh blood flow deep in the muscle tissue.

Two Styles of Cupping:

Moving Cupping: To perform moving cupping, a cream or oil is applied to the skin before the cup is placed in order to allow for the cup to slide. Once the cup is in place the practitioner will glide the cup up or down along the meridian or muscle pathway, breaking up adhesions and lengthening tissue by “pulling” it up and along.

Stationary Cupping: Stationary cupping is used to clear stagnation in the blood and release internal pathogenic factors. Cups are placed over acupuncture points or trigger points based on the condition being treated. The cups are usually left in place for about 10 minutes while the patient relaxes. Generally several cups will be applied along meridian lines, releasing energy flow and in turn increasing blood flow to affected muscles.

Results of Cupping: One can expect to have more freedom of movement as connective tissue adhesions are released. A “cup kiss” can be a byproduct of stationary cupping as toxins are brought to the surface of the skin. This will appear as a bruise until the toxins are flushed through the lymphatic system (usually within 7-10 days).

Our massage therapists Joe Swinski and Kelly Carpenter can add cupping into your massage session. Feel free to ask them about this ancient modality of care.