

CUPPING

Cupping therapy stems from an ancient form of alternative medicine in which a special cups are placed on skin for a few minutes to create suction. People use it for many purposes, including alleviating pain, inflammation, improving blood flow, relaxation and well-being.

Cupping increases blood circulation to the area where the cups are placed. This may relieve muscle tension, which can improve overall blood flow and promote cell repair. It may also help form new connective tissues and create new blood vessels in the tissue. People use cupping to complement their care for a host of symptoms and conditions.

The cups may be made of glass, bamboo, earthenware, silicone or plastic allowing a variety of application techniques:

Stationary cupping: the cup is placed over trigger points and left there for a few minutes. Beginners can start with a couple minutes and build up to doing 10 minutes at a time.

Dynamic cupping (“gliding cupping”): Once a bit of suction is placed on the cup, the cup is then moved around the area of interest.

Stationary cup with body movement: in this method, the cup is placed on a trigger point and then the person moves their body rather than moving the cup.

Cupping in a stretched position: Simply find a place where you can hold a comfortable stretch and apply the cups to the stretched muscle.

<https://draxe.com/health/cupping-therapy/>

<https://www.pacificcollege.edu/news/blog/2014/09/20/many-benefits-chinese-cupping-1>

https://link.springer.com/chapter/10.1007/978-3-030-44766-3_54

<https://www.webmd.com/balance/guide/cupping-therapy>