



History of Cupping Therapy

Cupping therapy is one of the most ancient therapies that managed to survive until present day. It was developed more than 3000 years ago in different parts of the globe, starting in Egypt and China.

Nowadays, cupping therapy is mostly useful with musculoskeletal diseases, especially those of the trunk and its proximity - namely back, hips, shoulders and neck.

Recently it became very popular treatment in sports medicine, due to its high efficiency in muscle recovery. We all saw the American swimmers and athletes covered with these very special bluish circles on their shoulders and back during the last Olympic Games in Brazil.

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Cupping Therapy & Massage



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How Does Cupping Work?

Oxygen and nutrients reach all body cells with the blood flow. On the other hand, lactic acid and carbon dioxide produced by our cells (the so called cell waste), are cleared also by a good and healthy blood flow.

When tissue is overloaded or injured – adhesions occur there. This leads to limited motion, pain and reduction of blood flow.

Limited blood flow causes insufficient supply of oxygen and nutrients and cells wait accumulation.

Cupping stretches out the fascia, removes adhesions and relieves motion of the tissues. Likewise, it helps to pull out the accumulated cells wait from the deeper layers.

At that time, cupping also significantly improves circulation and increases fresh blood flow to the treated area, where the cells start to get a fresh supply of oxygen and nutrients.

Then cell metabolism is reestablished, pain is reduced and the tissue gradually heals.

In addition, bruises, caused by cupping, trigger certain immune response that helps to deal with flu and respiratory diseases.



Cupping Massage

The technique emphasizes the moving of stagnated blood and energy, and can be used instead of cupping, for patients who don't like cups, or cupping marks on the body. It can still leave some marks, but they disappear faster than regular cupping circles. However, static cups application is more effective, especially for deeper tissues.

The prefer method is to do cupping massage in addition to standard cupping procedure. This creates a better therapeutic effect.

Treatable Conditions:

- Neck
- Upper Back
- Low Back
- Hip and Sciatica
- Spinal Muscles
- Shoulder Pain (ex. Frozen Shoulder)
- Respiratory Issues (Flus & Colds)

Side Effects

Cupping is a safe therapy; but still certain side effects are possible.

- Temporarily worsening of symptoms
- Itching
- Blisters



Expected Outcomes

In most cases cupping provides patients immediate relief. It is so good that in acute cases even one treatment can be enough. However, with chronic conditions the effect is slower and sometimes more than 10 sessions are needed.

Cupping treatment is mostly effective for muscle tissue. For nerve damage, inflammations due to rheumatic issues, or joint degeneration - cupping therapy is less effective.