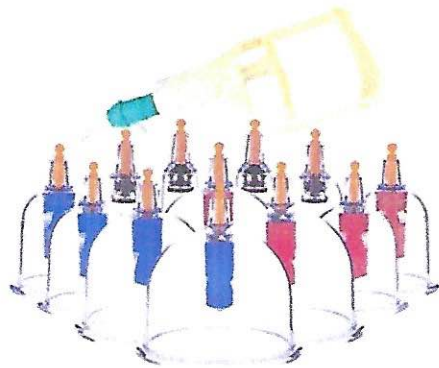


# CUPPING

## Benefits:

- Promotes blood flow
- Increases blood circulation to muscles/tissue
- Loosens “knots”
- Releases & drains excess fluids and toxins



## What to expect:

1. Therapist applies oil or cream on skin
2. Plastic cups are applied to skin
3. An air pump is attached to the cup
4. Skin is brought to the surface via suction
5. 10-15 min application
6. Released by therapist pulling upward on tip

## Who is cupping beneficial for?

### Patients with...

- Chronic neck pain
- Low back pain
- Pain relief
- Myofascial trigger points
- Inflammatory conditions
- Plantar fasciitis
- Muscle spasming/soreness

