

Cupping Therapy Informed Consent Form

About Cupping Therapy

- Cupping therapy utilizes negative pressure, rather than tissue compression, for superior results when integrated into a massage session and other bodywork modalities. Cupping therapy is a traditional treatment used by millions of people worldwide because it's safe, comfortable and remarkable results.

Why is cupping so effective in bodywork?

- By creating suction and negative pressure, cupping therapy lifts connective tissue. This negative pressure can release rigid tissue and loosens adhesions. Cupping pulls stagnation, waste, and toxins to the skin level where it can be easily flushed out by the lymphatic and circulatory system.
- Cupping techniques brings fresh blood flow and nutrition to stagnant areas. The pulling action engages the parasympathetic nervous system, thus allowing deep relaxation throughout the entire body.
- Cupping therapy, when integrated with massage and bodywork, can be far more effective and long lasting than any other therapeutic bodywork applied alone.

What are the marks that can occur from cupping?

- With deeper cupping techniques bruising may occur. The marks that are created with the application of the cups are an indicator of "therapeutic trauma". They are metabolic waste, toxins, and other stagnant material that have been freed from the underlying tissue and brought to the surface where they can more easily be flushed away. The color can vary from a bright red to a deep purple-black. These marks can last anywhere from a few hours to a few weeks and may be tender to the touch immediately after a session.
- As treatments continue, the marks will occur less and less as a result of stagnation and toxicity being expelled from the body.

Contraindications for cupping therapy

- Severe Disease
- Pregnancy (abdomen, low back, and lower leg)
- Cancer
- Hemophilia
- Fractures
- Herniated Disc
- Sunburn
- Edema
- Weak, ulcerated or broken skin
- Varicose Veins
- Hernia
- Fever
- Phlebitis
- Renal failure or history thereof
- History of cirrhosis of the liver
- Heart disease or history thereof
- Uncontrolled High Blood Pressure
- Diabetes
- Energy Depleted Clients
- Clients on blood thinning medication (anti-coagulants)

I _____, understand that bruising, discoloration and/or soreness may occur following this treatment and may take days or weeks to fully resolve. I understand that cupping treatments can be a “detoxifying” treatment process and as a result, I may feel nauseous or unwell following treatment. Drinking water and taking Vitamin C has been reported to relieve these symptoms quickly. In some cases headaches and minor body aches may be experienced. I further understand that the above-listed conditions are contraindicated for cupping therapy and I have informed my therapist of any and all medical conditions, even those not listed as contraindications.

Signature_____ Date_____