

Dry Cupping Therapy

I sometimes use dry cupping therapy as an extra modality to treat musculoskeletal pain and dysfunction in conjunction with massage therapy. It is based on Dry Cupping from a Western perspective.

Cupping is a type of alternative therapy that involves placing cups on the skin to create suction. This suction is thought to improve the flow of energy in the body and facilitate healing.

According to a review in 2018, the effects of cupping therapy include:

- promoting the skin's blood & lymph flow
- changing the skin's biomechanical properties
- increasing pain thresholds
- reducing [inflammation](#) and pain
- boosting cellular immunity
- the mechanical effect of cupping also stretches underlying tissue (fascia)

During a cupping treatment, you can expect the following:

1. You will be asked what symptoms you've been experiencing, likely taking a detailed health history if this is your first time.
2. A massage medium, such as oil or balm will be used to start your massage, & during treatment, some cups will be placed on your skin whilst I massage a different area of your body whilst the cups are working.
3. You'll feel a sucking sensation and a little pressure as the cups are suctioned.
4. With dry cupping, the cups may be left on for a few minutes (5-10) before they are removed.

5. After your session, your skin may turn red, show light bruising & possibly some rings will be visible on your skin where the cups have been placed.

Cups are most often applied to the:

- back
- chest
- abdomen
- top of the buttocks area
- legs & arms/ shoulders

What conditions does cupping treat?

Cupping has been used to treat a wide variety of conditions. It may be particularly effective at easing conditions that create muscle aches and pains.

Since the cups can also be applied to major [acupressure](#) points, the practice is possibly effective at treating digestive issues, skin issues, and muscles tension and pain including tendinitis.

Side effects

There aren't many side effects associated with cupping. The side effects you may experience typically occur during your treatment or immediately after, such as:

- circular marks where the cups have been or what looks like bruising but is blood coming to the skin's surface rather than bruised tissue.
- discoloration
- dizziness

You may feel lightheaded or dizzy during your treatment. Rarely, you may also experience sweating or nausea.

After treatment, the skin around the rim of the cup may become irritated and marked in a circular pattern.

If you experience any of these issues, please consult Corali. I may offer remedies or steps you can take before your session in order to avoid any discomfort.