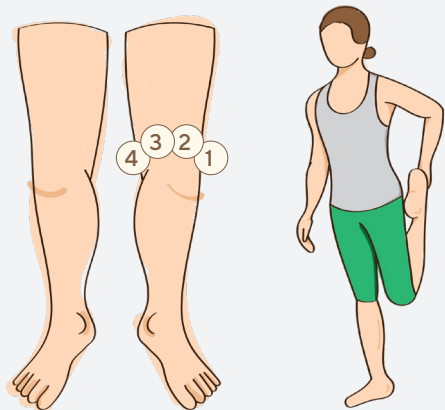


## Knee- Running/ Biking/ General Knee Pain

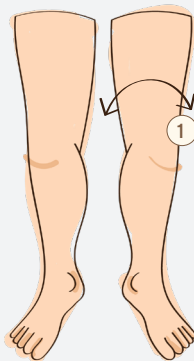
### *Static Cupping*

- Begin seated and stay seated during the treatment
- Begin on the top of the knee, on the outside. Place 1 cup, after the 3 minute session, move the cup gradually toward the inner part of the knee. There should be about 4 cup placements above the knee.
- 12 min total
- End with stretch - heel to glute



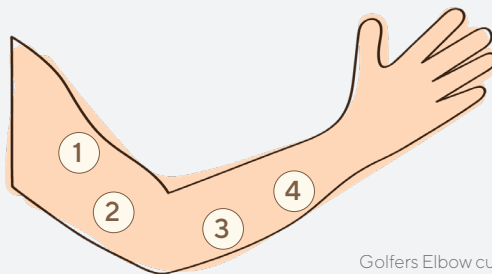
### *Rolling/Gliding Cupping*

- Begin seated and stay seated during the treatment
- Apply an oil or lotion to the top of the knee
- Using the expert mode; place the cup on the top of the knee, on the outer side
- Then gently lift the cup up and slowly glide around the top of the knee towards the inside of the knee
- Slowly glide back and forth until the treatment is complete
- 5 min total
- End with stretch - heel to glute

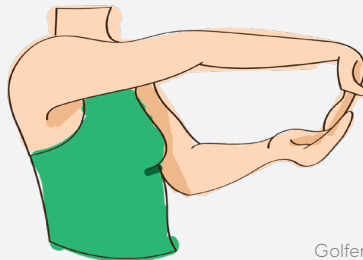


## Golfers Elbow

- Begin seated or standing; do not move the arm being worked during the total treatment
- Begin by placing 1 cup above the elbow on the inside of the arm, then place another cup closer towards the crease of the elbow. Total of 2 cups above elbow- (3 min each cup placement)
- Then place a cup below the crease of the elbow on the inside of the arm. Then place the cup further down the inner arm, Total of 2 cups just below crease of elbow (inside) - 3 min each cup
- 12 min total
- Stretch- extend arm in front of body- gently pull fingers/hand back towards self



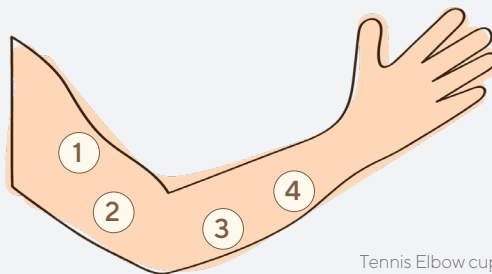
Golfers Elbow cups are placed on the **inside** of the arm



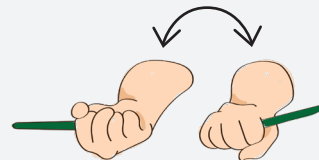
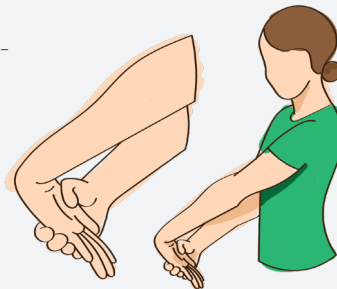
Golfers Elbow stretch

## Tennis Elbow

- Begin seated or standing; do not move the arm being worked during the total treatment
- Begin by placing 1 cup above the elbow on the outside of the arm, then place another cup closer towards the crease of the elbow. Total of 2 cups above elbow- (3 min each cup)
- Then place a cup below the crease of the elbow on the outside of the arm. Then place the cup further down the inner arm, Total of 2 cups just below crease of elbow (inside) - 3 min each cup
- 12 min total
- Stretch- extend arm in front of body- point hand down- gently pull fingers/hand back towards self
- Arm extend- palm to ground, palm to sky



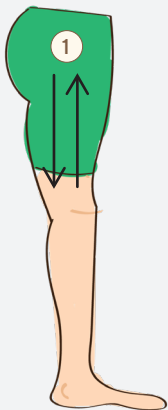
Tennis Elbow cups are placed on the **outside** of the arm



Tennis Elbow stretch

## IT Bands (Video)- Running, Cycling, Pilates, Yoga, Dance

### *Rolling/Gliding Cupping*



- Begin seated or standing
- Using the expert mode for gliding (moving the cup across the body while the suction is applied) Apply oil or lotion to the IT band and then begin at the top of the IT band near the hip, gently lift the cup so there is tension and then slowly glide up and down the IT band for 5 minutes.
- Pro tip- Once you have finished gliding up and down the IT band you can zig zag back and forth across the IT band for 5 minutes

### *Static*



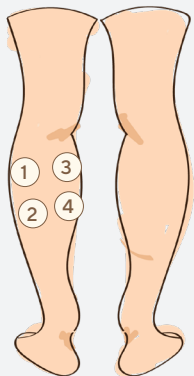
- Begin seated or standing and remain in position throughout the treatment
- Begin at the top of the IT band near the hip and place 1 cup. After the 3 minute session move the cup slightly down a few inches towards the knee and continue static cupping until you are about 1-2 inches above crease of knee. Approximately 4-5 cups
- 12-15 minutes
- Stretch- seated IT band stretch



## Calves- Running, Cycling, Pilates, Yoga, Dance, Basketball

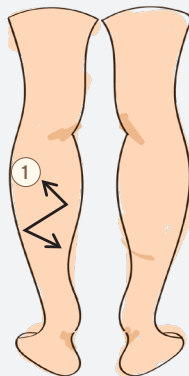
### Static Cupping

- Begin seated and remain seated throughout the treatment
- Begin just below the crease of the knee on the outer calf, place 1 cup. After the session place another cup slightly below
- Repeat on inner calf
- 12 minutes
- Stretch- standing wall stretch



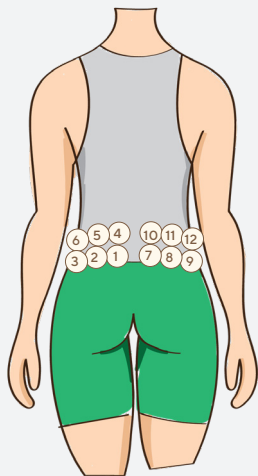
### Rolling/Gliding Cupping

- Begin seated and remain seated throughout the treatment
- Apply oil or lotion to the calf
- Using the expert mode, place the cup just below the crease of the knee on the outer calf, then gently lift up and glide slowly down and across the entire calf in a zig-zag motion until the treatment is complete.
- 5 minutes
- Stretch- standing wall stretch

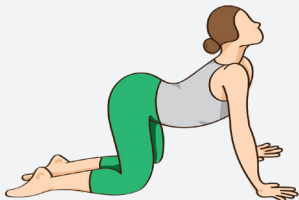
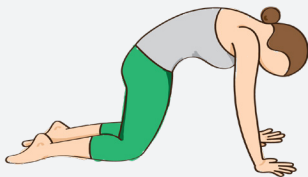


## Lower Back

- Begin seated or standing and remain in position throughout the treatment
- Start at the hip/lower back intersection by the spine and place 1 cup. Then continue to place the cups moving outwards towards top of hips (approx 3 cups each side)

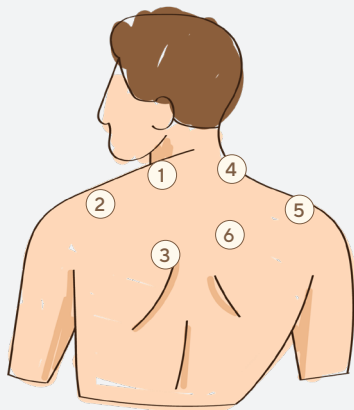


- Then place another row of cups above the first row (approx 3 cups each side)
- 36 min
- Will have diagram of body with cupping placement
- Stretch- cat/cow stretch, laying down- knees bent on floor- rotate side to side  
\*\*move knees from side to side



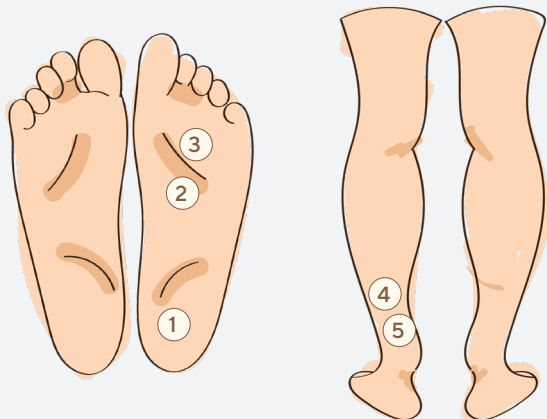
## Shoulder Tension/General Stress/ Tech Neck

- Begin seated or standing and remain in position throughout the treatment
- Begin at the intersection of neck and shoulder and place 1 cup
  - Then place 1 cup outwards toward the shoulder
  - Then place 1 cup between the spine and shoulder blade, about mid trap
  - (repeat on other side)
  - 18 min
  - Head to shoulder stretch - lightly pull with hand



## Plantar Fasciitis

- Begin seated and remain seated throughout the treatment
  - Place 1 cup in right in front of heel
  - Then place 1 cup in the middle of the foot
  - Place 1 cup up towards the ball of foot
  - 9 min
  - Place 1 cup on the lower part of calf (middle soleus) then place another cup right below
  - 6 minutes
  - Will have diagram of body with cupping placement
  - Stretch- wall stretch w/slight bend of knee in back leg
- \*\*Suction level 2 or 3- with movement





# Cupping Best Practices

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## **Sizes**

- **Small:** (35mm) recommended for smaller muscles, e.g., levator scapulae (back of the neck), traps, knees, calves.
- **Medium:** (45mm) recommended for medium muscles, e.g., deltoids, triceps, forearms, traps.
- **Large:** (55mm cup) recommended for larger muscles, e.g., traps, back, lower back, hamstrings, quadriceps, calves.

## **Discoloration**

- Cupping draws the fluid out from deep in the tissues to be released. The skin can turn red with strong movements from the cup, indicating that circulation has been brought to the surface.
  - Redness and itching can occur: increased vasodilation and/or fluid can be brought to the surface.
  - The red marks are a result of the blood being pulled into that area. The marks last anywhere from a few hours to several days. The more often you receive cupping for the same issue, the lighter the marks will be
    - light pink= healthy blood flow
    - light purple= indicates moderate stagnation
    - dark purple= indicates severe stagnation
  - Discoloration of skin is very subjective to each user and is not a direct indication of underlying tissue quality/condition. The varying levels of discoloration will be determined partially by fluid/inflammation of the area and also by the characteristics of the user's skin (ex:easily bruises/doesn't bruise easily; fair skinned vs. darker skin)
  - If there are no marks or they are light pink, it could mean a variety of reasons.. the person, skin type, the area being worked, lack of blood flow etc...
- ## **After Care**
- Avoid any chill or draft or excessive heat for four to six hours after treatment.
  - Avoid hot showers, steam, saunas and exercise after cupping
  - Strongly advise clients to drink water and hydrate the tissues.
  - Do not receive any other bodywork for 48 hours as this could overload your system or complicate the work that was done.

## Precautions

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Due care is required in these circumstances and the use of the devices may need to be modified. Where appropriate or if you have any concerns, seek the advice of a medical professional.

- Recent injury or surgery
- Pregnancy
- Diabetes
- Osteopenia
- Osteoporosis
- Hypertension (controlled)
- Abnormal sensations (e.g., numbness)
- Bony prominences or regions
- Sensitivity to heat, vibration, or pressure
- Mild peripheral neuropathy
- Do not wear this device overnight while sleeping

## Contraindications

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The following are circumstances where the potential risks may outweigh the benefits. Consult a medical professional before use.

- Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors
- Skin conditions such as eczema or psoriasis
- Bone fracture or myositis ossificans
- Osteomyelitis
- Severe scoliosis or spinal deformity
- Hypertension (uncontrolled)
- Vascular/arterial and circulation diseases, including blood clots, phlebitis, thromboses (DVT), and varicose veins
- History of embolism
- Acute or severe cardiac, liver, or kidney disease
- Severe peripheral neuropathy or other cause of sensory impairment
- Bleeding disorders
- Connective tissue disorders
- Medications that thin the blood or alter sensations
- Direct pressure over surgical site or hardware
- Direct application to the face, head, throat, neck, or genitalia
- Pacemaker or ICD
- Do not use in the presence of unexplained pain