

## UPPER EXTREMITY

# Cupping

## WHAT IS IT?

- INVOLVES PLACING PRESSURIZED SUCTION CUPS ON THE SKIN TO DRAW THE TISSUE INTO THE CUP
- USES NEGATIVE PRESSURE, OR DISTRACTION, TO HELP SEPARATE THE FASCIAL LAYERS BY PULLING THE TISSUE RATHER THAN PUSHING
- HELPS INCREASE CIRCULATION AND LYMPHATIC FLOW, STIMULATES ENERGY FLOW, ENHANCES TISSUE MOBILITY, MOBILIZES SCAR TISSUE, IMPROVES RANGE-OF-MOTION, REDUCES PAINFUL TRIGGER POINTS
- VARIOUS SIZES & SHAPES OF CUPS CAN BE APPLIED STATICALLY OR MOVED DYNAMICALLY ON THE SKIN

