

Services

Cupping



What is Cupping?

Cupping is also referred to as "vacuum therapy". It is a method of using negative pressure (via the cups) as a physical stimulus to create a lesion to promote healing. This form of treatment produces a "micro explosion" of the capillaries in the area that is treated. This micro explosion helps to regenerate capillaries, restore healthy tissue, and increase the local tissue temperature and oxygen into the tissue to promote healing. The tissue response can leave "bruise like" spots on the areas treated for several days. How quickly these discolored patches appear, and the size demonstrate the severity of the micro-circulatory deficiency. These spots are typically not painful.