

Cupping Therapy

What is Cupping?

Cupping is an ancient healing therapy that some people use to ease pain. A provider places cups on your back, stomach, arms, legs or other parts of your body. Inside the cup, a vacuum or suction force pulls skin upward.

Cupping is a form of traditional Chinese and Middle Eastern medicine. People have practiced cupping therapy for thousands of years.

How Does Cupping Work?

Suction from cupping draws fluid into the treated area. This suction force expands and breaks open tiny blood vessels (capillaries) under the skin. Your body treats the cupping area like an injury. It sends more blood to the area to stimulate the natural healing process. Some people theorize that cupping clears the pores and releases toxins.



Who Performs Cupping?

A variety of professionals can receive training to perform cupping, including:

- Acupuncturists.
- Chiropractors.
- Massage therapists.
- Medical doctors.
- Physical therapists.

What Does Cupping Treat?

People mostly use cupping to relieve conditions that cause pain. Some people say it also helps with chronic (ongoing) health issues. Cupping may ease symptoms of:

- Arthritis
- Back pain, neck pain, knee pain and shoulder pain.
- Carpal tunnel syndrome.
- Headaches and migraines.

What are the Types of Cups?

Most providers use glass or plastic cups.

How is Cupping Performed?

There are different ways to perform cupping. The steps vary slightly depending on the chosen method. Your provider will leave the cups in place for several minutes. Some treatments involve briefly moving the cups to stretch and massage the area. Depending on the treatment, your provider may place multiple cups on your skin.

Cupping is Provided in Our Office by Dr. Amrita Singh