

CUPPING THERAPY INFORMATION SHEET

PROCEDURE

In this session, the client will be treated with a warm up massage, followed by dry cupping, cupping massage, and blood cupping/hijama therapy.

- A **body massage** and **vibration therapy** are done to improve blood circulation and fluid drainage, to loosen and soften muscles, and to relax the patient.
- **Dry cupping** is performed by applying cups to the body according to the Sunnah points. The air in the cups are then sucked out to create a vacuum. This is to release tight muscles and improve circulation.
- **Cupping massage** is done by sliding the cups on the body to further improve the effects of cupping and massage
- In **blood cupping/hijama**, the therapist punctures the skin slightly to draw a small amount of blood, and then places the cup on the patient's body. The skin is punctured to allow toxins to leave the body. The cups are left on the skin for several minutes, then removed and cleaned.

POTENTIAL EFFECTS

- Cupping may cause pain, swelling, dizziness, light-headedness, fainting, sweating, skin pigmentation, and/or nausea.
- Cupping also leaves **round purple marks** or circular discolorations on the skin; these marks may begin to fade after several days but can remain for two to three weeks.

CONTRAINDICATIONS

- Cupping shouldn't be done on areas where the **skin is broken**, irritated, or inflamed, or **over arteries**, veins, lymph nodes, eyes, orifices, or any fractures.
- **Pregnant and breastfeeding women, children under the age of 12, seniors over the age of 70**, and people with certain health conditions (such as cancer, organ failure, haemophilia, oedema, blood disorders, anaemia and some types of heart disease) are among those who shouldn't have cupping.
- People taking **blood-thinning medication** or anti-clotting medication such as Aspirin, Rivaroxaban (Xarelto), Dabigatran (Pradaxa), Apixaban (Eliquis), Heparin (various), Warfarin (Coumadin), etc.
- People recovering from **surgery**
- People with a history of **cancer, diabetes, heart attacks, chronic hypertension and asthma** attacks.