



## Cupping Benefits

Reduces Neck and Back Pain

Decreases Muscle Tension

Improves Circulation

Promotes Healing

Promote Relaxation

With over 3,000 years of history, the ancient therapy of cupping is making waves again with athletes at the Rio Olympics sporting cupping marks. But what is it?

**Cupping** is a Traditional Chinese Medicine practice in which cups are placed on the skin and *suctions is created either through heated or an air pump.*

The cups may be moved along energy meridian or muscles or left stationary on specific points to *promoted circulation and break up tissue restrictions.*

**Cupping marks** or “bruises” are the most common side effect. The suction may cause leakage from small blood vessels underlying the skin, resulting in the characteristic circular marks of cupping. *They are not painful and typically fade away within a few days time.*

In **Traditional Chinese Medicine**, cupping is thought to *increase the flow of Qi and Blood* through the meridians and detoxify the area to alleviate pain.

**Modern research** has reported its effectiveness for alleviating pain and reducing disability associated with chronic neck pain and low-back pain. *Cupping distracts the tissue layers of the body to promote blood circulation to injured or tight tissues.* Restoring circulation helps to bring the inherent healing factors in the blood to repair damaged tissues.

Cupping can be combined with physical therapy to improve muscle function and joint range of motion.



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