

What is Myofascial Dry Cupping?

Dry Cupping is a type of therapy that combines massage and stretching techniques with the use of pressurised cups. Soft tissue is suctioned inside small plastic cups and the vacuum created by the cups separates and stretches the different layers of connective tissue and pulls new blood supply into the region. This can aid healing by increasing blood circulation and nutrient supply to the tissues and improve mobility by reducing muscle tension and stretching the connective tissue.

Cupping can cause very obvious round blemishes to the skin. These marks are caused by new blood saturating the tissue that has been pulled upwards and into the cup. The colour of the mark can be indicative of the amount of activity or tension that the soft tissues have been subject to. Whilst some areas of the body will mark more easily than others, generally the darker the mark, the more likely that the underlying tissue and muscle have been subject to greater tension or overactivity. The marks can last for a few hours up to 20 days, but typically no more than 10-14 days.

What should you expect?

A myofascial cupping treatment uses a combination of massage strokes to locate areas of musculoskeletal tension or congestion. Cups are then applied on an affected area and different techniques employed to treat the tissues. You may experience a light pinching sensation under the cups, followed by a pulling sensation around the area being treated.

Flash Cupping – Cups are applied and removed in quick succession in order to create a negative pressure effect without a reactive effect on the skin.

Static Cupping – Cups are applied for anywhere from 30 seconds to 15 minutes, depending on the issues involved and the desired results. There can be some movement of the cup (Dynamic Cupping) by combining active or passive movement of associated joints or stretching to help to return movement to tight or painful areas.

Slide Cupping – Cups are moved all over the affected area to combine the benefits of both massage and cupping.

What conditions can be treated?

- Muscle spasms
- Chronic back & neck pain
- Acute and chronic muscle tension
- Headaches
- Scar tissue
- Achilles tendonitis
- Plantar fasciitis

Benefits of Myofascial Cupping

- Increased circulation
- Increased joint range of motion
- Reduced muscle tension
- Increased Lymphatic drainage (localised detoxification)
- Increased connective tissue mobility