

An Explanation on Cupping Therapy:

Cupping Therapy is a form of Traditional Chinese Medicine (TCM) known throughout the world mostly in Eastern Culture. More recently, and noted for its medicinal benefits, it has been accepted into American therapies and in the Massage Therapy Scope of Practice.

By creating suction and negative pressure with hand held equipment, Cupping Therapy is used to soften tight muscles, tone weakened fibers, loosen adhesions, lift connective tissue, bring hydration & blood flow to an otherwise restricted area, and drain excess fluids & toxins by opening lymphatic pathways. This treatment can be easily modified to accomplish a wide range of techniques; most simply known to reduce inflammation anywhere in the body, allowing for adequate healing.

Cupping Therapy is applied to the body using professional grade equipment. Small - large cups attached to a hand-held pump allow for controlled and versatile movement; size depending on area of the body that is treated. When applied, a suction is created on the surface of the skin, yet affecting layers down to the structure of the body. Just a few moments of suction begins to pull any deep inflammation and stagnation to the surface of the skin, where the lymphatic system operates thus allowing toxins to be removed via lymphatic flow; clearing out the old, making room for new oxygenated blood to nourish and heal.

Massage Cupping is great for everyone. Specifically those who are active; suffering from wear and tear on the body. Arthritis, repetitive motion injuries, post-operative scar tissue and adhesions are just a few. Cupping can be used almost anywhere on the body. Large areas of the back, legs & shoulders to smaller more intricate of the hands, feet & face. As well, one of the most significant areas of the body; the abdomen for repair of digestive and menstrual conditions.

The most surprising fact about Cupping Therapy is that it feels great. At most there may be slight discomfort which is often described as "good pain"; a feeling of warmth, awakening and repair. Treatment also offers a natural release of endorphins creating a sedative effect on the nervous system; allowing for deep relaxation and training for the body to feel adequate rest.

Release Statement: I understand that all treatments from Valerie Millard, LMT are therapeutic in nature. I agree to notify the LMT if any discomfort should occur. For any treatment I choose from this therapist I understand that it is in addition to any necessary medical treatment and being applied with my approval.

Print Name _____ Sign & Date _____