

MY HEALTH SQUAD



DIRECTORY OF HEALTH PROFESSIONALS

BLOG
HEALTH

This edition of our blog is a special contribution from our Ambassador: **Mandi Hayes**. Mandi is the owner of **Resolution Physiotherapy** in Barrie, Ontario. She is a physiotherapist with a BSc in Human Kinetics, a BSc in Physical Therapy and a Masters of Clinical Science in Physiotherapy plus has many more specialized diplomas and accreditations. Mandi is also a Professor in the Health Sciences Department at Georgian College, an instructor with the Orthopedic Division of the Canadian Physiotherapy Association, and is an affiliate Instructor with both the University of Toronto and Queens University. Among other treatments that she provides to her clients, she also offers Active Dermo-Myofascial Cupping (**ADMC**) and in this blog she gives us a brief explanation about this and why you should consider it for yourself. You can find more about Mandi and her clinic here: www.resolutionclinic.com — We are very proud to have Mandi on our team of Original Ambassadors.



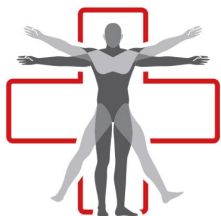
Cupping. What is it and how can it help you?

As those funny dark circle hickies are showing up on famous athletes like Michael Phelps and actresses like Jennifer Aniston, more people are asking what it does and how it can help them. At Resolution, clients have been singing the praises of what Mandi & her team call Active Dermo-Myofascial Cupping (**ADMC**) for almost 7 years.



While the internet repeatedly discusses the Chinese medicine benefits of cupping, explaining cupping through a Western medicine understanding makes much more sense. The human body is made up of layers. From outside to inside, we have a skin layer (also called our dermo layer), then a layer of adipose or fatty tissue, then a layer of fascia, which holds the body together and is kind of like saran wrap. Deep to the fascial layer are our muscles. When we move, the fascia should be able to slide easily over our muscles, thus allowing freedom of motion.

With any prolonged inflammation or when we become inactive, the fascial layer will slowly become stuck to the muscles, and over time can significantly limit mobility. We call this dermo-myofascial adhesion and it is common on elite athletes, weekend warriors, or normal everyday Joes. If you feel that you have become stiffer and attribute it to a normal pitfall of aging, think again, your fascia may simply be stuck to your muscles.



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Cupping uses air suction to pull the skin, adipose, and fascial layer into the cups, while leaving the muscles layer free to move. Traditionally, the cups are left to sit or are moved around by a therapist to pull the fascia off of the muscles. At Resolution, fast results are important to our Physiotherapists and clients and they have found it much more effective to get their clients moving. The suction from the cups fixates the fascia then their clients move actively into directions of limited motion, thus pulling the muscles away from the fascia. Within a few minutes, their clients feel a significant improvement in motion and when the cups are removed they are shocked with how much looser they feel.



The great thing about ADMC is that the results are long lasting. While it takes many years to create the adhesion between fascia and muscles, it takes much less time to release it. Following a cupping session, every time you move you are maintaining the dermo-myofascial mobility and their clients usually see dramatic changes within a few sessions. Although the dark cupping circles are inevitable with this treatment, they go away quite quickly and their clients say they are totally worth it for how amazing they feel afterwards. I am sure Jennifer Aniston and Gwyneth Paltrow agree as they have been caught walking the red carpet sporting a few dark circles themselves.



If you wonder whether your fascia may be limiting your mobility, call Mandi and her awesome team at **Resolution Physiotherapy** and they will get you moving better!

My Health Squad is a complete repository of alternative and complementary health professionals. Our directory contains a multitude of approaches and health treatments outside of the traditional healthcare network. Our goal with this unique directory is to make it easier for clients & patients to find the suitable professional they need and, by the same token, to promote economic opportunities for our members by giving them visibility in the market. Our permanent platform will be launched soon.

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