

The logo features a dark blue speech bubble shape on a light beige background with faint concentric circles. Inside the bubble, the word "Mellow" is in white serif font, "Academy" is in red script font, and "Training" is in a smaller grey sans-serif font below it.

MellowAcademy

Training

# Vacuum Cupping

## **Course Description**

This short lecture and practical course is designed to prepare you for vacuum cupping on clients with indications for this modality. During this course lecture, you will learn who cupping benefits, contraindications and cautions, and aftercare.

Our practical segment will begin with demonstration of each technique; Static Cupping, Cup-Sliding, and techniques for frail subjects. Lastly, we will readdress the hygiene of the supplies.

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## Learning Outcomes & Objectives

### **Upon successful Course Completion:**

- Students will have the capacity to explain and understand indications, contraindications, cautions, and aftercare of cupping sessions.
- Every participant will be able to explain the benefits and effects of vacuum cupping.
- All students will possess the ability to identify, understand, and explain the resulting “sha” (transitory therapeutic petechiae).
- Students will learn helpful application points
- Each student will be able to apply what they have learned in an effective, safe, and replicable manner.
- Participants will lastly understand the importance of following proper hygiene protocols.

# Indications

- **Pain:** Arthritis, headaches, menstrual pain, sore muscles, acute & chronic pain
- **Skin:** Snake bites, non-ulcerated carbuncles, boils
- **Gastrointestinal:** Stomachache, vomiting, diarrhea, indigestion, bloating
- **Skincare:** Brightens & nourishes, reduces mild puffiness & fine lines, aids in reducing appearance of cellulite



# Cupping Effects

- Treats disease by causing local congestion of blood and lymph.
- Negative pressure inside cup creates a vast flood of blood and lymph, thereby delivering nourishment, immune and inflammatory factors to aid in healing, removal of metabolic waste and incite renewal of tissues.
- In eastern medicine, cupping promotes the healthy flow of Qi which results in; blood flow in channels, dispersion of stagnation, activates protective Qi.

# Contraindications

- Hemophilia
- Vasodialators
- Blood Thinners (baby aspirin permissible)
- High Fever
- Allergic/Rashy Skin
- Swelling, Trauma, or bruising
- Skin Tags/Open/Ulcerated sores
- Patients enduring chemotherapy
- Unconscious/Semi-conscious/Convulsions
- Low Abdomen during menstruation/Pregnant women
- Thin Skin, Directly over large blood vessels, or Elderly/Frail/Weakened state
- Children: Fewer cups – lighter pressure – less time

# Cautions & Aftercare

- Alcoholism
- Fibromyalgia
- Edema
- No more than 8-12 cups
- No longer than 15 minutes
- Cups should never cause blistering or be too tight

## Aftercare

- Keep treated area protected from sunlight for 24hrs
- Client needs to drink plenty of water and avoid greasy, sugary, rich, heavy foods, and alcohol (especially hard alcohol) for 24hrs
- Avoid heavily perfumed, artificial soaps, perfumes, or lotions

# Sha (Transitory Therapeutic Petechiae)

- Sha, or Transitory Therapeutic Petechiae is the result from releasing an adhesion which many have been caused by trauma and had trapped metabolic waste.
- Sha is the end-product and immune or inflammatory response that generates Basophiles, Bradykinins, Lactic Acid.
- Sha is different than bruising, because with repeated sessions the Sha will begin to diminish and disappear.
- The presence of Sha is proof that there is an obstruction of blood flow, resulting in a decrease of nourishment and reduced recovery post trauma, illness, or injury.
- Sha will accumulate over areas of poor circulation, repetitive strain, or injury.
- Resulting Sha marks should seem pixelated and will dissipate over 5-14 days with proper aftercare.



# Meridian Points for Treatment

- External Attack – DU 14, UB 13, UB 12
- Asthma – UB 13, DU 12, REN 12, UB 11, REN 6, LU 1
- Stomachache – REN 12, P 6, ST 36, UB 20 & 21
- Lumbar Pain – UB 23, DU 2
- Leg/Hip Pain – UB 23, GB 30, SP 10
- Headache – DU 14, GB 14
- Vomiting, Diarrhea – ST 25, REN 6, UB 20 & 21
- Shoulder Pain – DU 14, UB 13, SI 11
- Gastrocnemius Spasm – SP 6, UB 57

## Hygiene of Supplies

- Cups may contain epithelials,, hairs, oils, and possible other bodily fluids
- Cups must be soaked in Barbicide for 10 minutes
- Cups will be washed after Barbicide soak with soap and hot water
- When in use, cups should not be placed lip-down onto any surface other than client's skin, and carrying case
- When not in use, cups may be stored lip-down to dry, or be stored in case
- Carrying case, pump & inner tray must be sanitized with spay Microban with every use