# Therapeutic Cupping Procedure

A guide detailing the steps for administering therapeutic cupping to relieve muscle tension. Includes information on cup placement and highlights the benefits of this therapy method.

### Step 1: Preparation

Gather all necessary cupping equipment, including the cups, a means of creating suction, and disinfectant. Ensure you have a clean, comfortable space for the procedure. The patient should be relaxed in a prone or comfortable position exposing the area to be treated.

### Step 2: Cleaning

Thoroughly disinfect the cups and clean the skin of the treatment area to prevent any risk of infection.

### Step 3: Cup Placement

Choose the appropriate size cup for the treatment area. Place the cup on the target area, making sure to create a tight seal against the skin. There are different techniques to create suction, such as using heat or a suction pump.

### Step 4: Suction

Create the appropriate level of suction within the cup; the skin will rise slightly into the cup. The amount of suction will vary depending on the patient's comfort and the goal of the treatment.

### Step 5: Observation

Leave the cups in place according to the therapeutic requirements, typically between 5-15 minutes, while monitoring the patient for any discomfort or adverse reactions.

### Step 6: Removal

Carefully release the suction and remove the cup from the skin. Inspect the area for any unusual reactions and clean the skin once again.

### Step 7: Post-Treatment

Advise the patient on aftercare, such as avoiding cold or strenuous activity immediately after cupping. Inform them that bruising is common and should fade over time.

## General Notes

### Consultation

Always conduct a thorough consultation with the patient before beginning to ensure they understand the process and to identify any contraindications.

### Sanitation

Maintain high standards of hygiene and sanitize all equipment both before and after treatment to prevent cross-contamination.

### Professional Training

Ensure that the practitioner has received proper training in therapeutic cupping to provide a safe and effective treatment.