

Cupping Therapy

ChiroFit Health and Wellness

What is it?

Cupping is when a small pump is used to slowly pull oxygen out of the cup (silicone, in our case) to create suction. The cup is placed on the skin and the oxygen within that cup is removed to create a vacuum effect. This suction anchors the cup to the skin and increases the blood flow to the area creating an influx of nutrients to the area. Think of it as the opposite of massage—instead of pressing down on the muscle, a light pressure pull it up. Although it's just a short period of time that the cups are under this pressure, there are an immense amount of benefits seen!

What are the Benefits of Cupping?

Cupping is used to promote healing and has been used extensively for sore and tight muscles. But that's only the beginning, cupping has also been used for:

- * Back and neck pain
- * Reduce painful trigger points
- * Lowering cholesterol
- * Migraines
- * Knee arthritis
- * Improving immune function + circulation
- * Pull and remove toxins from the body
- * Lymphatic Circulation
- * Plantar Fasciitis

What are the long term affects of Cupping Therapy?

By itself cupping isn't a long-term fix. It doesn't correct musculoskeletal problems, but it provides relief from the symptoms. However, paired with regular chiropractic care, it can greatly reduce pain while your regular spinal adjustments directly address musculoskeletal issues. In this way, cupping is similar to acupuncture or massage—great for temporary relief of pain and excellent complementary treatments to chiropractic care.



\$50 for your first 2 regions;
\$30 for each region after

Is Cupping Covered By Insurance?

If your chiropractic care is covered by insurance so will other services such as PNF, Cupping, and Massage Therapy. **Some exclusions apply, check with Sherry for more info!