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During Dry Cupping, the cups are placed over several areas to create a vacuum which lifts the soft tissue and creates an upward stretch within the muscle and associated fascia. This vacuum lift helps to increase in blood flow and induces a stretch effect, which results in a reduction in muscle tension and associated pain.

What is Dry Cupping Therapy? - Core Elements

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The Basic Principle is to understand the skin, fascia and muscle textures. The first place to start is to access the... Loose Skin: This is skin that you can pinch and pull away from the body easily with no discomfort. Next, assess: is the...

Basics of Cupping - Cupping Secrets

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Dry cupping therapy and electrical stimulation therapy were both able to reduce pain and increase function of the foot in those with Plantar Fasciitis (PF). R. Cupping may also help increase range of motion. R. 6. Helps With Nausea. Dry cupping before surgery was able to prevent postoperative nausea and vomiting in laparoscopic cholecystectomy patients. R. 7.

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To better recognize the effects of Cupping therapy, understanding two basic aspects of life- - The body structure - The functional processes Functional harmony of the organ systems guarantees completion of all life processes.