Massage Cupping Informed Consent

What is Cupping?

Cupping is a technique that utilizes negative pressure (suction) to release stagnant/stuck blood and fluid from tissue and bring it to the surface to be carried out through the circulation and lymphatic systems. This allows new oxygenated blood to flow into the area and bring nutrients to the area to promote healing.

How is cupping performed?

Cupping in the massage setting is most commonly performed by placing plastic cups on a selected area and creating a vacuum seal on the skin. This creates the pulling effect of drawing fluids to the surface.

What can I expect from the treatment?

Due to the process of cupping, the following reactions may occur:

- Redness and discoloration from the release and clearing from toxins and stagnation may occur and can last from several hours to several weeks depending on the individual
- Post Tenderness usually less than is experienced after deep tissue massages
- Redness and Itching brought on by increased vaso-dilation or inflammation brought to the skin surface
- Decreased Blood Pressure
- Flu-Like Symptoms such as nausea and headache may occur and should subside with rest and water

The above information has been provided to me about cupping therapy.

I understand that all treatments at this facility are therapeutic in nature. I agree to notify the therapist of any physical discomfort experienced during this session. I have disclosed all relevant physical conditions and will inform the therapist of any changes in my health.

I fully understand the contraindications to cupping therapy and I have disclosed all health factors to my therapist including those not mentioned on my health history form.

By giving my consent to treatment I understand the potential benefits and side effects of cupping therapy.

Client Signature_____Date_____