



RESTORING FUNCTION ONE PATIENT AT A TIME

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## Introduction

Cupping therapy is an ancient form of alternative medicine that has been used for millennia to treat various ailments, including musculoskeletal pain. Cupping has been documented in ancient China, Egypt, and the middle east and was used to treat a variety of ailments including detoxification, migraines, and digestive problems. Cupping involves placing cups on the skin to create suction, which is believed to enhance blood flow, reduce inflammation, and promote healing.

## Benefits for Chronic Low Back Pain

- **Improved Blood Circulation:** The suction created by the cups enhances blood flow to the affected area, promoting healing and reducing muscle tension
- **Pain Relief:** By increasing blood flow and reducing muscle tension, cupping can help alleviate pain and discomfort associated with chronic low back pain
- **Reduced Inflammation:** Cupping may help reduce inflammation by drawing out toxins and promoting lymphatic drainage
- **Enhanced Muscle Relaxation:** The suction effect can help relax tight muscles, reducing stiffness and improving range of motion
- **Holistic Approach:** Cupping provides a non-invasive, drug-free treatment option that can be used alongside conventional therapies for a more comprehensive approach to pain management

## What to Expect During a Cupping Session

- **Initial Assessment:** Your physical therapist will assess your condition and determine if cupping is appropriate for you.
- **Procedure:** The therapist will apply cups to specific areas of your back, creating suction to lift the skin and underlying tissues.
- **Duration:** The cups are typically left in place for 5-15 minutes.
- **Post-Treatment Care:** You may experience mild bruising or redness, which usually subsides within a few days.

## Conclusion

Cupping therapy can be used as a complementary approach to managing chronic low back pain along with exercise, pain science education, and life style changes. By enhancing blood flow, reducing inflammation, and promoting muscle relaxation, cupping can contribute to pain relief and improved quality of life for patients. Always consult with a trained health care provider to

determine if cupping is suitable for your specific condition and to ensure safe and effective treatment.

### **Indications for Cupping**

Cupping therapy is primarily indicated for patients suffering from chronic pain conditions, such as chronic low back pain, muscle spasms, and tension. It is beneficial for individuals with myofascial pain syndrome, characterized by trigger points and tight fascia, as well as those experiencing non-specific low back pain not attributed to specific pathologies like fractures or infections.

### **Contraindications for Cupping**

Contraindications include skin conditions like open wounds, sores, severe eczema, psoriasis, active infections, burns, or recent trauma. It is also contraindicated in individuals with bleeding disorders, such as hemophilia, or those on anticoagulant therapy, as well as patients with severe cardiovascular conditions or uncontrolled hypertension. Pregnant women should avoid cupping over the lower back and abdomen, and it should not be used on areas with severe edema or malignancies.

#### During



#### After

