

## Myofascial Cupping

Myofascial Cupping (MC) is a unique treatment that uses suction to lift tissue as the cup is moved by the therapist to decompress tissue. The cups come in various sizes depending on the treatment area needed. Four theories exist on how MC produces changes to soft tissue mobility:

1. The stimulation of fibroblast activation within the connective tissue to permit optimal retention of water,
2. The disruption of excessive collagen cross linkages ie. scar tissue,
3. The thixotropic-like nature of connective tissue which is described by the Rolfing technique as something that it is capable of changing its state ie. dense thickened, to a more fluid form and
4. Activation of mechanoreceptors which is stimulated by the application of external force that causes the nervous system to respond.

### How Myofascial Cupping Works

It creates a negative (tension) pressure which:

- Passively stretches tissue resulting in increased ROM
- Increases blood supply/heat to area treated
- Increases fluid movement which assists in recovery ie. decreased edema
- Increases nutrient-rich blood supply to injured area

### Conditions that respond to Myofascial Cupping Therapy:

- Poor Circulation
- Sciatica
- ITB Syndrome
- Low back pain
- TMJ Dysfunction
- Chronic Pain
- Arthritis
- Muscular Aches
- Neuralgia
- Trigger points
- Carpal Tunnel
- Migraine
- Tension Headaches, & Sinusitis
- Pre- & Post-Operative Conditions
- Athletic Stress & Injury
- Bursitis/Tendonitis
- Plantar Fasciitis
- Scoliosis
- Scars & Adhesions
- Myofascial pain syndrome
- Fibromyalgia

