



ADVANCED WELLNESS
& SPORTS REHAB

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CUPPING TECHNIQUE

If you've been watching the Olympics this year, you've likely seen the **dark purple circles** on the skin of many of the athletes. These marks are from a **traditional Chinese medicine practice called CUPPING**.



Vaughn Ridley/Getty Images
Michael Phelps of the USA competes in the men's 200m butterfly heats on day 3 of the Rio 2016 Olympic Games

The earliest evidence of cupping dates back to over 3,000 years ago. The Eastern medicine theory behind why and how cupping can, among other things, help reduce pain and increase range of motion is that pain is often the result of a stagnation of energy, or qi. When there is a blockage or stagnation of energy, this will manifest as symptoms such as pain and decreased range of motion. The cupping technique helps to move the energy that is causing the blockage or stagnation and in turn, reduces pain and increases function. The Western medicine theory behind why and how cupping can help reduce symptoms is that blood carries nutrients for healing. Cupping increases the blood flow to the injured area and helps to speed the natural healing process by bringing the nutrients to where they are needed.

A 2010 review of 550 clinical studies¹, including 73 randomized controlled trials—considered to be the gold-standard study type in the science community—concluded that the “majority of studies show potential benefit on pain conditions...” with the use of cupping. No serious, bad health outcomes were reported in any of the studies. What pain drug on the market can say that...?! Another 2014 review of 16 studies with 921 people reported short-term pain reduction from cupping.²



<https://www.youtube.com/watch?v=Xr37XaZE0ms>

Dr. Smith has been practicing cupping, acupuncture and chiropractic for many years and would love the opportunity to consult with you about your condition and evaluate if any of these treatment options may be right for you.

Dr. Diane K. Smith, DC, CCSP, Chiropractic Acupuncture
Advanced Wellness & Sports Rehab
232 Central Ave – Osseo, MN 55369
763-291-0202
www.advancedwellnessandsports.com

1. Clinical research evidence of cupping therapy in China: a systematic literature review; Huijuan Cao·Mei Han·Xun Li·Shangjuan Dong·Yongmei Shang·Qian Wang·Shu Xu·Jianping Liu; **Published:** 16 November 2010
2. Cupping therapy for acute and chronic pain management: a systematic review of randomized clinical trials; Huijuan Caoa, Xun Lia, Xue Yanb, Nissi S. Wangc, Alan Bensoussand, Jianping Liua; Volume 1, Issue 1, 1 July 2014, Pages 49–61