



Is Cupping Therapy Right for You?

Cupping therapy is a form of alternative medicine that is rooted in ancient Egyptian and Chinese medicine.

Cupping therapy is beneficial for a number of reasons: it helps decrease inflammation in the body, helps relieve chronic and acute pain, increases blood flow, speeds up the process of tissue healing, and is also effective for relaxation and general wellbeing.

Cupping therapy is used by a number of different practitioners, such as physiotherapists, naturopaths, massage therapists, and acupuncturists. Cupping therapy is gaining popularity as a treatment for athletes. Therapists often see clinical improvements for conditions such as IT band syndrome, general muscle strain, post-surgery scar tissue reduction.

Practitioners of cupping therapy use either dry, wet, or gliding techniques. The process involves placing a series of suction devices onto the skin in order to lift the skin and muscle. The cups can be left stationary on the skin or moved around the body, depending on the recommended course of treatment.

At Heritage Community Fitness & Rehabilitation Centre, our physiotherapists and naturopaths offer cupping therapy. If you would like to learn more about cupping therapy, contact us at 613-253-2112 to book an appointment with a practitioner.

