

Cupping Therapy – Informed Consent Form

About Cupping Therapy

- This remarkable therapy utilizes negative pressure, rather than tissue compression, for superior results in a wide array of bodywork techniques. Suction cup therapy is a traditional, time-honored treatment that remains favored by millions of people worldwide because it's safe, comfortable and produces remarkable results. By creating suction and negative pressure, cupping therapy lifts connective tissue, releases rigid tissue and loosens adhesions. Cupping pulls stagnation, waste, and toxins to the skin surface level where it can be easily flushed out by the lymphatic and circulatory systems. This allows new oxygenated blood to flow into the area and bring nutrients to the area to promote healing. The pulling action engages the parasympathetic nervous system, thus allowing deep relaxation throughout the entire body.

What Can I Expect from the Treatment?

- There is a possibility of discolorations that can occur from the release and clearing of stagnation and toxins from your body. Some discolorations may have the appearance of bruising. These discolorations will dissipate anywhere from a few hours, up to 2 weeks in some cases, and in relation to your after-care activities and possible medications.
- The first time you experience Cupping, your body's immune system can temporarily react to this release as it might with the flu – producing flu-like effects like nausea, headache, or aches that will subside with time and rest, accompanied by water consumption. Water helps to dilute the intensity of the release.
- Cupping Therapy modalities should not be combined with aggressive exfoliation, 4 hrs after shaving, after a sunburn, or when you are hungry or thirsty.
- Avoid exposure to cold/wet, and/or windy weather conditions, hot showers, baths, saunas, hot tubs and aggressive exercise for 4-6 hours after treatment. Exposure to such extremes can produce undesirable effects and should be avoided.
- Avoid caffeine, alcohol, sugary foods and drinks, dairy and processed meats and you should consume an abundance of clean water.

Contraindication:

- Cupping Therapy is contraindicated in all the following conditions: Diabetes (Type I), varicose veins, to an open wound, to inflamed or infected tissue, herniated or bulging disc, kidneys, cancer, malignant tumors, infections, fever, low blood pressure, liver/kidney dysfunction, hemophiliacs, to a bleeding injury (external as well as internal), over a fracture and to a grade III muscle or ligament sprain, as well as in complete tendon rupture. Skin hypersensitivity – Acne, Psoriasis, Shingles, skin lesions, raised moles, skin tags. Medications – Aspirin, blood thinners.

I have read and understand the above information about Cupping Therapy, its effects, after-care recommendations, conditions of contraindications, and have fully disclosed all health factors on my Health History Intake Form.

I hereby voluntarily release Operator Massage Haven Inc. and their affiliates and their respective shareholders, members, principals, owners, directors, employees, agents, representatives, successors, and assigns from all claims, costs, demands, expenses, and causes of action should my own condition be aggravated at any time.

Signature of Client: _____

Print Name: _____ Date: _____

Signature of Practitioner: _____

Print Name: _____ Date: _____