

Fire Cupping Patient Information

What Is Fire Cupping?

Fire cupping is a traditional therapeutic technique that uses gentle suction to support the body's natural healing processes. A flame is briefly introduced into a glass cup to create negative pressure, and the cup is then placed on the skin. This suction lifts and stretches superficial tissues—including skin, fascia, and muscle—encouraging circulation and relaxation.

Although cupping has been used for centuries in many cultures, modern practitioners use it as a supportive therapy for musculoskeletal wellness, stress reduction, and overall recovery.

How Fire Cupping Works

Fire cupping creates **negative pressure**, which gently draws the skin and underlying tissue upward. This action:

- Stimulates **local blood flow**
- Enhances **microcirculation** to muscles and connective tissues
- Encourages the movement of metabolic waste
- Supports the body's natural healing response
- Promotes deep muscle relaxation

Cupping marks—often circular areas of temporary discoloration—can appear where cups were placed. These marks are not bruises; rather, they represent increased circulation and the movement of stagnant tissue fluids. They generally fade within several days.

Common Conditions Fire Cupping May Support

Fire cupping is often used alongside chiropractic care and other therapeutic treatments. Patients may find it beneficial for:

- Muscle tightness and stiffness
- Chronic tension patterns
- Athletic recovery and generalized soreness following exercise
- Head, neck, and shoulder discomfort
- Mid- and lower-back tension
- Limited mobility due to fascial tightness
- Occupational strain (desk posture, repetitive activities)

What to Expect During a Session

- Cups are placed on specific areas depending on your goals and your provider's assessment.
- You may feel gentle pulling or stretching where the cups are applied.
- Most people find it relaxing and soothing.
- Temporary circular marks can appear afterward and typically fade within a few days.

After-Care Recommendations

To make the most of your treatment:

- **Stay hydrated** to support tissue recovery.
- **Avoid intense exercise, saunas, and hot tubs for 4–6 hours** after treatment.
- **Protect the cupped areas** from cold, wind, and direct sun exposure for several hours.
- **Eat and drink lightly**—avoid alcohol, caffeine, and processed foods immediately after treatment to support your body's natural detoxification processes.

Is Fire Cupping Right for You?

Your provider will review your health history to ensure fire cupping is appropriate for your needs. If you have any questions or concerns about your session, please speak with your provider—we are here to help you feel informed, safe, and supported. Our administrative staff will provide a **Cupping Consent Form** prior to treatment so you may review any contraindications to the treatment.

Our promise to you is that we will do everything in our power to earn your trust and exceed all of your expectations. If you have any specific questions or feedback, please don't hesitate to ask!

The Team at Thompson Chiropractic Clinic

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