



POINT TO POINT
MOBILE PHYSICAL THERAPY

What Is Cupping Therapy?

Cupping therapy is a treatment used by physical therapists to help reduce muscle pain, improve mobility, and promote relaxation. Special cups create gentle suction on the skin to help improve blood flow, decrease muscle tightness, and relieve pain. Cups may be stationary or moved across the skin.

How Can Cupping Therapy Help?

- Reduce muscle tightness and stiffness
- Decrease pain and soreness
- Improve flexibility and range of motion
- Increase local blood circulation
- Promote relaxation
- Support recovery when combined with other physical therapy treatments

What Will I Feel?

You may feel a gentle pulling sensation, mild pressure, warmth, and muscle relaxation. Treatment usually lasts 5–15 minutes.



After Treatment

Typically, you can expect circular red or purple marks, mild tenderness, and temporary skin sensitivity. These marks are expected and usually fade within 3–14 days. Stay hydrated, keep moving, and follow your therapist's recommendations.

Possible Risks and Side Effects

Temporary skin discoloration, mild soreness, skin sensitivity, minor bruising, lightheadedness, and rarely; blistering, skin irritation, or infection.

What Should You Tell Your Therapist?

Inform your therapist if you take blood thinners, have a bleeding disorder, fragile skin, open wounds, infection, pregnancy, decreased sensation, or other medical concerns.

When Should I Contact My Therapist?

Contact your therapist for severe pain, excessive swelling, blistering, or signs of infection such as redness, warmth, drainage, or fever. Seek emergency care for any serious or concerning symptoms.

Questions

Cupping therapy is provided only with your informed consent. Please ask your physical therapist any questions before treatment.