

Cupping Contraindications

Please read the following contraindications before you begin cupping your client. Always remember, when in doubt, don't cup!

- Avoid excessive heat, cold or exercise for at least 4-6 hours post cupping.
- Do not perform cupping on broken bones, dislocations, hernias, herniated discs, or on anyone undergoing cancer therapies.
- Do not cup over sunburned skin or skin that is ruptured, ulcerated or inflamed.
- Avoid moving cups over the jugular or carotid artery.
- Only perform cupping on pregnant clients in their 2nd trimester.
- When cupping pregnant clients avoid moving cups over the abdomen or sacrum.
- Avoid strong cupping or lengthy cupping on energy-depleted clients.
- Perform only light cupping on the elderly, children and when going over the kidneys.
- Do not perform cupping on people with kidney or liver disease, cardiomyopathy, varicose veins or over recent surgical incisions.
- Avoid strong cupping or prolonged cupping on clients who are on blood thinners, hemophiliacs, have high or low blood pressure or are diabetic.