
Learning Objectives

MedBridge Massage
The Fundamentals of Massage Cupping
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Course Objectives:

- Establish historical knowledge of traditional use of the tool and clarify current use in the health care.
- Expose the student to existing choices in professional equipment, and their benefits.
- Establish an understanding of key benefits in treatments.
- Understand of safe application of techniques and after-effects.
- Encourage personal experience and practice with the cups.
- Provide guidelines for documenting results.

Chapter 1: Introduction to Cupping

The first chapter of this course provides historical context for the modern applications of cupping techniques in massage therapy practice, and introduces current equipment options.

Chapter 2: Benefits and Applications

The second chapter of this course introduces basic applications of cupping techniques, and describes the benefits of incorporating cupping into practice for practitioners and their clients.

Chapter 3: Guidelines and Techniques

This chapter demonstrates the nuts and bolts of applying cupping in massage therapy practice, including key guidelines and foundational techniques.

Chapter 4: Case Example

The final chapter of this course presents an example scenario of a client hoping to reduce the visibility of scarring, applying concepts from throughout the course.