



Patient Information and Consent Form

Please read this information carefully, and ask your practitioner if there is anything that you do not understand.

What is Cupping?

Cupping is a form of therapy where glass cups are placed on the skin at specific points, then drawn/glided over targeted areas of the body that have had oil applied to them, in a form of massage movement.

Based on ancient Traditional Chinese Medicine, a vacuum is created in the bowl of the glass cup, this reduces tension in soft tissue and increases blood flow to the area, relieving pain and inflammation.

Is cupping safe?

Cupping is generally very safe. Harmful effects are very rare, however it will often result in minor bruises (Haematoma). On the whole the cupping massage is a pleasant experience.

Does cupping have side effects?

You need to be aware that:

- Cupping can effect different patients, in different ways
- Redness of the skin appears during each treatment, but usually fades within a few hours
- Minor bruising, is not usually painful, but may last several days
- A pain relieving sensation may occur during treatments
- Existing symptoms can get worse after treatment

In addition, if there are particular risks that apply in your case, your practitioner will discuss these with you.

Is there anything your practitioner needs to know?

Apart from the usual medical details, it is important that you let your practitioner know:

- If you have a bleeding disorder
- If you are taking anti-coagulants or any other medication
- If you have ever experienced a fit, faint or funny turn
- If you have a pacemaker or any other electrical implants

Statement of Consent

I confirm that I have read and understood the above information, and I consent to having cupping treatment. I understand that I can discontinue treatment at any time.

Signature _____

Print name in full _____

Date _____