



Cupping Dynamix, LLC

Course title: Level 1: Introduction to Therapeutic Cupping

Continuing education hours: 4

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Cupping Level 1 - Introduction to Therapeutic cupping

Course Description:

This course will prepare the student to gain the knowledge and understanding of Cupping Therapies, and gain confidence to utilize cupping into your lifestyle. *We advise licensed practitioners to take a physical/live class for proper application of manual technique before offering this treatment to patients/clients.

Focus of level 1:

- The history of cupping -Eastern theory with western adaptation
- Indications/contraindications
- Benefits on lymphatic system, dermatome layer, and soft tissue
- Types of cupping (silicone, glass, plastic)
- Skin discoloration and tissue assessment
- Effects/benefits
- Sanitation/safety

Learning outcomes:

The student will be able to:

- Understand the indications and contraindications of bodywork cupping
- Identify and assess the discoloration of the tissue and the texture changes
- Understand and communicate the benefits and effects of cupping
- Implement proper sanitation and safety procedures
- Perform Therapeutic cupping and evaluate the results

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