

Effects of Cupping Therapy

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Abstract

Cupping therapy has been used widely as a safe and common method to tackle soft tissue lesions in most countries and has been used for health promotion, preventive, and therapeutic purposes.

Eber's papyrus (1550 BC) from Ancient Egypt is one of the oldest medical texts to mention cupping therapy. It's performed by applying cups to selected skin points and creating a sub-atmospheric pressure, either by heat or by suction.

The results showed that incorporation of cupping therapy in a routine physical therapy programme can reduce the severity of symptoms and can significantly decrease the VAS scores.

There is a promising evidence in favour of the use of wet cupping for musculoskeletal pain, specifically nonspecific low back pain, neck pain, Carpal tunnel syndrome, and brachialgia.

Article Information

Conference Proceedings: Global Congress on Physiotherapy, Physical Rehabilitation and Sports Medicine (Paris)

Conference date: 18-19 November, 2019

Inovineconferences.com

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Citation: Hariti A (2019) Effects of Cupping Therapy. J Health Sci Dev.

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