



INFINITY WELLNESS CENTER
Chiropractic & Acupuncture

Cupping Intake Form

Name:		Email:	
Address:			
City, State, Zip:		Date of Birth:	Age:
Home Phone:		Cell Phone:	
Emergency Contact (Name & Phone):			
Referred by:		Employer:	
Occupation:		Marital Status:	
Have you ever had cupping before?		Chinese herbal medicine?	
Reason for today's visit:			
How long have you had this condition?		Is it getting worse?	
Does it bother your: <input type="checkbox"/> Sleep <input type="checkbox"/> Work <input type="checkbox"/> Other (What?)			
Is this your first time with this condition?			
What seems to make it better?		What seems to make it worse?	
Other concurrent therapies?			

Cupping Informed Consent

Massage Cupping is a treatment of creating a vacuum suction in a cup, which is applied to the surface of the skin. The purpose of this technique is to promote health and healing by: loosening soft tissue and connective tissue, scarring and adhesions moving stagnation and increasing lymphatic flow and circulation. The cups are moved over the skin using gliding, shaking, popping, and rotating techniques while gently pulling up on the cup, or may be parked or placed for a short time to facilitate joint mobilization or soft tissue release. Another benefit is to pull toxins and inflammation from the body to the surface of the skin where the lymphatic system can more readily eliminate them.

Potential reactions to Massage Cupping are temporary and may include:

- Cupping marks: discoloration due to metabolic waste, toxins and other stagnant material that have been freed from the underlying tissue.
- Post treatment tenderness: Usually less than experienced from deep tissue work.
- Redness and itching: increased vaso-dilation and/or inflammation brought to the surface
- Very rarely a slight burn or blister may appear due to the heat and or suction.

Suggested after care recommendations:

- Drink plenty of water to help eliminate toxins out of the body.
- Avoid showers, steam, sauna and exercise for 3-4 hours.
- Light stretching and range of motion exercises are beneficial.
- Exercise the next day will help increase circulation to aid in fading of cup kisses.

Contraindications:

People who are on blood thinners should alert Infinity Wellness Center. People with skin ulcers, high fever, spontaneous bleeding, thin muscles, edema, convulsions, abdominal or sacral regions of pregnant women, severe allergic skin, dermatitis should not receive this treatment. You cannot be under the influence of drugs or alcohol.

Infinity Wellness Center has provided me with information on the Cupping bodywork technique. If I choose to experience this therapy in my treatment, I understand the effects and after-care recommendations. It has been explained to me that there is a possibility of a temporary skin discoloration or “cup kiss”, appearing as tissue is released. I am aware that a “cup kiss” is a form of a bruise and that it will dissipate within a few hours to 14 days.

I understand that all treatments by the practitioner at this facility are therapeutic in nature. I agree to notify the practitioner of any physical discomfort experienced during the session. I have stated all relevant physical conditions and will inform the practitioner of any changes in my health.

Print Name: _____ Date: _____

Signature: _____