

**What is Cupping?** Massage cupping is a modified version of the common practice of cupping therapy, used in traditional Chinese medicine (TCM), and the results that this simple treatment produces are impressive. Through suction and negative pressure, massage cupping releases rigid soft tissue; drain excess fluids and toxins; loosen adhesions and lift connective tissue; and bring blood flow to stagnant skin and muscles.

Member Name \_\_\_\_\_

DOB/Age \_\_\_\_\_

Is this your first cupping session? \_\_\_\_\_

What is your primary goal for today's session? \_\_\_\_\_

List any conventional or unconventional medications, herbs and therapies you are currently trying;

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Medical Information

Please mark "C" next to current or chronic issues and mark "P" next to those you've had in the past

Broken Bone	Surgical Incision	Organ Failure	Insulin Monitor
Cancer	Varicose Veins	Pregnancy	Joint or Bone Replacement
Hernia	Dislocation	Hemphillia	Hearing Aid
Slipped Disc	Fever	Diabetes	Blood Thinner
Sunburn	Kidney Illness	High/Low Blood Pressure	
Ulcerated Skin	Cardiopathy	Pacemaker	

List any major illnesses \_\_\_\_\_ What age? \_\_\_\_\_

List any major broken bones \_\_\_\_\_ What age? \_\_\_\_\_

List any surgeries \_\_\_\_\_ What age? \_\_\_\_\_

List any major hospitalizations \_\_\_\_\_ What age? \_\_\_\_\_

Check all that apply today       Fever       Infection       Cold/Flu       Inflammation       Pregnant/trying

**by signing below, i agree that I have read and understand the following**  
 I understand that all treatments at this facility are therapeutic in nature. I agree to communicate to my therapist any physical discomfort during the session. Information has been provided to me about massage cupping techniques. If I choose to experience these therapies during treatments, I understand the potential effects and after-care recommendations. It has been explained to me the possibility of discolorations that can occur from the release and clearing of stagnation and toxins. I also understand that this reaction is not bruising. I further understand that the discolorations will dissipate within a few hours to as long as a week in some cases, and in relation to my after-care activities. I understand that cupping modalities should not be combined with aggressive exfoliation. I understand that I should avoid hot showers, baths, saunas, hot tubs and aggressive exercise for 24 hours. I also understand that I should avoid excess caffeine and alcohol and I should consume plenty of clean drinking water.

member signature \_\_\_\_\_

date \_\_\_\_\_