

# cupping points chart

**cupping points chart** is an essential tool in traditional Chinese medicine (TCM) and alternative therapies, providing a detailed guide to the specific locations on the body where cupping therapy can be effectively applied. Cupping therapy, known for its therapeutic benefits such as pain relief, improved circulation, and detoxification, relies heavily on accurately targeting these points. This article explores the significance of a cupping points chart, highlighting the primary areas commonly used in practice. It also explains how practitioners utilize these charts to maximize the benefits of cupping. Additionally, the article covers the different types of cupping techniques, common cupping points on the back and other body regions, and safety considerations for effective treatment. A comprehensive understanding of the cupping points chart aids both practitioners and individuals seeking cupping therapy for various health conditions.

- Understanding the Cupping Points Chart
- Common Cupping Points on the Body
- Types of Cupping and Their Application
- How to Use a Cupping Points Chart Effectively
- Safety Considerations and Contraindications

## Understanding the Cupping Points Chart

A cupping points chart is a visual representation that maps out the specific areas on the body where cupping therapy is most beneficial. These charts are derived from traditional Chinese medicine principles, which identify energy pathways known as meridians and acupuncture points. The cupping points chart highlights these key locations, enabling practitioners to stimulate healing by applying suction cups.

The chart serves as a guide to target areas associated with different organs, muscles, and pain points. By stimulating these points, cupping can help release muscle tension, promote blood flow, and reduce inflammation. The cupping points chart is often used alongside acupuncture charts, as the two therapies share similar points but differ in methodology.

Understanding the anatomy and the significance of each cupping point on the chart is essential for effective treatment. This knowledge helps in tailoring cupping sessions to the specific needs of the patient, whether for chronic pain, respiratory issues, or general wellness.

## Common Cupping Points on the Body

The cupping points chart typically focuses on several key regions of the body, with a strong emphasis on the back, where many important therapeutic points are located. These points correspond to major organ systems and muscle groups targeted during cupping therapy.

## Back Cupping Points

The back is the most commonly cupped area due to its accessibility and concentration of meridian points. Key points include:

- **Bladder Meridian Points:** Running parallel to the spine, these points are crucial for treating pain, muscle stiffness, and internal organ issues.
- **Du Meridian Points:** Located along the midline of the back, stimulating these points can enhance energy flow and alleviate back pain.
- **Scapular Region:** Cupping around the shoulder blades helps relieve tension and improve mobility in the upper back and neck.

## Other Common Cupping Points

Besides the back, cupping points are also located on other body areas including:

- **Chest:** Points on the chest can aid in respiratory conditions like asthma and bronchitis.
- **Abdomen:** Cupping on the abdomen may support digestive health and relieve stomach discomfort.
- **Limbs:** Points on the arms and legs are used to address joint pain, muscle cramps, and circulation issues.

## Types of Cupping and Their Application

The cupping points chart is applicable across various cupping techniques, each with specific methods and therapeutic goals. Understanding the type of cupping helps determine how the points on the chart are utilized.

### Dry Cupping

Dry cupping involves placing suction cups on the skin without making incisions. The cups create a vacuum that lifts the skin and underlying tissues, stimulating the cupping points. This method is widely used for muscle relaxation and pain relief.

### Wet Cupping

Wet cupping combines suction with controlled superficial skin incisions to draw out small amounts of blood. The cupping points chart guides practitioners in selecting safe areas for wet cupping to

maximize detoxification benefits while minimizing risk.

## Fire Cupping

Fire cupping uses heat to create suction inside the cups before placing them on the skin. This traditional technique enhances blood flow and is often applied to the back and other key points indicated on the cupping points chart.

## How to Use a Cupping Points Chart Effectively

Proper use of a cupping points chart requires a thorough understanding of anatomy, meridians, and the therapeutic goals of cupping. Practitioners should consider the patient's condition, sensitivity, and treatment objectives when selecting points.

Steps for effective use include:

1. **Identify the Condition:** Determine the health issue or symptom requiring treatment.
2. **Consult the Chart:** Locate the corresponding cupping points related to the affected area or organ system.
3. **Prepare the Area:** Clean and inspect the skin, ensuring it is free of wounds or infections.
4. **Apply Cups:** Use the appropriate cupping technique and apply cups to the selected points.
5. **Monitor Response:** Observe the patient's reaction during and after treatment to adjust duration and intensity accordingly.

## Safety Considerations and Contraindications

While cupping therapy is generally safe when performed correctly, adherence to safety guidelines is critical. The cupping points chart helps avoid sensitive areas that may cause harm.

Important safety considerations include:

- Avoiding cupping on broken or inflamed skin
- Steering clear of areas with varicose veins or deep vein thrombosis
- Being cautious with patients who have bleeding disorders or are on blood-thinning medications
- Limiting the duration of cup placement to prevent skin bruising or blistering
- Ensuring proper sanitation of cups to prevent infection

Contraindications for cupping therapy include pregnancy (certain points), severe cardiovascular conditions, and fever or acute infections. The cupping points chart assists practitioners in identifying safe zones and adapting treatments accordingly.

## **Frequently Asked Questions**

### **What is a cupping points chart?**

A cupping points chart is a visual guide that shows the specific locations on the body where cupping therapy is applied to relieve pain, improve circulation, and promote healing.

### **How do I read a cupping points chart?**

To read a cupping points chart, identify the targeted area of discomfort or health concern on the body diagram, then locate the corresponding cup placement points indicated on the chart for effective therapy.

### **Are cupping points the same as acupuncture points?**

Cupping points often overlap with acupuncture points, but cupping focuses on suction to stimulate blood flow, while acupuncture uses needles to target specific meridians and energy pathways.

### **Can a cupping points chart be used for self-treatment?**

While a cupping points chart can guide self-treatment, it is recommended to consult a trained practitioner to ensure safe and effective application, especially for sensitive areas.

### **What conditions can be treated using a cupping points chart?**

Cupping points charts are used to target areas related to pain relief, muscle tension, respiratory issues, digestive problems, and stress reduction among other health conditions.

### **Is there a digital version of a cupping points chart available?**

Yes, many digital cupping points charts are available online and through mobile apps, offering interactive features to help users understand and locate proper cupping sites.

### **How often should cupping be applied according to the points chart?**

The frequency of cupping therapy varies based on individual conditions, but typically sessions are done once or twice a week; it is best to follow professional advice tailored to your needs.

### **Are there any risks associated with following a cupping points**

## chart incorrectly?

Incorrect use of a cupping points chart can lead to bruising, skin irritation, or worsening of symptoms; proper training and caution are essential to avoid adverse effects.

## Additional Resources

### 1. *The Complete Guide to Cupping Therapy and Pressure Points*

This comprehensive guide explores the ancient art of cupping therapy combined with detailed charts of pressure points. It covers the history, techniques, and practical applications for pain relief and healing. Readers will find step-by-step instructions and illustrations that make it accessible for both beginners and practitioners.

### 2. *Acupressure and Cupping Points for Health and Wellness*

Focusing on the synergy between acupressure and cupping, this book provides an in-depth look at how these therapies can improve overall health. It includes detailed charts and diagrams of key cupping points used to treat common ailments. The author also discusses the science behind these traditional methods, making it a valuable resource for holistic healing.

### 3. *Cupping Therapy Illustrated: Charts and Techniques*

This visually rich book offers extensive charts and illustrations of cupping points on the human body. It serves as a practical manual for therapists and enthusiasts, showcasing various cupping techniques and their therapeutic benefits. The clear visuals help readers accurately locate points for effective treatment.

### 4. *Healing with Cupping: A Point-by-Point Approach*

Delving into the therapeutic power of cupping, this book maps out specific points used to address various health conditions. It combines traditional knowledge with modern insights, providing a detailed chart for easy reference. The book also includes case studies to demonstrate the effectiveness of cupping therapy.

### 5. *Chinese Cupping Points and Meridian Charts*

This book focuses on the traditional Chinese medicine perspective, detailing the meridian system alongside cupping points. It offers precise charts that link cupping locations with corresponding organ systems and energy pathways. Readers gain an understanding of how cupping influences Qi flow and promotes balance.

### 6. *The Art of Cupping: Point Charts and Clinical Applications*

Designed for practitioners, this book presents a thorough overview of cupping points with clinical applications. It includes detailed anatomical charts, treatment protocols, and advice on combining cupping with other therapies. The practical approach makes it a useful guide for enhancing therapeutic outcomes.

### 7. *Mastering Cupping Therapy: Essential Points and Techniques*

Aimed at both novices and experienced therapists, this book breaks down essential cupping points and techniques in an easy-to-follow format. It features detailed charts and tips on customizing treatments for various conditions. The author emphasizes safety and effectiveness throughout the guide.

### 8. *Cupping Points for Pain Relief and Detoxification*

This focused guide highlights cupping points specifically used to alleviate pain and support detoxification processes. It includes clear charts and explanations of how cupping stimulates circulation and lymphatic drainage. The book is ideal for those looking to use cupping as a natural remedy for chronic pain and toxin buildup.

#### *9. Traditional and Modern Approaches to Cupping Points*

Bridging ancient wisdom and contemporary practices, this book presents a comprehensive overview of cupping points. It contrasts traditional charts with modern adaptations and scientific research. Readers will appreciate the balanced perspective on how to effectively apply cupping therapy today.

## **Cupping Points Chart**

# **Unleash the Healing Power of Cupping: Your Comprehensive Guide to Cupping Points**

Are you intrigued by the ancient healing practice of cupping, but overwhelmed by the seemingly endless array of points and their applications? Do you struggle to find a reliable, easy-to-understand resource that clarifies the placement and benefits of each point? Frustrated with inconsistent information online and unclear diagrams? You're not alone. Many find navigating the world of cupping therapy confusing and challenging. This ebook empowers you to confidently utilize cupping for yourself or your clients.

This ebook, "Cupping Points Chart: A Comprehensive Guide to Meridian Therapy," provides a clear, concise, and visually rich guide to the most commonly used cupping points.

Contents:

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Chapter 4: Cupping Techniques: Choosing the Right Cups and Method

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Chapter 6: Advanced Cupping Techniques: Combining Cupping with Other Therapies

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# Cupping Points Chart: A Comprehensive Guide to Meridian Therapy

# Introduction: Understanding Cupping Therapy and its Benefits

Cupping therapy, an ancient practice dating back thousands of years, involves placing heated or suction cups on the skin to create a vacuum. This vacuum draws blood and other fluids to the surface, promoting increased blood flow, lymphatic drainage, and the release of toxins. The benefits extend beyond simple detoxification; cupping can alleviate pain, reduce inflammation, and improve overall well-being. This introduction serves as a foundation for understanding the principles behind cupping therapy and its diverse applications. We'll explore its rich history, the underlying principles of traditional Chinese medicine (TCM) that inform its practice, and the scientific evidence supporting its efficacy. Understanding this context is crucial for effectively utilizing the cupping point chart presented in the subsequent chapters.

## The History and Principles of Cupping

Cupping has been practiced in various cultures, including ancient Egypt, Greece, and China. In TCM, it's considered a crucial component of meridian therapy, working in conjunction with acupuncture and other modalities to balance energy flow throughout the body. The belief is that imbalances in the body's energy meridians (pathways) lead to illness and discomfort. Cupping aims to restore this balance by stimulating these meridians and promoting circulation in targeted areas.

## Scientific Basis of Cupping Therapy

While its ancient origins predate modern scientific methods, recent studies have begun to investigate the physiological effects of cupping. Research suggests that cupping can:

**Increase blood flow:** The suction created by the cups increases local blood circulation, delivering more oxygen and nutrients to the treated area.

**Reduce inflammation:** Cupping can help reduce swelling and inflammation by promoting lymphatic drainage and the removal of inflammatory mediators.

**Stimulate muscle relaxation:** The suction can help relieve muscle tension and spasms.

**Release toxins:** The increased blood flow and lymphatic drainage can assist the body in eliminating toxins and metabolic waste products.

While more research is needed, the accumulating evidence supports cupping's potential as a valuable therapeutic modality. This ebook will equip you with the knowledge and tools to harness its healing power responsibly and effectively.

# **Chapter 1: Basic Anatomy and Meridian Theory - A Foundation for Understanding Cupping Point Locations**

Understanding basic anatomy and the principles of meridian theory is fundamental to effectively using a cupping points chart. This chapter will provide a simplified overview of the human body's major systems and the concept of meridians within the context of TCM.

## **Key Anatomical Structures Relevant to Cupping**

We will cover the basic anatomical structures relevant to cupping, including:

**Muscles:** Understanding muscle groups and their attachments is crucial for accurately placing cups to target specific muscle tension or pain.

**Bones:** Knowledge of bone landmarks helps in locating specific cupping points.

**Blood vessels and nerves:** Understanding the location of major blood vessels and nerves allows for safe and effective cupping placement, avoiding sensitive areas.

**Organs:** While cupping doesn't directly target internal organs, understanding their location is important for understanding the meridian system and the potential effects of stimulating nearby points.

## **Meridian Theory in Traditional Chinese Medicine**

TCM emphasizes the concept of meridians, invisible pathways through which vital energy (Qi) flows. These meridians connect various parts of the body, and imbalances in Qi flow are believed to be the root cause of many illnesses. We'll explore:

**The twelve primary meridians:** Understanding the pathways of these meridians is essential for identifying and utilizing specific cupping points.

**The concept of Yin and Yang:** This fundamental principle of TCM explains the balance of opposing forces within the body. Cupping can help restore balance between Yin and Yang.

**The Five Elements Theory:** This theory further explains the relationships between organs, meridians, and the elements (wood, fire, earth, metal, and water).

Understanding these concepts provides a framework for interpreting the information within the cupping point chart and allows for a more holistic approach to cupping therapy.

## **Chapter 2: Detailed Cupping Points Chart: Location,**

## **Benefits, and Contraindications (Illustrated)**

This chapter forms the core of the ebook, providing a visually rich and detailed cupping points chart. Each point will be illustrated with clear diagrams showing its precise location on the body. The accompanying text will detail:

**Precise location:** Detailed descriptions and illustrations will guide accurate cup placement.

**Benefits:** Specific therapeutic effects associated with each point, including pain relief, improved circulation, and organ system support.

**Contraindications:** Conditions or situations where cupping should be avoided on a specific point.

**Associated meridians:** The meridian or meridians that the point belongs to.

**Clinical applications:** Examples of conditions where the point is typically used.

(This section would contain numerous illustrated points. Due to the limitations of this text-based format, it cannot be fully replicated here. However, the structure and information provided above would be maintained in the actual ebook.)

## **Chapter 3: Practical Applications of Cupping: Treating Common Ailments**

This chapter translates theoretical knowledge into practical application. We'll cover the use of cupping for various common ailments:

**Pain Management:** Cupping for back pain, neck pain, shoulder pain, and other musculoskeletal issues.

**Respiratory Issues:** Utilizing cupping for coughs, colds, and bronchitis.

**Digestive Problems:** Addressing digestive discomfort with specific cupping points.

**Stress and Anxiety:** Employing cupping for relaxation and stress reduction.

**Headaches and Migraines:** Applying cupping to alleviate headache pain.

Each section will include specific point recommendations, detailed instructions, and considerations for different patient conditions.

## **Chapter 4: Cupping Techniques: Choosing the Right Cups and Method**

This chapter covers the practical aspects of performing cupping therapy. Topics include:

Types of Cupping Cups: Glass, silicone, and other types of cups, their advantages and disadvantages.  
Preparing the Skin: Proper skin preparation techniques for optimal cupping results.  
Applying the Cups: Step-by-step instructions for placing and removing cups safely and effectively.  
Duration of Treatment: Guidelines on the appropriate duration of cupping sessions.  
Post-Cupping Care: Instructions on aftercare to minimize discomfort and promote healing.

## **Chapter 5: Safety Precautions and Contraindications**

Safety is paramount in any therapeutic practice. This chapter covers essential safety precautions and contraindications for cupping therapy:

Absolute Contraindications: Situations where cupping should be avoided completely, including open wounds, bleeding disorders, and certain skin conditions.

Relative Contraindications: Situations where cupping should be approached with caution, such as pregnancy, certain medications, and fragile skin.

Managing Potential Side Effects: Addressing potential side effects such as bruising, and how to minimize their occurrence.

Ethical Considerations: Ethical considerations for practitioners, including informed consent and client communication.

## **Chapter 6: Advanced Cupping Techniques: Combining Cupping with Other Therapies**

This chapter explores more advanced techniques:

Moving Cupping: Techniques involving moving the cups across the skin.

Flash Cupping: A technique involving brief application of cups.

Combining Cupping with Other Therapies: Integrating cupping with acupuncture, massage, and other complementary therapies.

## **Conclusion: Building a Sustainable Cupping Practice**

This concluding chapter summarizes key takeaways and encourages readers to continue their learning and practice. It provides resources for further study and emphasizes the importance of continuous learning and responsible practice.

# FAQs

1. Is cupping painful? The sensation varies but is generally described as a mild ache or pressure. Bruising is possible but usually subsides within a week.
2. How long does a cupping session last? Sessions typically last between 10-30 minutes, depending on the area and treatment goals.
3. How often can I get cupping? Frequency depends on individual needs and the therapist's recommendations.
4. What are the potential side effects of cupping? Common side effects include temporary bruising, mild discomfort, and faintness.
5. Who should not get cupping? Individuals with bleeding disorders, open wounds, or certain skin conditions should avoid cupping.
6. Is cupping a replacement for medical treatment? Cupping should be considered a complementary therapy, not a replacement for conventional medical treatments.
7. How do I find a qualified cupping therapist? Seek practitioners with proper training and certifications.
8. Can I learn to perform cupping on myself? While self-cupping is possible, professional guidance is recommended, especially for beginners.
9. How long does it take to see results from cupping? Results can vary, but many people experience relief from pain and other symptoms within a few sessions.

## Related Articles:

1. Cupping for Back Pain Relief: Explores the effectiveness of cupping in alleviating back pain and provides specific point recommendations.
2. Cupping for Neck and Shoulder Pain: Focuses on techniques and points for addressing neck and shoulder tension.
3. Cupping for Headaches and Migraines: Discusses the use of cupping for headache relief and provides specific point locations.
4. Cupping and Meridian Theory: A Deeper Dive: Provides a more detailed explanation of meridian theory and its relevance to cupping.
5. Choosing the Right Cupping Cups: A comprehensive guide to different types of cupping cups and their applications.

6. Safety Precautions and Contraindications in Cupping Therapy: A detailed discussion of safety considerations and contraindications.
7. Cupping Techniques for Beginners: A step-by-step guide for beginners learning to perform cupping.
8. Combining Cupping with Other Therapies: Explores the benefits of integrating cupping with other complementary therapies.
9. The Science Behind Cupping Therapy: Reviews the scientific evidence supporting the efficacy of cupping therapy.

**cupping points chart:** *Cupping Therapy for Muscles and Joints* Kenneth Choi, 2021-03-23 An important part of Traditional Chinese Medicine for thousands of years, cupping has recently gained widespread acclaim for its many benefits. It may look like some kind of torture and temporarily leave strange circles on your skin, but it's so effective that everyone from professional athletes to famous celebrities is using it to improve their health and well-being. In this book, you will discover what cupping is, how it works, and which cupping techniques would be best for you. You will learn the science behind the suction and the many conditions and ailments it can alleviate.--Back cover.

**cupping points chart:** *The Basics of Dry Cupping* Mary Conrad, 2016-10-22 LEARN MORE ABOUT CUPPING TODAY! Cupping Therapy has been around for quite a long time. It had been used by ancient cultures such as Egyptians, Chinese and other Middle Eastern civilizations. In some parts of Asia, it's termed as Ventosa and considered a low-cost and effective treatment for muscle pains and other conditions. It helps with inflammation, pain and improves blood circulation. Is it really effective? Well, considering that it's being used by Olympic athletes, Hollywood stars and more importantly everyday people. It's hard to dispute since it has been passed around for generations. This book is about giving more information on the art of Cupping. It'll serve as your basic and reliable guide in knowing more about the therapy before trying it out for yourself. This book contains:\* History of Cupping\* The Basics of the therapy \* Complementary treatments for Cupping\* Cupping Points and their Anatomical Locations\* Different Ailments that may be Treated by Cupping\* How to Perform Cupping Both the Old and New Methods\* Reasons to Try CuppingLearn more about this effective therapy by going through this book. It's a wonderful, non-invasive procedure that will improve your health and overall well-being. Take a step towards health today!

**cupping points chart:** *Traditional Cupping, Hijama, Education Course* ,

**cupping points chart:** *Islamic Cupping & Hijamah* Dr Feroz Osman-Latib, 2013-10-31 This text is the most complete and up to date book on Hijamah at this time, it cuts straight into the subject and quenches the curiosity of the reader whether it be a layperson, prospective patient or seasoned medical professional. Dr Latib's experience and insight into Hijamah and traditional medicine as well as his rigor in correlating it with scientific findings is reflected throughout this guide. He shares with us the complete and comprehensive depth to this topic and empowers the reader in understanding and applying the concepts, rules and guidelines regarding Hijamah in order to improve general health and benefit from this oft misunderstood and sometimes feared medical procedure

**cupping points chart:** *Traditional Chinese Medicine Cupping Therapy - E-Book* Ilkay Z. Chirali, 2014-06-27 This new edition explores and describes techniques of cupping in the context of TCM theory. It provides a clear and detailed set of practical guidelines to applying this technique for various common conditions, and looks closely at issues of safety, expectation and theoretical principles of action. This new edition includes new scientific research on cupping therapy and the effect on the immune system as well as new material on muscular pain, stress management and cupping therapy and sports medicine. A dedicated website complements the text with video clips showing the eleven methods of cupping therapy. - Explains cupping therapy clearly, allowing the

practitioner immediate access to a set of skills for everyday application - Well illustrated to support the guidelines discussed in the text - Includes website containing video clips showing 11 methods of cupping therapy plus picture gallery of more than 150 colour photographs - Gives practical guidelines on the use of cupping in helping to treat more than 30 common conditions - Looks closely at issues of safety, expectation and theoretical principles of action - Text clarified and updated throughout, with an expanded artwork program and improved layout and design - New chapters by specialist contributors cover Cupping's Folk Heritage, Buddhist Medicine, and Thai Lanna Medicine - New chapter on Cosmetic Cupping Techniques - New section addressing Frequently Asked Questions - An expanded discussion about the benefits of cupping therapy, including the treatment of new pathological conditions including myofascial pain - Includes new evidence-based research on the effects of cupping therapy, including a systematic review

**cupping points chart: The Guide to Modern Cupping Therapy** Shannon Gilmartin, 2017-09  
An ancient alternative technique that has found its right place in the modern world of healing. In recent years countless high profile athletes and celebrities have been sporting distinctive circular cupping welts on their bodies -- the back and shoulder area being most common. Dating back thousands of years, cupping is a form of alternative medicine. The cups create suction and help with pain, inflammation, blood flow, deep relaxation and can even provide relief for sciatica and sinus congestion. Massage Cupping body therapy is a modern and modified version of cupping therapy that creates suction and negative pressure through the use of both stationary and moving cups. These cups are available at pharmacies and do not use heat like old-fashioned glass cupping -- making them entirely safe and easy for home use. Shannon Gilmartin is a licensed and nationally certified massage therapist and certified vacutherapies educator who teaches this wonderfully diverse therapy and has witnessed the positive outcomes for patients. This book shares all her extraordinary professional and hands-on experience, so that everyone can experience the positive benefits of cupping. Nearly 200 step-by-step photos and full color pages make it easy to follow this expert instruction. The book includes: The history of cupping, the types of cups and the many therapeutic benefits of cupping from skeletal and muscular to the digestive and nervous systems What to expect after a cupping session including comprehensive safety and techniques information Applications for common conditions that range from stress and back tension to frozen shoulder, carpal tunnel syndrome, TMJD (temporomandibular joint dysfunction) and even acid reflux A section for speciality applications like athletic performance, prenatal therapy and working with inflammation (acute vs. chronic). A comprehensive and easy-to-read cupping therapy book, with plenty of practical suggestions. This must be one of the best cupping therapy books I have seen recently published. -- Ilkay Zihni Chirali, Author of Traditional Chinese Medicine Cupping Therapy

**cupping points chart: Meridians and Acupoints** Bing Zhu, Hongcai Wang, 2011-02-15  
An in-depth understanding of the meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine. This book outlines everything that practitioners and students need to know. The book explains how meridians relate to the major organs, where they are located in the body, and how they are linked to the healthy flow of Qi and blood. A large section of the book is devoted to descriptions of specific acupoints - their names, how to locate them, an introduction to the symptoms they can be used to treat, and how. Also included is a thorough introduction to the basics of acupuncture practice, including how to prepare a patient prior to treatment, how to insert and manipulate acupuncture needles, how and when to use moxibustion and cupping techniques, and what to do if treatment goes wrong. This useful and authoritative textbook, compiled by the China Beijing International Acupuncture Training Centre (CBIATC), under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, is essential reading for students of traditional Chinese medicine, and an excellent reference for acupuncture practitioners at all levels.

**cupping points chart: Al-Hijama** Abrar Multani,

**cupping points chart: Gua sha** Arya Nielsen, 2014-09-05  
'Sometimes called coining, spooning or scraping, Gua sha is defined as instrument-assisted unidirectional press-stroking of a lubricated area of the body surface that intentionally creates 'transitory therapeutic petechiae' representing

extravasation of blood in the subcutis.' Gua sha has been used for centuries in Asia, in Asian immigrant communities and by acupuncturists and practitioners of traditional East Asian medicine worldwide. With the expansion of traditional East Asian medicine, Gua sha has been used over broad geographic areas and by millions of people. It is valuable in the treatment of pain and for functional problems with impaired movement, the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many acute or chronic disorders. Research has demonstrated Gua sha radically increases surface microperfusion that stimulates immune and anti-inflammatory responses that persist for days after treatment. The second edition expands on the history of Gua sha and similar techniques used in early Western Medicine, detailing traditional theory, purpose and application and illuminated by science that focuses its relevance to modern clinical practice as well as scholarly inquiry. This book brings the technique alive for practitioners, with clear discussion of how to do it – including correct technique, appropriate application, individualization of treatment – and when to use it, with over 50 case examples, and superb color photographs and line drawings that demonstrate the technique. NEW TO THIS EDITION • New chapter on immediate and significant Tongue changes as a direct result of Gua sha • Research and biomechanisms • Literature review from Chinese language as well as English language medical journal database • New case studies • Over 30 color photographs New chapter on immediate and significant Tongue changes as a direct result of Gua sha Research and biomechanisms Literature review from Chinese language as well as English language medical journal database New case studies Fully updated and revised throughout Over 30 colour photographs

**cupping points chart:** Travell & Simons' Myofascial Pain and Dysfunction: Upper half of body David G. Simons, Janet G. Travell, Lois S. Simons, 1999 This Second Edition presents introductory general information on all trigger points and also detailed descriptions of single muscle syndromes for the upper half of the body. It includes 107 new drawings, a number of trigger point release techniques in addition to spray and stretch, and a new chapter on intercostal muscles and diaphragm.

**cupping points chart:** *WHO Standard Acupuncture Point Locations in the Western Pacific Region*, 2008-06-05 Acupuncture has been practiced for more than 2500 years in the Western Pacific region and has become a global therapeutic method in recent decades. However, it was reported that acupuncturists differed by up to 25% in the acupuncture points they used, raising doubts and uncertainty regarding the efficacy and safety of acupuncture treatment, as well as causing difficulties in the fields of acupuncture research and education. Member States therefore increasingly began to demand standardization in acupuncture point locations. Responding to this request, the WHO Western Pacific Regional Office initiated a project to reach consensus on acupuncture point locations and thus convened 11 serial meetings resulting in these guidelines. This Standard acupuncture point locations in the Western Pacific Region stipulates the methodology for locating acupuncture points on the surface of the human body, as well as the locations of 361 acupuncture points. The Standard is applicable for teaching, research, clinical service, publication, and academic exchanges involving acupuncture.

**cupping points chart:** **COMPLETE MANUAL OF "THE ARABIC CUPPING POINTS" AND PRACTICAL GUIDE TO HIJAMA THERAPY-**, 2020

**cupping points chart:** Energetics in Acupuncture Radha Thambirajah, 2010-10-29 New title by the author of *Cosmetic Acupuncture!* Energetics is an area of growing interest and importance in acupuncture. Acupuncture treatment aims to correct the imbalance of energy, or qi; energetics is a method of diagnosing which aspects of qi are out of balance. Energetics in Acupuncture provides a straightforward diagnostic method of identifying which aspects of the qi are out of balance and therefore what acupuncture treatment is required. One symptom can be caused by many different imbalances of organs and it is essential for the therapist to correctly diagnose the problem before commencing treatment. Once the correct diagnosis is made, the relevant points can be treated with appropriate techniques. The book takes a logical approach to diagnosis and provides relevant lines of questioning and reasoning. FEATURES \*Treatments are described for over 80 different diseases.

\*Innovative visual 'towers' show clearly what an energy imbalance looks like \* Case studies illustrate imbalanced states.

**cupping points chart: *Aromatherapy for Common Ailments*** Shirley Price, 2003-12-23  
Aromatherapy oils have been used since ancient times to cleanse the body, strengthen the immune system, and release tension. Extracted from the petals, leaves, roots, and resins of plants, these essential oils can provide a lovely and effective scented therapy used in massage, baths, compresses, inhalations, room fresheners, shampoos, and body lotions. With step-by-step instructions and beautiful color photographs, *Aromatherapy for Common Ailments* shows how to apply twelve of the most versatile essential oils to treat more than forty common health problems, including: - Headaches- Colds and flu- Varicose veins- Menstrual pain- Insomnia- High blood pressure- Indigestion- Hair loss- Acne- Fatigue An ideal companion volume to *Massage for Common Ailments* and *Yoga for Common Ailments*, this first-of-its-kind guide shows how easy and delightful it is to treat yourself to the art of natural healing and relaxation.

**cupping points chart: *Handbook of Healthcare in the Arab World*** Ismail Laher, 2021-08-11 This handbook examines health and medical care in the Arab world from a systems biology approach. It features comprehensive coverage that includes details of key social, environmental, and cultural determinants. In addition, the contributors also investigate the developed infrastructure that manages and delivers health care and medical solutions throughout the region. More than 25 sections consider all aspects of health, from cancer to hormone replacement therapy, from the use of medications to vitamin deficiency in emergency medical care. Chapters highlight essential areas in the wellbeing and care of this population. These topics include women's health care, displaced and refugee women's health needs, childhood health, social and environmental causes of disease, health systems and health management, and a wide range of diseases of various body systems. This resource also explores issues related to access and barriers to health delivery throughout the region. Health in the Arab world is complex and rapidly changing. The health burden in the region is distributed unevenly based on gender, location, as well as other factors. In addition, crises such as armed conflicts and an expanding migrant population place additional stress on systems and providers at all levels. This timely resource will help readers better understand all these major issues and more. It will serve as an ideal guide for researchers in various biological disciplines, public health, and regulatory agencies.

**cupping points chart: *Fundamentals of Chinese Acupuncture*** Andrew Ellis, Nigel Wiseman, Ken Boss, 1991 Introduces the principles and techniques of the ancient Chinese healing art of acupuncture.

**cupping points chart: *A Compendium of Essays on Alternative Therapy*** Arup Bhattacharya, 2012-01-20 A Compendium of Essays on Alternative Therapy is aimed at both conventional and alternate therapy practitioners, besides serving as an educational tool for students and lay persons on the progress made in the field. While this resource is not all-inclusive, it does reflect the current theories from different international experts in the field. This will hopefully stimulate more research initiatives, funding, and critical insight in the already increasing demand for alternate therapies that has been evidenced worldwide.

**cupping points chart: TOUCH FOR HEALTH REFERENCE CHART.** JOHN. THIE, 1992

**cupping points chart: *Pediatric Swallowing and Feeding*** Joan C. Arvedson, Linda Brodsky, Maureen A. Lefton-Greif, 2019-07-26 *Pediatric Swallowing and Feeding: Assessment and Management, Third Edition* provides information to practitioners interested in and involved with children who demonstrate swallowing and feeding disorders. Since the 2002 publication of the second edition, there has been an exponential increase in the number of medically fragile and complex children with swallowing/feeding disorders. A corresponding proliferation in the related basic and clinical research has resulted in the increased appreciation of the complicated inter-relationships between structures and systems that contribute to swallowing/feeding development, function, and disorders. Case studies throughout the book provide examples for decision making and highlight salient points. New to the Third Edition: \* Maureen A. Lefton-Greif,

PhD, CCC-SLP, BCS-S, is welcomed as co-editor. She brings extensive research expertise and clinical practice in pediatric dysphagia and feeding. \* All chapters contain significant updated evidence-based research and clinical information. \* New chapters focus on the genetic testing and conditions associated with swallowing and feeding disorders, and the pulmonary manifestations and management of aspiration. \* World Health Organization (WHO) description of an International Classification of Functioning, Disability, and Health (ICF) sets the stage for an in-depth discussion of clinical feeding evaluation procedures, interpretation, and management decision making. Pediatric Swallowing and Feeding continues to be the leading text on pediatric dysphagia that provides practical information for clinicians seeing children with swallowing and feeding disorders. The overall importance of an appropriate fund of knowledge and shared experience employing team approaches is emphasized throughout this third edition as in the earlier editions of this book. From the Foreword: The Editors have recognized the advances and changes in the understanding in the information now available for the care of pediatric swallowing and feeding challenges. They have recruited an outstanding group of contributors for this newest edition. There are numerous critically important updates and additions in the third edition. They have included World Health Organizations International Classification of Functioning, Disability and Health is the functional basis in all areas of the book. This text has its importance as there has been an increased number of children with complex medical and healthcare conditions which are risk for feeding and swallowing disorders. This edition stresses the need for team approaches and also documents the use of “virtual” teams ...Pediatric Swallowing and Feeding: Assessment and Management, Third Edition is the fundamental holistic source for all healthcare providers providing the care for swallowing and feeding in children. This book will be utilized by all caring for children with feeding and swallowing problems throughout the world. The previous editions have been and now this updated third edition continues to be the standard source for the information concerning diagnosis and care of these children. —Robert J. Ruben, MD, FAAP, FACS Distinguished University Professor Departments of Otorhinolaryngology - Head and Neck Surgery and Pediatrics Albert Einstein College of Medicine Montefiore Medical Center Bronx, New York

**cupping points chart: A Concise Course in Algebraic Topology** J. P. May, 1999-09

Algebraic topology is a basic part of modern mathematics, and some knowledge of this area is indispensable for any advanced work relating to geometry, including topology itself, differential geometry, algebraic geometry, and Lie groups. This book provides a detailed treatment of algebraic topology both for teachers of the subject and for advanced graduate students in mathematics either specializing in this area or continuing on to other fields. J. Peter May's approach reflects the enormous internal developments within algebraic topology over the past several decades, most of which are largely unknown to mathematicians in other fields. But he also retains the classical presentations of various topics where appropriate. Most chapters end with problems that further explore and refine the concepts presented. The final four chapters provide sketches of substantial areas of algebraic topology that are normally omitted from introductory texts, and the book concludes with a list of suggested readings for those interested in delving further into the field.

**cupping points chart: Clinical Manual of Hijama Therapy** Dr Feroz Osman-Latib, 2019-02-18

Dr Latib has compiled a detailed atlas of the most effective and commonly used Hijama points from his more than 20 years of practice in the field of Hijama and Bloodletting. This manual is a necessity for any practitioner interested in practicing Hijama efficiently.

**cupping points chart: Travell and Simons' Trigger Point Flip Charts** Janet G. Travell, David G.

Simons, 1996 Volumes 1 and 2 of Drs. Travell and Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual have been hailed as the definitive references on myofascial pain and locating trigger points. Now all the upper and lower extremity pain patterns and their corresponding trigger points are clearly illustrated on convenient flip charts, ideal for patient education.

**cupping points chart: The Acupuncture Handbook of Sports Injuries & Pain** Whitfield Reaves,

2009-01-01 The Acupuncture Handbook of Sports Injuries & Pain is a clinical manual that integrates traditional Chinese acupuncture with western orthopedic and sports medicine. It outlines the

diagnosis, assessment, and treatment protocol for 25 common sports injuries. Treatment protocol includes trigger points, motor points, and other needle techniques -- from the publisher's review.

**cupping points chart: WHO International Standard Terminologies on Traditional Medicine in the Western Pacific Region** , 2007 This book has been prepared in an effort to address the pressing need for a common language, i.e. international standard terminology and technical terms to be used in traditional medicine. The number of commonly used terms in traditional medicine is estimated to be more than 4000, most of which are included in this book, which is designed for use by students and clinical practitioners and researchers in the Western Pacific Region. This terminology will also be useful to assist Member States in the region in developing evidence-based clinical practice guidelines on traditional medicine.

**cupping points chart: Cupping Therapy Encyclopedia** Tamer Shaban, 2018-03-04 This book describes the history, methods, and techniques of cupping therapy and provides practical guidelines for cupping therapy home use and professional practice. It provides a new classification of cupping therapy types, cupping therapy sets, and a classification of cupping therapy adverse events. It looks closely at issues of mechanism of action, side effects, treatment programs, and safety. It contains many clear illustrations and provides a practical guideline for treating many common diseases. It includes new scientific research and clinical examples. This book can serve as a useful reference for complementary and alternative medicine therapists, medical physicians, medical students, healthcare professionals, researchers, and people interested in natural health, integrative medicine, self-care, and treatment.

**cupping points chart: Data, a Love Story** Amy Webb, 2014-01-28 "Amy Webb found her true love after a search that's both charmingly romantic and relentlessly data-driven. Anyone who uses online dating sites must read her funny, fascinating book."—Gretchen Rubin, #1 New York Times bestselling author of *The Happiness Project* After yet another disastrous date, Amy Webb was preparing to cancel her JDate membership when epiphany struck: her standards weren't too high, she just wasn't approaching the process the right way. Using her gift for data strategy, she found which keywords were digital-man magnets, analyzed photos, and then adjusted her (female) profile to make the most of that intel. Then began the deluge—dozens of men who actually met her own stringent requirements wanted to meet her. Among them: her future husband, now the father of her child.

**cupping points chart: Auriculotherapy Manual** Terry Oleson, 2003 Health professionals from a wide range of backgrounds apply auriculotherapy to successfully relieve chronic pain and treat addictions. The most popular book on the subject, this practical handbook combines information on Chinese and French systems of ear acupuncture to offer treatment plans for over 250 medical conditions. Presenting the ear reflex points based on extensive research conducted at the UCLA Pain Management Center, it provides a standardized auricular nomenclature system for designating different anatomical zones of the ear, and it represents each ear reflex point with both a number and an auricular zone location.

**cupping points chart: Standard Acupuncture Nomenclature** , 1993 Now in its second edition, *Standard Acupuncture Nomenclature* has been extensively revised following a number of consultations with experts representing all the major traditions of acupuncture. The nomenclature covers the 361 classical acupuncture points organized according to the fourteen meridians. Each entry gives the standardized name of the point in its three elements: an alphanumeric code derived from the English language translation of the meridian name the Chinese phonetic alphabet (Pinyin) name, and the Han (Chinese) character. The original form of the writing is shown first followed by a simplified form of the character. Each entry also provides a brief comment on the point explaining the meaning of the Han character and the significance of the point's location. Use of the nomenclature is facilitated by the inclusion of two indexes. The first lists the equivalent names and code names of the acupuncture points as used in English French Japanese Korean and Vietnamese. The second lists the Han characters for the 361 points.

**cupping points chart: Gua Sha Scraping Massage Techniques** Wu Zhongchao, 2020-01-14

Learn the ancient techniques and health benefits of Gua Sha massage with this complete illustrated guide. Gua Sha is a traditional Chinese therapy for expelling toxin and preventing diseases. A simple scraping plate coupled with oil, when applied to the body repeatedly, can reach the effect of smoothing Qi and blood flow, stimulating main and collateral channels, expelling toxins and alleviating pain. This book explores the natural way of prevention and treatment through traditional Chinese medicine and explains the complete theories and practice for the treatment of over 100 ailments. Through Gua Sha Scraping Massage Techniques you will discover: The principles of Gua Sha Tools, ways, and techniques of Gua Sha How to judge your own health status, prevent and tackle common ailments and achieve healthy complexion and physique through Gua Sha How to prevent and cure various diseases through Gua Sha, such as chronic diseases, bone-joint diseases, male and female diseases, more Apart from Gua Sha, other tips for diet, massage and daily habits that combat illness and help build up your health

**cupping points chart: AcuPoints Made Easy** Clara Cohen, 2020-12-02 If you're a visual person, you're going to love this book. I have put my passion for acupuncture and Chinese medicine into creating a fun publication with over 350 graphics. This book includes the following:- Intro to acupuncture theory.- All AcuPoints of the 12 regular meridians with their functions, locations, depth and angle of insertion, and my own clinical pearls.- The 8 Extra Vessels including all points of the governing and conception vessels.- Commonly used extra points.- Special points such as Back-Shu, Front-Mu, Yuan, Luo, Xi-Cleft, Ghost points and more.- Basic cupping and moxibustion.- Contraindications and cautions.

**cupping points chart: A Practical Guide to Acu-points** Chris Jarmey, Ilaira Bouratinos, 2008 An understanding of acu-points is vital not only for acupuncturists but also for bodyworkers. This user-friendly manual contains current, comprehensive information for both groups, with special emphasis on how shiatsu and tuina therapists can best utilize point knowledge in their practice. Renowned experts Chris Jarmey and Ilaira Bouratinos use succinct text, a well-organized framework, and detailed color anatomical illustrations to clarify the complexities of acu-points. In keeping with normal practice, the authors give the precise anatomical location of a point and illustrate it with a dot, along with alternative locations where relevant. However, the book goes further by delineating the larger area where the point can be activated by pressure, gua sha, and other means. In addition, it explains the optimum physical position for treatment via acupuncture, acupressure, and other strategies, as treatment positions can vary according to the method of point stimulation. The book also documents the distribution of sensation resulting from point stimulation, and differentiates between pressure and needle application where appropriate. A Practical Guide to Acu-Points presents a wealth of carefully researched information equally valuable for professionals, students, and conscientious practitioners.

**cupping points chart: Commercial Greenhouse Cucumber Production** Jeremy Badgery-Parker, Leigh James, Joshua Jarvis, Dr Sophie Parks, 2015-02-26 A comprehensive guide to the basics of growing greenhouse cucumbers, this manual aims to assist Australian greenhouse growers in the development of good agricultural practices. This manual contains science-based information in a simple to use format that is relevant to a basic greenhouse horticultural enterprise to controlled environment horticulture. CONTENTS About this manual List of tables Introduction to greenhouse cucumber production Growing cucumbers Optimising production Greenhouse design and technology Hydroponic systems and technology Feeding the crop Plant nutrition Cucumber disorders and their management Cucumber diseases and their management Cucumber pests and their management Pesticides, sprays and their use in cucumbers Marketing and handling of cucumbers Waste management Health and safety in the greenhouse Some resources and further reading

**cupping points chart: Therapeutic Exercise** Carolyn Kisner, Lynn Allen Colby, John Borstad, 2022-10-17 The premier text for therapeutic exercise Here is all the guidance you need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique—in-depth discussions of the principles of therapeutic exercise and manual

therapy and the most up-to-date exercise and management guidelines.

**cupping points chart: Stahl's Illustrated Chronic Pain and Fibromyalgia** Stephen M. Stahl, 2009-09-14 As with Stahl's Essential Psychopharmacology and The Prescriber's Guide, Chronic Pain and Fibromyalgia is a full-colour title with a fun approach to theories. Stahl has been at the heart of many recent advances in the understanding of pain psychology, which has been reflected in the development of a new and wide variety of psychopharmacologic and non-psychopharmacologic pain medications. The visual learner will find that these books make psychopharmacology concepts easy to master, while the non-visual learner will enjoy a shortened text version of complex psychopharmacology concepts. Readers will find that the well-structured vocabulary combines with tables and algorithms to help build a vivid conception of current clinical strategies. The title is essential reading for pharmaceutical and mental health professionals, neurologists and pain management specialists. The Suggested Reading section at the end of the book is an invaluable tool for more in-depth learning on particular concepts.

**cupping points chart: Fascial manipulation for musculoskeletal pain** Luigi Stecco, 2004

**cupping points chart: A Manual of Acupuncture** Peter Deadman, Mazin Al-Khafaji, Kevin Baker, 2007 Established as the most complete work on the channels, collaterals and points in English, A Manual of Acupuncture has become the gold standard text for students and practitioners of acupuncture. Introductory chapters on the channels and collaterals, point categories, point selection models, point location and needling. Illustrations and text descriptions of all primary, extraordinary, divergent, Luo-connecting and sinew channels. The points of the fourteen channels and the extra points with their English name, Chinese name, and Chinese character. the most exacting and accurate anatomical point locations yet published in any English text with practical point location notes to assist in easy location. Nearly 500 illustrations, with a single dedicated illustration for every point. Point actions to aid the understanding and memorization of each point's principal qualities. Extensive lists of point indications taken from numerous classical and modern source texts and grouped for ease of reference. Substantial commentaries explaining in detail the principal historical and modern applications of the point, and drawing on classical and modern texts and the extensive clinical experience of the authors. Numerous classical prescriptions showing how the points have been used and combined through nearly two millennia of practice. Area illustrations showing the locations of the major points in each region of the body. Extensive indexes including an index of every point indication.

**cupping points chart: Minibook of Oriental Medicine** Hyunbae (H. B.) Kim, Chanta Van Laanen, Robert N. Darnell, 2013 159 Eastern and Western diseases and associated TCM patterns and treatments. Comprehensive acupuncture chart including eastern and western indication and author's clinical note for 361 points. Comprehensive chart for 381 single herbs and comparison charts in alphabetical order. Comprehensive chart for 261 herbal formulas and comparison charts in alphabetical order. Biomedicine including diagnosis, diseases, patient intake, top 300 drug list. Various Clinical information including Korean medicine, Tung style acupuncture, Complementary modalities, Cosmetic Acupuncture, essential ICD-9 & CPT codes.

**cupping points chart: Rifle Marksmanship** U. S. Marine Corps, 2005-01-01 All Marines share a common warfighting belief: Every Marine a rifleman. This simple credo reinforces the belief that all Marines are forged from a common experience, share a common set of values, and are trained as members of an expeditionary force in readiness. As such, there are no rear area Marines, and no one is very far from the fighting during expeditionary operations. The Marine rifleman of the next conflict will be as in past conflicts: among the first to confront the enemy and the last to hang his weapon in the rack after the conflict is won. Rifle Marksmanship, a Marine Corps Reference Publication, provides techniques and procedures for Marine Corps rifle marksmanship. Every Marine is first and foremost a rifleman. Rifle Marksmanship reflects this ethos and the Marine Corps' warfighting philosophy. This publication discusses the individual skills required for effective rifle marksmanship and standardizes the techniques and procedures used throughout the Marine Corps. It constitutes the doctrinal basis for all entry-level and sustainment-level rifle marksmanship

training.

**cupping points chart: Pressure Point Therapy** Dr. Michael Pinkus, 2013 Dr. Pinkus' Pressure Point Therapy is the complete do-it-yourself manual, to show you how to find and treat painful Pressure Points. This is the technique that Dr. Pinkus has used with Olympic athletes, members of the NFL, NBA and Major League Baseball. Pressure Point is now a show on Public Television, being aired across the US. In this book, Dr. Pinkus has color charts showing where Pressure Points are for various conditions, including\* Back Pain\* Sciatic and Hip Pain\* Knee Pain\* Sinus Problems\* Neck Pain\* Carpal Tunnel and Hand Pain\* Hormones\* And Much More There is a chapter on what Dr. Pinkus calls The Wellness Scale, where the reader can gauge their own health. The book is easy to read and apply!

**cupping points chart: Laser Acupuncture** Michael Weber, Volkmar Kreisel, 2012

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