CONSENT FOR CUPPING AND GUA SHA

Name: _____ Date: _____
Address: _____
City / State / Zip: _____
Phone: _____ E-mail: _____
Occupation: _____ Date of Birth: _____ Age: _____

Referred by: _____
Emergency Contact
Name / Relationship / Phone: _____

Massage Cupping and Gua Sha are therapeutic decompression techniques used by massage therapists, acupuncturists, and body-workers for the relief of muscular pain, tension, and congestion. These techniques are used to draw out congested fluids and toxins to the surface tissue layers, allowing for fresh blood and lymph circulation. The resolution of stagnation and granulation in the tissues often brings immediate relief from pain.

Massage Cupping uses negative pressure created within a specialized glass or rubber cup that is applied to the affected body part. The pressure can be deep to provide relief from tension, pain, and injuries. Gentler pressure increases lymph flow, circulation, and relaxation, and is excellent for facial treatments.

Gua Sha is similar to cupping in results, but a round-edged tool is used in strokes to pressure specific areas of muscle pain. There is a possibility of discoloration that can occur from the release and clearing of stagnation and toxins from the body.
The reaction is not bruising, but the cellular debris, pathogenic factors, and toxins being drawn to the subcutaneous layers for dissipation by the circulatory system. The discoloration, or sha, will dissipate in as soon as a few hours or up to 1 week, and in relation to after-care activities. It is important to drink plenty of water to stay hydrated and avoid vigorous exercise for 24 hours after treatment. Avoid exposure to extreme temperatures, including cold, wet and windy weather conditions, hot showers, baths, saunas, hot tubs, for 24 hours after treatment.

Contraindications:
1. Hemophilia or other bleeding/clotting disorders
2. Patients taking blood thinners
3. Weak patients or those who have been ill
4. Abdomen and lower back on pregnant women
5. People with diabetes. Especially those with uncontrolled blood sugar as they may not be able to feel pain properly
6. Those who are unable to experience heat or pain properly
7. Those who have circulatory conditions
8. Those who are unsure if their health is contraindicated should seek guidance from their primary care physician before receiving cupping therapy

I, _____, understand that bruising, discoloration and/or soreness will likely occur following this treatment and may take days or weeks to resolve fully. I further understand that the above-listed conditions are contraindicated for cupping therapy, and I have informed my therapist/physician of any medical conditions, even those not listed as contraindications. I further understand that there is a potential for burns and blisters due to the fire/heat aspect of the treatment. This is a rare but not unexpected occurrence.

Parent/Guardian/Patient Signature _____
Date _____