

Cupping and Taping

These complementary therapies are commonly used in rehabilitation and pain management.

How does Cupping and Taping work?

Cupping therapy involves creating suction on the skin to increase blood flow and relax muscle tension. This ancient Chinese practice has been shown to be effective in reducing pain and stiffness, improving mobility, and promoting relaxation. Kinesiotaping, on the other hand, is a modern therapeutic taping technique that uses elastic tape to increase neuromuscular control and brain awareness of that area. The tape is designed to mimic the skin's elasticity and provide pain relief, support for injuries, and improve athletic performance by creating a small elevation of the skin and allowing for better blood flow and lymphatic drainage.

Both cupping and kinesiotaping are non-invasive and have been found to be effective in reducing pain and improving function, making them popular complementary therapies for many people seeking to improve their overall physical well-being.



Cupping and taping are great complementary therapies to keep muscles, ligaments, fascia, and joints happy by improving the flow of lymphatic fluid, blood, and lactic acid.



Clinically Proven Benefits

- Enhances blood flow
- Improves lymphatic & lactic clearance
- Promotes drainage of static fluid
- Improves brain-body awareness
- Increases skin to muscle interspace
- Decreases pain



Symptoms Addressed

- Muscular aches & pains
- Joint motor control deficits
- Joint stabilization dysfunction
- Edema (swelling)
- Chronic pain
- Muscle tightness & soreness
- Tendinopathies
- Ligament sprains