Cupping Applications

Learn more fun ways to use your cups

June 22, 2027

Tuesday 9 am - 6 pm (8 hours)

$200 + $10 materials

With cupping you can do work that is impossible to do with your hands, such as pinning multiple areas then stretching in all directions. This work is very effective and is easy on your hands.

In this workshop we will cover:

Pin and Stretch with Multiple Cups

Pin multiple areas at once to facilitate stretching and improve range of motion.

Cupping for Scar Tissue Treatment

Learn about the types of scars that can be helped with cupping.

Cupping for Nerve Entrapment Issues

Use cups to relieve pressure on nerves when doing nerve flossing.

Cupping to Enhance Trigger Point Therapy

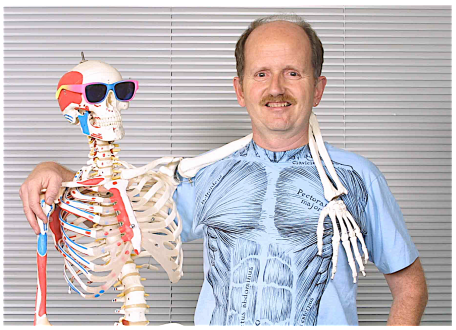
Cups make trigger point work easier and more effective.

We will use both silicone and plastic cups and learn about the pros and cons of each with the different therapies we practice.

Please bring shorts, a sports bra or swimsuit top for women, and a set of silicone cups and plastic cups if you have them. Silicone cups will be available for purchase at the workshop.



Cup and Stretch for the Rotator Cuff



Dr. James Mally (the one on the right)

James Mally, N.D. is an orthopedic massage therapist, teacher, and educational content producer with over five decades of experience. He teaches workshops around the world and founded MassageLibrary.com.

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.

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