

Cupping Applications

Learn more fun ways to use your cups

March 7, 2026

Saturday 9 am - 6 pm (8 hours)

\$200 + \$10 materials

This workshop is designed to help therapists integrate massage cupping into a clinical massage practice. It is helpful, but not required, to have prior training or background in using massage cups.

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

Learn how to relieve nerve pain with nerve flossing, enhanced by using cups to help relieve pressure on the nerves.

Cupping to Enhance Trigger Point Therapy

Cups can make trigger point work easier and more effective.

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

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

Northern Virginia School of Therapeutic Massage

6402 Arlington Blvd., Suite 840

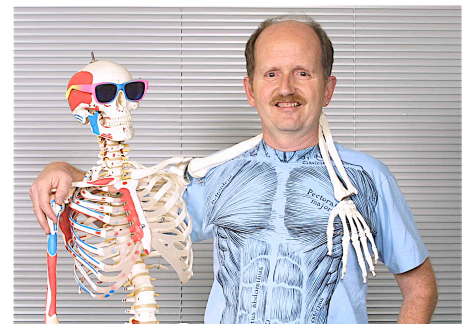
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Cup and Stretch for the Rotator Cuff



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 globe 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.

