

**What's a Contraindication?**

a condition or circumstance that suggests or indicates that a particular technique should not be used in the case in question.

**If you are experiencing any of these conditions, TruConnection will not be able to service you with Cupping Therapy specifically, for the safety and well-being of you and the therapist.**

-All Contraindications listed for massage therapy apply to Cupping therapy.

-Cupping is usually done on the back. Any new injury, bruising or broken skin, sunburn, or rash on your back, shoulders, or neck, will mean that cupping cannot be done.

-Cardiovascular conditions

-Taking blood thinners

-Older than 70 yrs old

\*If you are experiencing or have been exposed to the flu or a cold, cupping can actually be quite medicinal as the Traditional Chinese Medicine community has been using this method for centuries. However, your symptoms WILL increase before they recover. BUT, your recovery time will be reduced significantly if you stay hydrated and sweat it out naturally.

\*\*If this is your current circumstance, please book your cupping session in your OWN HOME, so that your sickness doesn't spread to our treatment room. (therapist will wear mask).