Chinese Cupping: Application of Suction Cups Over Soft Tissue

Purpose:
"Evaluate the effectiveness of Chinese cupping in acute reduction of pain, decreased tenderness to soft tissue palpation, and improved ROM (Range of Motion) for patients with subacute or Chronic Lower Back Pain."

Protocol
17 subjects were placed in prone (face down) and cupped at bilateral paraspinal muscles along L2 & L4 spinal level for 10 minutes. Pain, Range of Motion, Straight-leg Raise Test, and Pain Pressure Threshold were assessed pre- and post treatment.

Data:
- Significant Decrease in Visual Analog Scale
- Significant Improvement in Flexion Range of Motion
- Significant Improvement in Left Side SLR
- Significant Improvement of all 4 Points

Conclusion
"Chinese cupping could be a beneficial therapeutic technique to integrate with low back rehabilitation for acute pain reduction to promote function."

Implications
"Findings support the concept that Chinese cupping maybe used as an economical noninvasive technique for low back rehabilitation by promptly addressing symptom management to promote functional based training."

Limitations:
- Lack of Randomization
- Lack of Control Group

Article: