

# CHINESE CUPPING & LOWER BACK PAIN

-A Pilot Study-

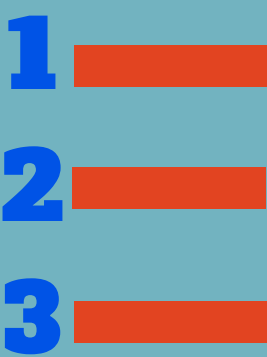
## Chinese Cupping: Application of Suction Cups Over Soft Tissue

### Purpose:



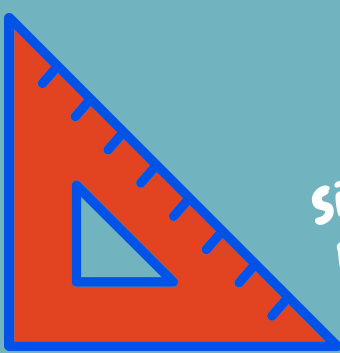
"Evaluate the effectiveness of Chinese cupping in acute reduction of pain, decreased tenderness to soft tissue palpation, and improved ROM (Range of Motion) for patients with subacute or Chronic Lower Back Pain."

### 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:



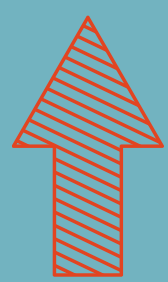
*Significant Decrease in Visual Analog Scale*

Pain



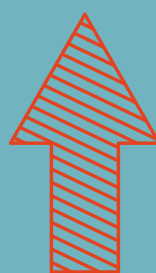
Range of motion

*Significant Improvement in Flexion Range of Motion*



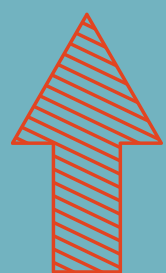
Straight-leg Raise Test

*Significant improvement in Left Side SLR*



Pain Pressure Threshold

*Significant Improvement at 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:

- Markowski, Alycia, et al. "A pilot study analyzing the effects of Chinese cupping as an adjunct treatment for patients with subacute low back pain on relieving pain, improving range of motion, and improving function." The Journal of Alternative and Complementary Medicine 20.2 (2014): 113-117.

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