

Informed Consent Form

Myofascial Cupping

Myofascial Cupping is a therapy, which applies negative pressure on the skin using glass or silicone cups. The suction created stimulates and increases blood flow which can help relieve joint and muscle pain, reduce inflammation, accelerate recovery, increase the function of the lymphatic and circulatory system, and increase overall relaxation and wellbeing.

By creating suction, negative pressure cupping lifts and releases congested connective tissue (by aligning the collagen fibers), loosens adhesions, and helps re-oxygenate old tissues that have been injured while increasing healthy circulation to the targeted area. The benefits of cupping are numerous.

I understand that:

- The vacuum formed by cupping may result in marks being left on my body.
- Cupping marks can be considered bruises. These marks indicate congestion in local blood circulation and are an indication that local capillaries have been broken and metabolic waste removed.
- These marks should dissipate within a few hours to as long as two weeks. The discoloration of these marks will become less obvious.
- The cupping marks should not be tender to touch, and no pain should be felt.

Indicate below if you have any of the following conditions:

Yes	No		Yes	No	
		Current / Recent Infection			Heart Disease
		Using Blood Thinning Medication			Pacemaker
		Using Immunosuppressant Medications			Cancer
		Diabetes			Currently Pregnant
		HIV			Lymphedema
		Injections/Patches (Botox, nicotine, birth control)			

- I have read this form and I understand the risks involved with dry needling therapy.
- I have had the opportunity to ask questions and express any concerns, of which have been answered to my satisfaction.
- I also agree to advise Cairns Performance Massage of all changes in my physical condition whether or not I believe these changes will affect my treatment or plan of care.
- I consent to myofascial cupping treatment provided by Cairns Performance Massage.

Client Signature (Parent, Legal Guardian*):	Date:
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* If applicant is under the age of 18