

Cupping 101

1. What is not a condition you would treat with cupping?
 - A. Downs syndrome
 - B. Skin problems
 - C. Migraines
 - D. All cant be created with cupping
2. Which is true re cupping
 - a. Cant be used on hard surfaces
 - b. Are all glass
 - c. Will always use some form of fire
 - d. Treatments are 30 min or longer
3. Which is not a cup material mentioned
 - a. Horns
 - b. Bamboo
 - c. Glass
 - d. Plastic
 - e. ALL were mentioned
4. Why did Dr Hawley say use caution with the Elderly and cupping
 - a. They are crotchety
 - b. Thin and weak skin
 - c. It doesn't work on them
 - d. Should only be used on people under 50
5. If there has been too much negative pressure inside the cup what can you see on the client?
 - a. Blisters
 - b. Extreme redness and bruising
 - c. Possible blood and fluid
 - d. All of the above
6. Which type of cup did Dr Hawley say he and Jodie used mostly in his clinics?
 - a. Horn
 - b. Glass
 - c. Hard plastic
 - d. Silicone with a hand pump
7. Which is not one of the 3 main cupping categories Dr Hawley mentioned that is on slide #28?
 - a. Dry
 - b. Wet
 - c. Gliding
 - d. All were mentioned
8. What form of cupping did Dr Hawley state they used primarily in their clinics?
 - a. Dynamic/gliding cupping
 - b. Dry cupping
 - c. Moxibustion
 - d. Herbal cupping

9. How often did Dr Hawley say cupping should be applied to a person under 16 years of age?
 - a. 1x week
 - b. 7 x a week
 - c. 2 x a month
 - d. 1x a month
10. What did Dr Hawley say about energy and cupping?
 - a. It has nothing to do with cupping
 - b. Whether you acknowledge it or not you are working with energy
 - c. It does not exist
 - d. You are only working with muscles and tissues
11. What did Dr Hawley say about the effects of cupping vs massage?
 - a. Massage pushes/mashes down and cupping lifts
 - b. Cupping pushes/mashes down and massage lifts
 - c. They should not be done on the same patient
 - d. Cupping is only good for broad areas of the body like chest, legs, and back
12. What type of cups did Dr Hawley recommend for facial cupping?
 - a. Glass
 - b. Soft silicone
 - c. Horns
 - d. Bamboo
13. What did he say facial cupping can help with?
 - a. TMJ
 - b. Headaches
 - c. Sinus issues
 - d. All of the above
14. What did he say in regards to multiple cupping sessions
 - a. Always position the cup in the same place on every visit
 - b. Never do multiple sessions.....one and done is his motto
 - c. Always change the cup position so the tissue has a change to heal during multiple sessions
 - d. He never mentioned it nor did he show a slide about it (slide #67)
15. What happens when the therapists puts too little lotion on the client while gliding?
 - a. Nothing it works fine
 - b. You get great results
 - c. You can lose suction and cause harm
 - d. All of the above
16. How many chakras did Dr Hawley say we have?
 - a. 15
 - b. 21
 - c. 7
 - d. 11

17. What were the “zones” he mentioned?
 - a. Sam’s zones
 - b. Adams zones
 - c. Heads zones
 - d. Flow zones
18. What describes the relationship with the skin and the internal organs?
 - a. Viscero-cutaneous reflex path
 - b. Acid reflux path
 - c. Mind body connection
 - d. All of the above
19. What is the difference between Light movement cupping vs dry cupping?
 - a. Dry cupping the cup is usually put in 1 place whereas movement cupping is dynamic
 - b. There is no difference
 - c. One uses bamboo and the other glass
 - d. One goes over an acu needle and the other doesn’t
20. What is a possible drawback of cupping?
 - a. Dizziness
 - b. It’s Expensive
 - c. There is no discoloration ever
 - d. Its new to the scene of healthcare and not known worldwide