



# MYOFASCIAL CUPPING TECHNIQUE™

## What is the Myofascial Cupping Technique™?

The Myofascial Cupping Technique™ was developed by David Sheehan in 2002. It involves the gliding of negatively pressurised cups over the body with the assistance of massage cream and can be accompanied by joint mobilisation. It is a very different technique to traditional cupping and importantly, marking the skin is NOT part of the desired treatment outcome. It also should be performed at a pressure level that is almost painless to the client.

## How is it different to other massage techniques?

Unlike all other massage techniques that use compression, the Myofascial Cupping Technique™ is unique in that it 'lifts and separates' soft tissue, known as negative or tensional pressure. This in turn can increase nutrient-rich blood supply to the tissue, while giving a gentle passive stretch to the underlying soft tissue.

## Benefits from the Myofascial Cupping Technique™

The Myofascial Cupping Technique™ can provide profound benefits, particularly with assisting the body in maintaining Range Of Motion, eliminating Myofascial Trigger Points and reducing restrictive and sometimes painful fascial adhesions commonly found from repetitive movement originating from sports and the workplace. By reducing fascial adhesions, while encouraging optimal hydration levels of soft tissue, the Myofascial Cupping Technique™ can assist in reducing the incidence of injury and maintaining functional soft tissue.

## About the founder of the Myofascial Cupping Technique™

David Sheehan has a Bachelor of Applied Science (Human Movement), Diploma of Health Science (Remedial Massage) and Diploma of Education. His career highlights include working as a lead sports trainer with various football clubs, which included the use of vacuum cupping for both prevention of and treatment for injuries.

Over time, David has developed these skills and now teaches his own energy efficient and effective cupping techniques to massage therapists and physiotherapists in Australia, New Zealand, Canada and the United States, including physiotherapists and remedial therapists at the Australian Institute of Sport (AIS).



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