

MKT FUNCTIONAL CUPPING HYBRID PRACTITIONER MODULE

The **Hybrid Certified Practitioner Module** is a one-day course and has a total credit of 12 HRS which consists of 3 HRS Pre Reading and 9 HRS of Practical lab session.

PRE STUDY MATERIAL

- (1) Introduction, Past Studies & History of Cupping therapy.
- (2) Evidence based studies & current literature for using dry cups as treatment based modality for soft tissue dysfunctions.
- (3) Transforming lesional fascial chain to healthy fascial chain by introducing lymphatic drainage, tissue stretch & movement with application of dry cups.

COURSE DETAILS & ITINERARY

9:00 am to 10:30 am

- (1) Introduction – theoretical basis of cupping, review of current research work.
- (2) Types & Particulars of cupping kits & introduction of dry cups along with safety Guidelines and cross infection control.
- (3) Indications, Adverse Effects, Precautions & Contraindications of dry cups for soft tissue dysfunctions.

10.30 am to 10.45 am Break

10.45 am to 12.15 noon

- (1) Structure of Vitality (Mechanical & Physiological Effects)
- (2) Selection of static, dynamic, empty & versatile handling of dry cupping techniques.
- (3) Incorporation with skill acquisition of selection of various sizes of cups according to the body contours, types of soft tissue restriction & the desired outcome measures of target tissues.
- (4) Integration of dry cupping techniques into ongoing therapy/ treatment with dosage & frequency.

12.15pm to 1pm Lunch 1pm to 2.30pm

The MKT Functional Cupping approach of the following techniques along with skilled based selection of various sizes of cups in various Soft Tissue (body contours) areas will be explained in detail with practical lab session:

- (1) Static Cupping
 - (a) Weak Static Cupping
 - (b) Medium Static Cupping
 - (c) Strong Static Cupping

(2) Dynamic Cupping

- (a) Weak Dynamic Cupping with or without body movement
- (b) Medium Dynamic Cupping with or without body movement
- (c) Strong Dynamic Cupping with or without body movement

(3) Empty (Flash) Cupping

2.30 pm to 3.30 pm

The MKT Functional Cupping skilled based approach for Face, Upper Limb & Shoulder Dysfunctions will be explained in detail with practical lab sessions:

- (1) Assessment protocols along with clinical key & dynamic movement position.
- (2) Integration of various cupping techniques (Static, Dynamic & Empty), dosage, frequency with Integration of body Movement to enhance Tissue Gliding Mechanism.

3.30 pm to 4.30 pm

The MKT Functional Cupping skilled based approach for Cervical, Thoracic & Lumbar Spine will be explained in detail with practical lab sessions:

- (1) Assessment protocols along with clinical key & dynamic movement position.
- (2) Integration of various cupping techniques (Static, Dynamic & Empty), dosage, frequency with Integration of body Movement to enhance Tissue Gliding Mechanism.

4.30 pm to 5.30 pm

The MKT Functional Cupping skilled based approach for Hip, Knee & Ankle will be explained in detail with practical lab sessions:

- (1) Assessment protocols along with clinical key & dynamic movement position.
- (2) Integration of various cupping techniques (Static, Dynamic & Empty), dosage, frequency with Integration of body Movement to enhance Tissue Gliding Mechanism.

5.30 pm to 6 pm

Exam Theory & Practical.

