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Sports Cupping: The Essential Guide to Chinese Cupping Therapy and Its Benefits (Paperback)

By Mary Conrad

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Sports Cupping is the use of traditional Chinese cupping in sports. It combines the knowledge of physical therapy with the Traditional Chinese Medicine to help athletes recover faster from training as well as improve overall performance. The continued use of this therapy by top athletes such as Michael Phelps, attest to its effectiveness. How does sports cupping help? It helps by increasing the blood flow in specific areas which assist in muscle recovery. It also loosens the fascia, which allows the muscle to move more smoothly and reduces stiffness. Even with just those two rationales for its use, it is apparent that it does have some very important role when it comes to increasing performance. This book introduces: Traditional Chinese Cupping A brief history of Cupping Benefits of Use Cupping and Acupuncture Cupping Points for both Dry and Wet Cupping Acupuncture Points How to use Cupping for Sports Injuries, and many more! The use of cupping in different areas can be extensive. However, with the right knowledge and proper training, you can use this to expand your practice as a professional or...



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