

OZONE CUPPING

WHO CAN BENEFIT FROM CUPPING?

- Smaller areas that you cannot place or seal a bag on easily eg: face, scalp, area above the knee or trunk – think of it as localized limb bag treatment
- Patients who have ulcers, open wounds, bug bites or punctures
- Patients who have a severe rash or skin infection
- Someone who has a fungal infection
- MRSA patients

WHAT EQUIPMENT IS NEEDED?

These cups are purchased from ozone generator companies and are more from either silicone or glass. They will have a built-in ozone destruct that is attached to the stem, so you limit the amount of ozone going into the room. You also order these in different circumferences.

HOW IS OZONE CUPPING DONE?

How to use ozone cup: An ozone cup is connected to an ozone generator via silicone tubing and placed over the site you want. You would next turn your ozone generator on, circulating ozone over a site.

Low and Slow Cupping Protocol

- This is a 1-month protocol
- Start off with 40 gamma for 5 mins, 2-3x a week

- Titrate down 10 gamma each week until you reach 10 gamma

- Stay at 5 mins for the entire process

Aggressive Cupping Protocol

- This is a 1-month protocol
- Start off with 40 gamma for 10 mins, 3-5x a week
- Titrate down 10 gamma each week until you reach 10 gamma
- Stay at 10 mins for the entire process

THINGS TO REMEMBER/KNOWLEDGE TRANSFER

- Ozone does not penetrate the skin very well so cupping will work best if there is a break in the skin.
- The cup does not attach to the skin like a suction cup
- You can clean the inside of the cup with alcohol
- If you are trying to treat a site like a rash, then moisten the skin first to help the ozone absorb deeper into the tissue
- You can irritate the skin by doing too long or using too strong of a concentration. If this happens, then I would recommend a 2 or 3 day, break then resume at half of the concentration/duration that caused the irritation.