

# Cupping Therapy Home Study Course

18 CE Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*

*PO Box 117 • Elk Point, SD 57025  
866-784-5940 • [www.massagetherapyceu.com](http://www.massagetherapyceu.com)*

# Table of Contents

INSTRUCTIONS ..... 3  
EXAM (for review before taking the online exam)..... 4

## Center for Massage Therapy Continuing Education

© 2015, Center for Massage Therapy Continuing Education  
PO Box 117  
Elk Point, SD 57025  
www.massagetherapyceu.com  
Ph: 866-784-5940  
info@massagetherapyceu.com

Published by the Center for Massage Therapy Continuing Education

The author grants permission to photocopy this outline for personal use only. Beyond this consent, no portion of this outline may be copied or reproduced in any form without written permission from the Center for Massage Therapy Continuing Education.

It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. This course is not meant to teach advanced hands-on cupping techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to cupping therapy.

**PLEASE CAREFULLY READ THE DIRECTIONS ON PAGE 3**

## Instructions for the Cupping Therapy Home Study Course

Thank you for investing in the Cupping Therapy home study course, an 18 CE credit hour course designed to further your knowledge in the principals of traditional Chinese medicine cupping therapy. This guide will contain all of the instructions you will need to complete this course. This is an 18 CE hour course, so that means it should take you approximately 18 hours to read the textbook, access and watch the online cupping procedures, and complete the exam.

**PLEASE NOTE:** The online techniques showing different methods of cupping use glass cups. Fire is required when using glass cups. Please do not try cupping using glass cups unless you are an experienced cupping therapist. The cups included with your course are rubber cups and do not use fire. They are more suited for beginners providing cupping therapy.

### **The following are steps to follow in completing this course:**

- 1. Read the text and watch the online technique demonstrations. Your textbook will be mailed to you.**
- 2. To access online video clips:**
  - a. Go to <http://evolve.elsevier.com/chirali/cupping>.**
  - b. Once there, on the right in the orange click on “using this ON YOUR OWN? Register for this now”.**
  - c. Enter your access code in the box and click “apply” and then “redeem/checkout”.**
  - d. Create your account and click “submit”.**
  - e. Once your account is created, click on the “Get Started” link, and then click on the “Website for Traditional Chinese Medicine Cupping Therapy, 3<sup>rd</sup> Edition”.**
- 3. Access the online examination in your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com).**
- 4. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with an 80% or better to pass this home study course. Feel free to review the textbook while taking the test. This course uses the textbook, *Traditional Chinese Medicine Cupping Therapy, 3<sup>rd</sup> Edition* by Ilkay Zihni Chirali. There are no trick questions on the exam. All of the answers can be found in the textbook. Good luck as you complete this course. If you have any question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com).

**It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam and risk losing your answered questions!**

Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Cupping Therapy home study course.

# Cupping Therapy Examination

## Chapter 1: The History of Cupping

1. Cupping therapy has been used in China and some African countries for several thousand years. At first it was applied using a cattle horn and consequently was also called “horn therapy”.
  - A. True
  - B. False
2. Early therapeutic cupping methods have been documented for treatment of which of the following disorders?
  - A. Tuberculosis
  - B. Chronic cough
  - C. Poisonous snake bites
  - D. All of the above
3. Historically, cupping has been proven to be practiced in all of the following areas EXCEPT:
  - A. Western world and the Middle East
  - B. Jewish tradition
  - C. Catholic world
  - D. Muslim world
4. Under the “Do’s and Don’ts of Cupping Therapy”, what type of cupping should be applied to warm the skin?
  - A. Dry cupping
  - B. Wet cupping
  - C. Moxa cupping
  - D. Bleeding cupping
5. Why do many traditional Chinese medicine (TCM) practitioners consider 2005 to be a cupping therapy year?
  - A. In July of 2005 TCM practitioners developed a new cupping instrument which was proven to be an effective soft tissue treatment
  - B. In 2005 TCM therapists formed the Cupping Therapy Association in order to promote cupping as a legitimate practice
  - C. In July 2005 an Oscar winning actress revealed her cupping therapy marks at a film festival, sparking new interest in the field
  - D. In June 2005 a famous cupping practitioner died, sparking new interest in the field
6. All of the following are types of cupping equipment EXCEPT:
  - A. Electromagnetic cupping
  - B. Screw-top cups
  - C. Pistol-handle valve cups
  - D. Gel cups

7. Which of the following can be considered a benefit of screw-top cups?
  - A. The expensive cost
  - B. The portability
  - C. The ability to sterilize the cups
  - D. The amount electricity that the cup can use
  
8. Pistol-handle valve cups have become very popular with Western practitioners in recent years mainly because of the safety aspect.
  - A. True
  - B. False
  
9. Although commonly used in China, which of the following is a disadvantage of using bamboo cups?
  - A. The edges of bamboo cups can be very sharp and dig into the flesh
  - B. The operator is unable to see inside the cup to monitor the strength of suction
  - C. Adequate sterilization cannot be achieved with bamboo cups because of their porous material
  - D. All of the above
  
10. Which of the following type of cups are recommended for personal use rather than commercial use?
  - A. Rubber cups
  - B. Glass cups
  - C. Bamboo cups
  - D. Pistol-handle valve cups
  
11. The two-in-one cupping procedure with electrical stimulation is not recommended for:
  - A. Children
  - B. Pregnant women
  - C. Adults
  - D. Healthy elderly

## **Chapter 2: Cupping's Folk Heritage: People in Practice**

12. Prehistoric humans began their attempts to heal by following their natural impulses and employed simple techniques such as:
  - A. Rubbing the skin
  - B. Blowing on inflamed areas
  - C. Oral suction
  - D. All of the above

13. What does the term “folk medicine” describe?
- A. A broad range of therapeutic approaches created and performed by people who are formally trained
  - B. A narrow range of therapeutic approaches created and performed by people who are not formally trained
  - C. A broad range of therapeutic approaches created and performed by people who are not formally trained
  - D. A narrow range of therapeutic approaches created and performed by people who are formally trained
14. Which of the following points sums up the way that most people connect and interact with cupping as a folk therapy?
- A. The majority of illness and pain treated by cupping is due to external climatic influences penetrating the body through the skin surface
  - B. The marks produced from the treatment are regarded as proof that cupping has been effective and the cause of the illness or pain has been eliminated
  - C. People report that they quickly recover and are satisfied with the treatment
  - D. All of the above
15. The folk practice of cupping is absent from traditional historical discourse for varying reasons, one of them being that folk medicine, although valuable, has always been relegated to the lowest rung of healing by the hierarchy of professionals.
- A. True
  - B. False
16. The connections made between the role that the weather, and in particular the wind, plays on human health has been prominent in all the world’s scholarly traditional medical systems EXCEPT:
- A. Traditional Chinese
  - B. American
  - C. Islamic
  - D. Ayurvedic

### **Chapter 3: Cupping in Buddhist Medicine**

17. What is Buddhist medicine?
- A. A broad range of medicine practices sharing common concepts which have been developed in China
  - B. A term sometimes used to describe evidence based medicine, which emerged from Buddhist civilization
  - C. The natural result of the Buddha’s teaching on freeing beings from existential suffering through the realization of ultimate truth
  - D. A broad range of therapeutic approaches created and performed by people who are not formally trained

18. According to Buddhist medicine, which of the following is a type of a cause of disease?
- A. Predictable causes, such as time of day
  - B. Daily habits, such as sleeping habits
  - C. Unpredictable causes, such as accidents
  - D. All of the above
19. All of the following are uses for cupping therapy in Buddhist medicine EXCEPT:
- A. Energy stagnation
  - B. Breast cancer
  - C. Digestive problems
  - D. Blood circulation problems
20. In traditional Lanna medicine (TLM), cupping is one of the most popular physical therapies and is used together with which of the following?
- A. Compresses
  - B. Saunas
  - C. Massage
  - D. All of the above
21. In TLM, there are four body elements. They are:
- A. Earth, Water, Fire, Wind
  - B. Metal, Earth, wind, Wood
  - C. Water, Wind, Metal, Fire
  - D. Wind, Earth, Oxygen, Wood
22. Cupping is used primarily in TLM for:
- A. Pain and swelling
  - B. Helping scar tissue
  - C. Headaches
  - D. All of the above

#### **Chapter 4: Benefits of Cupping Therapy**

23. Cupping therapy follows the TCM theory that there are 14 main organ channels which lie within the skin. These organ channels have a direct link to underlying internal organs (Zang-Fu). The objective of cupping therapy is to influence and change a particular organ's Blood and Qi. Qi is pronounced "chee" and can be defined as energy (Qi will be discussed in depth later in the chapter).
- A. True
  - B. False
24. According to TCM, the skin is influenced by and under the direct control of the:
- A. The Large Intestine
  - B. The Lungs
  - C. The Urinary Bladder
  - D. The Pericardium

25. Each Zang-Fu organ is represented by a channel on the skin; therefore, a connection mediates with external pathogens via the skin (**figures 4-2 through 4-15 outline each organ channel and its associated points. The rings you see around certain points are where cupping is typically applied.**)
- True
  - False
26. How does cupping therapy benefit the lymphatic system?
- Cupping therapy is contraindicated for the lymphatic system
  - By stimulating the Heart organ channel the lymphatic system is indirectly affected
  - Cupping stimulates the blood and lymph circulatory systems to work more efficiently, especially when “Moving cupping” is employed
  - Cupping relaxes the soft tissues of the body allowing the lymphatic system to decrease activity
27. According to the concept of TCM teaching, what is Blood?
- A fluid that contains lymphocytes and circulates throughout the lymphatic system
  - A substance which is derived from the Liver and Qi and produced by the Heart
  - A substance which is derived from Food and Qi and produced by the Spleen
  - A fluid that contains Qi and Food and circulates through the vessels of the body
28. What is Blood Stagnation/Blood Stasis/Blood Congealing?
- A disorder in which Blood is not being properly produced by the Spleen, causing ischemic tissue and pain
  - A disorder in which a Blood clot is present in the heart and requires immediate surgery
  - A disorder defined by Western medicine in which Blood and Qi flow are not in harmony
  - A disorder in which Blood is obstructed and not moving freely within the organs or blood vessels, causing discomfort
29. Which of the following is a characteristic of Qi and help to define Qi?
- Qi is life itself and is the invisible force behind all happenings
  - Qi is often described as energy or energy of life or life force
  - Qi is signified by movement and heat
  - All of the above
30. What is Wei Qi?
- Wei Qi is a type of Ying Qi which lies deep in the Organs and nourishes the Blood of the body
  - Wei Qi is the protective/defensive Qi which travels along the Pericardium organ channel and warms and nourishes the Heart
  - Wei Qi is the protective/defensive Qi that travels just under the skin and forms the outermost defensive wall against all external pathogens
  - Wei Qi is the attacking/offensive Qi that travels deep in the body tissues and forms the innermost offensive wall against pathogens



31. Gua Sha is a technique used when:
- A. Pain, Heat and stagnation are present
  - B. Swelling, Wind and stagnation are present
  - C. Pain, Cold and stagnation are present
  - D. All of the above
32. Which of the following is an effect/benefit of cupping on the body?
- A. Cupping regulates the flow of Qi and Blood
  - B. Cupping helps to draw out and eliminate pathogenic factors such as Wind, Cold, Damp and Heat
  - C. Cupping opens the pores of the skin and precipitates the removal of pathogens through the skin
  - D. All of the above
33. Cupping therapy is suitable for all of the following diseases EXCEPT:
- A. Treatment of pains
  - B. Skin conditions such as boils and eczema
  - C. Heart disease
  - D. Weakness of the muscles

### **Chapter 5: Preparing the Patient for Cupping Treatment**

34. Preparing your patient for cupping includes which of the following?
- A. Informing your client of the benefits and risks associated with cupping and obtaining a signed consent
  - B. Inquiring about the client's pain tolerance and current pain level, if any
  - C. Explaining how cupping works and what exactly you will be doing to your client
  - D. All of the above
35. During the cupping procedure, good suction is noticeably less difficult to obtain and sustain for a longer period of time on dry and hairy skin than on oily and smooth skin.
- A. True
  - B. False
36. Which of the following patient positions may be used during cupping therapy?
- A. Supine
  - B. Prone
  - C. Sitting
  - D. All of the above
37. When might it be necessary to treat the patient while standing up?
- A. When treating leg, sciatica and back pains
  - B. When treating head and neck pains
  - C. When treating the lymphatic system and lymphoma
  - D. When treating the abdomen of the patient

## **Chapter 6: Complementary and Alternative Medicine (CAM) Therapies That Can Safely Introduce Cupping to Their Treatment Protocol**

38. All of the following types of CAM therapy can benefit from using cupping EXCEPT:
- A. Aromatherapy
  - B. Chemotherapy
  - C. Massage
  - D. Physiotherapy
39. When incorporating cupping into a massage therapy session, why should massage be performed before the cupping?
- A. In order to identify the stress zones and determine where to place the cups
  - B. In order to diagnose the client's condition before performing the cupping
  - C. In order for the practitioner to meditate before performing the cupping
  - D. In order for the client to relax before the cupping treatment
40. What is Four-Zone Cupping Therapy?
- A. A type of cupping that involves very firm suction in order to move Blood and Qi
  - B. A type of cupping therapy routine formulated by the author for trained Chinese medicine practitioners
  - C. A cupping therapy routine formulated by the author for non-Chinese medicine trained practitioners
  - D. A type of cupping that involves the use of light suction used to tonify weak Qi
41. Which of the following disorders can be treated by cupping of the middle zone?
- A. Disorders of the liver and gall bladder
  - B. Disorders of the spleen and stomach
  - C. Emotional conditions such as anger and frustration
  - D. All of the above
42. Where is Zone 3: the lower zone located?
- A. From the 11<sup>th</sup> thoracic vertebra down to the 4<sup>th</sup> lumbar vertebra
  - B. From the 4<sup>th</sup> lumbar vertebra down to the sacrum and hips
  - C. From the 6<sup>th</sup> thoracic vertebra to the 11<sup>th</sup> thoracic vertebra
  - D. From the 4<sup>th</sup> cervical vertebra down to the 7<sup>th</sup> cervical vertebra

## **Chapter 7: The Cupping Procedure**

43. For a new or uninitiated practitioner, the author strongly recommends beginning with silicon, rubber or pistol-handled cupping or other non-flame cupping equipment.
- A. True
  - B. False
44. Which of the following is a way to create negative pressure within the cup?
- A. Expelling the air by ignition
  - B. By using manual or mechanical air extraction pumps
  - C. By briefly launching fire into the cup
  - D. All of the above

45. During the cupping application, why is it imperative to apply cups symmetrically?
- To remember the order in which the cups were applied
  - To properly create negative suction within the cups
  - To properly manipulate the channels, Qi, Blood, or Wind elements
  - To give the client/patient a feeling of all over treatment
46. What is the most fundamental question to be asked by the practitioner when determining which type of cupping to employ?
- What pattern is the client/patient presenting – a Wind pattern or a Fire pattern?
  - What pattern is the client/patient presenting – a Heat pattern or a Cold pattern?
  - What type of disorder is the client/patient suffering from – a chronic disorder or an acute disorder?
  - What are the client's/patient's desired therapeutic treatment goals?
47. Why is it important to immerse used cups in water containing 2% sodium hypochlorite immediately after removal, and washed with soapy water before being stored?
- Washing cups after only one use is not important
  - In order to reduce any risk of cross infection
  - In order to promote the risk of cross infection
  - In order to reduce the risk of the glass or bamboo cup breaking

### **Chapter 8: What to Expect During and After Cupping Therapy**

48. How many different cupping methods are there?
- 6
  - 9
  - 12
  - 17
49. To reduce the risk of severe marking associated with cupping therapy, always start with:
- Empty, light or medium strength suction
  - Medium, strong or moving strength suction
  - Strong, Herbal or Moxa cupping techniques
  - All of the above
50. It has been determined that the cupping marking left after treatment is called a bruise.
- True
  - False

### **Chapter 9: Twelve Methods of Cupping Therapy**

51. How should the skin of the client/patient appear inside the cup when Weak (Light) cupping is being used?
- The client's/patient's skin should be pulled well into the cup and slightly red
  - The amount of flesh drawn into the cup should be minimal and hardly raised
  - The client's/patient's skin should be pulled well into the cup and will turn purple after a moment
  - The amount of flesh drawn into the cup should be moderate with no reddening

52. Which of the following conditions are most suitable for the Medium cupping method?
- A. Stress-related conditions and/or headaches
  - B. Blood and Qi tonification
  - C. Sports injuries and/or musculoskeletal complaints
  - D. All of the above
53. How should the skin of the client/patient appear inside the cup when Strong cupping is being used?
- A. The client's/patient's skin should be pulled well into the cup and slightly red
  - B. The amount of flesh drawn into the cup should be minimal and hardly raised
  - C. The client's/patient's skin should be pulled well into the cup and will turn purple after a moment
  - D. The amount of flesh drawn into the cup should be moderate with no reddening
54. All of the following conditions are suitable for Moving cupping EXCEPT:
- A. Febrile diseases
  - B. Muscle or tendon relaxation
  - C. Headaches
  - D. Sports injuries
55. When using Light-moving cupping (or Moving cupping), which of the following should be avoided?
- A. Open wounds
  - B. Skin lesions
  - C. Skin moles
  - D. All of the above
56. Only acupuncture practitioners may perform:
- A. Needle and Moxa cupping
  - B. Medium and Strong cupping
  - C. Moving and Light-moving cupping
  - D. Empty (Flash) cupping
57. Empty (Flash) cupping is best suited for whom?
- A. The weak and frail
  - B. Children under 16
  - C. The elderly
  - D. All of the above

58. Why is it necessary to use bamboo cups for Herbal cupping?
- A. It is not important to use bamboo cups for Herbal cupping
  - B. The bamboo cups absorb the herbs and transfer the healing properties to the client/patient
  - C. The bamboo cups will not overheat in the boiling water, lessening the risk of burning your client/patient
  - D. The bamboo cups will not build steam pressure inside the cup after boiling, making the cupping procedure easier
59. How is Ice cupping applied?
- A. An ice cube is inserted into the cup and a vacuum is obtained in the usual manner; usually a Medium cupping strength is obtained while the cup is constantly moved over the lesion
  - B. An ice cube is inserted into the cup and a vacuum is obtained in the usual manner; usually a Weak cupping strength is obtained while the cup remains in one place
  - C. An ice cube is inserted into the cup and a vacuum is obtained in the usual manner; usually a Strong cupping strength is obtained while the cup is constantly moved over the lesion
  - D. An ice cube is inserted into the cup and a vacuum is obtained in the usual manner; usually a Medium cupping strength is obtained while the cup remains in one place
60. Several methods of cupping presented in the text, such as Needle cupping, Moxa cupping, Full/Bleeding cupping and Herbal cupping may be considered outside a massage therapist's scope of practice. These methods should NOT be performed by massage therapists without further advanced training in cupping therapy and/or acupuncture.
- A. True
  - B. False

### **Chapter 10: Cupping Therapy on Children and Adults**

61. Which of the following is true when treating children with cupping therapy?
- A. For children under 7, keep treatment time to 3-5 minutes
  - B. For children between 7 and 16, keep treatment time to 5-10 minutes
  - C. Strong, Moving, Needle, Moxa or Full cupping methods should never be performed on children under 14
  - D. All of the above
62. In all age groups, when Light, Empty or Light-moving cupping is employed the treatment frequency can be increased to:
- A. As much as once every day
  - B. As much as once time per week
  - C. As much as once every other day
  - D. As much as once every two weeks

## Chapter 11: Cosmetic Cupping Therapy

63. Which of the following types of cups are ideal for cosmetic cupping applications?
- A. Glass
  - B. Bamboo
  - C. Rubber
  - D. Pistol-handle valve
64. All of the following cupping methods are recommended for cosmetic applications EXCEPT:
- A. Empty
  - B. Strong
  - C. Light
  - D. Light-moving
65. What is the recommended amount of time to leave cups in place (situ), especially on the face, during a cosmetic cupping application?
- A. 2-3 minutes at a time
  - B. 3-5 minutes at a time
  - C. 5-7 minutes at a time
  - D. 8-10 minutes at a time
66. The author of the textbook has had success with cupping application for cellulite reduction using which of the following protocols?
- A. 5 months of cupping therapy combined with walking for between 30-50 minutes, increasing fluid intake up to 2.5 liters per day, and reducing salt consumption
  - B. 3 months of cupping therapy combined with walking for between 20-30 minutes, increasing fluid intake up to 1.5 liters per day, and reducing salt consumption
  - C. 5 months of cupping therapy combined with walking for between 30-50 minutes, increasing fluid intake up to 1.5 liters per day, and increasing salt consumption
  - D. 3 months of cupping therapy combined with walking for between 30-50 minutes, increasing fluid intake up to 2.5 liters per day, and reducing salt consumption
67. Which of the following is most suitable to body toning cupping?
- A. Moving
  - B. Needle
  - C. Water
  - D. Herbal

68. Which of the following best describes the general cupping application (for all body areas) in body toning?
- A. Apply massage oil, warm the area to be treated with massage or a hand-cupping technique, proceed with Empty or Light-moving cupping (follow the contour of the muscle directly under the skin), treat each area for 5-10 minutes, move to a different area
  - B. Apply massage oil, warm the area to be treated with massage or a hand-cupping technique, proceed with Strong or Needle cupping (follow the contour of the muscle directly under the skin), treat each area for 10-15 minutes, move to a different area
  - C. Warm the area to be treated with massage or a hand-cupping technique, do not use massage oil, proceed with Empty or Light-moving cupping (follow the contour of the muscle directly under the skin), treat each area for 5-10 minutes, move to a different area
  - D. Warm the area to be treated with massage or a hand-cupping technique, do not apply massage oil, proceed with Empty or Light-moving cupping (follow the contour of the muscle directly under the skin), treat each area for 15-20 minutes, move to a different area

Please review the frequently asked questions on page 142.

### **Chapter 12: Cupping Therapy in the Treatment of Common Disorders**

69. Which of the following is the treatment principle in addressing abdominal pain of a digestive origin?
- A. Regulate the Liver and Stomach, remove Heat
  - B. Move Qi and Blood, remove stagnation if present
  - C. Regulate the Spleen and Stomach, remove Food obstruction or Cold
  - D. Forcefully manipulate the Qi and Blood, gently stimulate the Stomach and Spleen
70. In TCM, anaemia (usually spelled anemia) is seen as a:
- A. Lack of iron, folic acid, or vitamin B12
  - B. A deficiency of the Lung- and Liver-Qi
  - C. An overabundance of iron, folic acid, and vitamin B6
  - D. A deficiency of the Spleen- and Stomach-Qi
71. What application of cupping therapy is recommended for deficient asthma clients?
- A. Moving cupping on Ren-12 Zhongwan, Liv-13 Zhangmen, Dingchuan Extra, BL-13 Feidhu, BL-20 Pishu and BL-23 Shenshu
  - B. Light to Medium cupping on Ren-12 Zhongwan, Liv-13 Zhangmen, Dingchuan Extra, BL-13 Feidhu, BL-20 Pishu and BL-23 Shenshu
  - C. Strong cupping on Ren-12 Zhongwan, Liv-13 Zhangmen, Dingchuan Extra, BL-13 Feidhu, BL-20 Pishu and BL-23 Shenshu
  - D. All of the above

72. Which of the following is a precaution when treating a client/patient with an atrophy syndrome?
- In many cases the client's/patient's sensory feelings are impaired, therefore extra care is need to be sure not to allow the skin to over-mark or bleed
  - In many cases the client's/patient's sensory feelings are over sensitive, therefore extra care is need to be sure not to allow the skin to over-mark or bleed
  - In many cases the client's/patient's sensory feelings are impaired, therefore extra care is need to be sure to allow the skin to over-mark and/or bleed
  - All of the above
73. Which of the following types and duration of cupping therapy is recommended for young adults experiencing upper back pain?
- Medium, Strong or Moving cupping, up to 20 minutes
  - Weak or Empty cupping, up to 10 minutes
  - Empty, Light or Light-moving cupping, up to 15 minutes
  - Empty cupping, for 2-3 minutes
74. Which of the following is a treatment principle when treating lower back pain, sciatica and sexual complaints?
- Tonify the Kidney-Qi
  - Remove pathogenic factors
  - Relieve stagnation of Qi and Blood
  - All of the above
75. In TCM, the common cold and influenza are considered to be external pathogenic factors of \_\_\_\_\_ invading the body externally.
- Water-Cold or Water-Heat
  - Damp-Cold or Damp-Heat
  - Wind-Cold or Wind-Heat
  - Earth-Cold or Earth-Heat
76. When treating hot, excessive-type constipation, the cupping application should be applied to:
- LI-4 Hegu
  - LI-11 Quchi
  - ST-44 Neiting
  - All of the above
77. When treating cough, the cupping application should be applied to:
- Ren-12 Zhongwan, Liv-13 Zhangmen, Dingchuan Extra, BL-13 Feidhu, BL-20 Pishu and BL-23 Shenshu
  - Dingchuan Extra, GB-21 Jianjing, BL-12 Fengmen and BL-13 Feishu, or 'A' cupping
  - LI-4 Hegu, LI-11 Quchi, ST-44 Neiting, Liv-2 Xingjian, ST-25 Tianshu, or 'A' cupping
  - All of the above



78. Which of the following is the proper cupping duration and type for children 7-14 years old when treating fevers?
- A. 2-3 minutes, Empty or Weak cupping
  - B. Up to 10 minutes, Empty or Weak cupping
  - C. Up to 15 minutes, Weak or Medium cupping
  - D. Up to 20 minutes, Weak or Medium cupping
79. All of the following are treatment principles when treating skin complaints EXCEPT:
- A. Nourish the Qi in order to clear the internal Damp-Cold
  - B. Tonify the Stomach/Spleen to resolve Damp-Heat
  - C. Clear Heat-poison
  - D. Subdue the Wind and stop the itching
80. Tiredness is a sign of:
- A. Deficiency of Wind and excess of Phlegm
  - B. Excess of Qi and deficiency of Blood
  - C. Deficiency of Qi and deficiency of Blood
  - D. Excess of Qi and Excess of Blood
81. Which of the following cupping therapy applications is used when treating varicose/broken veins?
- A. Light
  - B. Medium
  - C. Strong
  - D. Bleeding

### **Chapter 13: Treating Miscellaneous Disorders with Cupping Therapy**

82. Which of the following is a treatment principle when treating carpal tunnel syndrome?
- A. Clear the obstruction in the channels and return the normal flow of Qi and Blood to the wrist and fingers
  - B. Clear the obstruction in the channels and return the normal flow of Wind and Qi to the wrist and fingers
  - C. Clear the obstruction in the channels and return the normal flow of Heat and Cold to the wrist and fingers
  - D. All of the above
83. According to TCM, mental and emotional conditions are intimately linked to:
- A. Zang-Fu, the external skin
  - B. Zang-Fu, the internal organs
  - C. Qi and Blood deficiency
  - D. Xian-Du, the Governing Vessel

84. Which way should Light-moving cupping be performed on a child over 4 years of age when treating diarrhoea?
- A. Clockwise
  - B. Counterclockwise
  - C. From distal to medial
  - D. Toward the heart
85. According to TCM, all of the following are pathological conditions that can cause infertility in women EXCEPT:
- A. Kidney deficiency
  - B. Liver-Qi stagnation
  - C. Blood excess
  - D. Cold uterus
86. When treating migraine, the cupping application should be applied to:
- A. Taiyang Extra and Yintang Extra
  - B. Ren-3 Zhongji and Ren-6 Qihai
  - C. Taiyang Extra and Du-14 Dazhui
  - D. Du-14 Dazhui and Du-2 Yaoshu
87. Mumps can be treated by applying which of the following methods of cupping?
- A. Herbal
  - B. Water
  - C. Ice
  - D. Needle
88. In TCM, torticollis is considered a:
- A. Wind attack that injures the channels
  - B. Heat attack that injures the channels
  - C. Phlegm attack that injures the channels
  - D. Cold attack that injures the channels

#### **Chapter 14: Sports Injuries**

89. Cupping therapy immediately following sports injury should not be attempted at the site of the injury until the practitioner is absolutely certain that the bleeding into the injured tissues has completely stopped.
- A. True
  - B. False
90. Cupping therapy is contraindicated in \_\_\_\_\_ until after the necessary intervention (the first 5-6 weeks), and well into the healing and building phase of the injured tissue.
- A. Grade I sprains/strains
  - B. Grade II sprains/strains
  - C. Grade III sprains/strains
  - D. Grade IIII sprains/strains

91. Cupping therapy is contraindicated for all the following conditions EXCEPT:
- A. Open wound
  - B. Inflamed or infected tissue
  - C. Over a fracture
  - D. To a grade I muscle or ligament sprain
92. Performing Moving cupping directly on the tensor fascia may be beneficial in which sporting injury?
- A. Calf muscle injuries
  - B. Iliotibial band syndrome
  - C. Adhesive capsulitis
  - D. Plantar fasciitis
93. When treating hip injuries, the cupping application should be applied to:
- A. BL-28 Panguanshu
  - B. BL-53 Baohuang
  - C. GB-30 Huantiao
  - D. All of the above
94. Which of the following is the correct protocol for administering cupping therapy on shoulder injuries?
- A. Using number 2 or 3 cups, apply Medium to Strong cupping starting with 10 minutes and increasing up to 30 minutes, close to the shoulder joint; Moving cupping may also be employed, following the path of the muscle when moving the cup
  - B. Using number 4 or 5 cups, apply Medium to Strong cupping starting with 30 minutes and increasing up to 40 minutes, close to the shoulder joint; Moving cupping may also be employed, following the path of the muscle when moving the cup
  - C. Using number 2 or 3 cups, apply Medium to Strong cupping starting with 10 minutes and increasing up to 30 minutes, close to the shoulder joint; Moving cupping is contraindicated for all shoulder injuries
  - D. Using number 4 or 5 cups, apply Light to Medium cupping starting with 15 minutes and increasing up to 30 minutes, close to the shoulder joint; Moving cupping may also be employed, following the path of the muscle when moving the cup
95. According to TCM, how can Blood injury occur?
- A. Through the injury of a muscle or organ
  - B. Through poor diet and excessive demands on the body
  - C. Through stimulation of Qi
  - D. All of the above

## Chapter 15: Myofascial Trigger Points Cupping Therapy

96. According to the publication *Myofascial Pain and Dysfunction: The Trigger Point Manual*, which of the following correctly describes a myofascial trigger point?
- A. A hyper-irritable spot in the skeletal muscle that is associated with a hypersensitive palpable nodule in a taught band; the spot is painful upon compression and can give rise to characteristic referred pain, referred tenderness, motor dysfunction, and autonomic phenomena
  - B. A hyper-irritable spot in the skeletal muscle that is associated with a hypersensitive palpable nodule in a taught band; the spot produces no pain upon compression and does not give rise to characteristic referred pain, referred tenderness, motor dysfunction, and autonomic phenomena
  - C. A hypo-irritable spot in the skeletal muscle that is associated with a hyposensitive palpable nodule in a taught band; the spot is painful upon compression and can give rise to characteristic referred pain, referred tenderness, motor dysfunction, and autonomic phenomena
  - D. A hypo-irritable spot in the skeletal muscle that is associated with a hyposensitive palpable nodule in a taught band; the spot produces no pain upon compression and does not give rise to characteristic referred pain, referred tenderness, motor dysfunction, and autonomic phenomena
97. From the TCM perspective, trigger points represent a/an \_\_\_\_\_ of Blood or Qi at a deeper musculoskeletal level.
- A. Stagnation
  - B. Overuse
  - C. Excess
  - D. Damage
98. According to Simons et al (1999), in order to be absolutely certain the correct trigger points are selected for treatment all of the following conditions must be present EXCEPT:
- A. Spot tenderness
  - B. Palpation of a taught band
  - C. Lack of referred pain
  - D. Reproduction of the subject's symptomatic pain
99. The latissimus dorsi muscle trigger points refer pain:
- A. Along the medial vertebral border of the scapula
  - B. To the anterior, middle or posterior part of the deltoid muscle
  - C. To the lower scapula and to the mid-thoracic region of the back
  - D. All of the above
100. Referred pain from the pectoralis muscle can imitate the pain of cardiac deficiency in persons with no previous history of cardiac disease.
- A. True
  - B. False

101. Which of the following muscles in the lower back may contain trigger points which refer pain into the gluteal muscles?
- A. Serratus posterior inferior and iliocostalis lumborum
  - B. Iliocostalis lumborum and longissimus thoracis
  - C. Quadratus lumborum and longissimus thoracis
  - D. All of the above
102. Why did the author omit abdominal muscle trigger points from the text?
- A. Because cupping in the abdominal region is contraindicated
  - B. Because no abdominal trigger points exist
  - C. Because it is difficult to distinguish the origin of the pain from internal organs
  - D. All of the above

### **Chapter 16: Cupping Therapy Evidence-Based Research**

103. In research study 1, how many participants were used?
- A. 2
  - B. 4
  - C. 5
  - D. 6
104. The significant finding in research study 1 was that Erythrocyte Sedimentation Rate (ESR) levels were significantly reduced by the cupping therapy. Which of the following may be present in the body with a moderately elevated ESR level?
- A. Inflammation
  - B. Anaemia
  - C. Infection
  - D. All of the above
105. In research study 2, what was evaluated?
- A. The effects of cupping therapy on various haematological parameters
  - B. The effects of cupping on myofascial pain syndromes
  - C. The effects of cupping on the plasma concentration of inflammatory mediators
  - D. The effects of cupping therapy on lymphatic fluid concentration

106. Which of the following treatment protocols was used in research study 2?
- A. Ten cupping treatments at weekly intervals, completing a Measure Yourself Medical Outcome Profile (MYMOP) questionnaire before treatment and at weekly intervals
  - B. Six cupping treatments at weekly intervals, completing a Measure Yourself Medical Outcome Profile (MYMOP) questionnaire before treatment and at weekly intervals
  - C. Fifteen cupping treatments biweekly, completing a Measure Yourself Medical Outcome Profile (MYMOP) questionnaire before treatment and at weekly intervals
  - D. Three cupping treatments at weekly intervals, completing a Measure Yourself Medical Outcome Profile (MYMOP) questionnaire before treatment and at weekly intervals
107. Which of the following was an objective of research study 3?
- A. To probe into symptomatic improvement of myofascial pain syndrome with Sliding (Dry) cupping
  - B. To determine the relationship between improvement and the course of disease as well as many other variables
  - C. To evaluate the effectiveness of using cupping in our clinical practice as a technique for managing myofascial pain and to improve the quality of life
  - D. All of the above
108. The results in research study 3 showed a 33% degree of improvement in:
- A. Physical health status (PHS)
  - B. Mental health status (MHS)
  - C. Anxiety (AN)
  - D. Pain interfering with general activity (GA)
109. In research study 4, how many clinical studies were identified and reviewed?
- A. 500 published between 1900 and 2011
  - B. 725 published between 1958 and 2011
  - C. 419 published between 1958 and 2011
  - D. 163 published between 1980 and 2011
110. In research study 4, all of the following were diseases in which cupping was commonly employed EXCEPT:
- A. Herpes zoster
  - B. Pain conditions
  - C. Cancer
  - D. Fascial paralysis

## **Chapter 17: Frequently Asked Questions and Precautions and Contraindications**

111. How long do cupping marks last?
- A. 2-5 days, depending on the severity of the application
  - B. 5-10 days, depending on the severity of the application
  - C. 10-20 days, depending on the severity of the application
  - D. 1-15 days, depending on the severity of the application
112. Which of the following is considered a contraindication to cupping?
- A. Cupping over the eyes
  - B. Cupping to recent trauma
  - C. Cupping to a pregnant women's lower and upper abdomen
  - D. All of the above

This completes the Cupping Therapy examination.