

# Cupping Therapy for Massage Therapists Home Study Course

9 CE Hours  
Online Study Guide

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

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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 massage or spa techniques. Written medical opinions are always the best way to resolve any questions regarding contra-indications to cupping or vacuum therapy.

## **Instructions for the Cupping Therapy for Massage Therapists home study course**

Thank you for investing in the Cupping Therapy for Massage Therapists home study course, a 9 CE hour course designed to further your knowledge in the principles and practice of cupping therapy for professional bodyworkers and massage therapists.

This guide will contain all of the instructions you will need to complete this course. This is a 9 CE hour course, so that means it should take you approximately 9 hours to read the textbook, watch the 30 minute instructional DVD, and complete the multiple choice exam and course evaluation. The instructional DVD demonstrates different moving cupping techniques using silicone cups.

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

- 1. Read the instructions and review the textbook, DVD, and exam.**
- 2. Access the online examination by logging in to your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com).**
- 3. 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 a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the test. This course uses the text *The Guide to Modern Cupping Therapy*, by Shannon Gilmartin, CMT and the Acucups® Cupping Massage DVD. There are no trick questions on the exam. All of the answers are clearly found in the text or on the DVD.

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 to go back and forth through the online exam.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com). 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 for Massage Therapists home study course.

# Cupping Therapy for Massage Therapists Exam

## Part 1

### Chapter 1

1. The textbook focuses on:
  - A. Dry cupping, the more familiar method of application, which requires no cutting
  - B. Wet cupping, the more familiar method of application, which requires no cutting
  - C. Needling cupping, the more familiar method of application, which requires no cutting
  - D. Primitive cupping, the more familiar method of application, which requires no cutting
2. Cupping marks are often incorrectly referred to as:
  - A. Sores
  - B. Wounds
  - C. Bruises
  - D. Fractures

### Chapter 2

3. Cups act as a \_\_\_\_\_, drawing fluids into an area or encouraging them through their respective exchange processes.
  - A. Pump
  - B. Vacuum
  - C. Pushing force
  - D. Compression
4. What is interstitial debris?
  - A. Any material that the body can dispose of on its own
  - B. Free floating lymph which has accumulated in the body causing edema
  - C. Any two anatomical surfaces stuck or growing together that do not naturally connect
  - D. Any material that the body could not dispose of on its own
5. All of the following are ways cupping can benefit the entire body EXCEPT:
  - A. Cups encourage circulation
  - B. Cups can help clear congestion and stagnation
  - C. Cups can lift, rehydrate and manipulate fascia
  - D. Cups discourage neovascularization
6. Cups can be applied to different muscles in different locations, but it is strongly advised not to repeat an application in the same location within \_\_\_\_\_ hours.
  - A. 24 hours
  - B. 36 hours
  - C. 48 hours
  - D. 72 hours

### Chapter 3

7. All of the following are types of connective tissue EXCEPT:
  - A. Skin
  - B. Tendons
  - C. Fascia
  - D. Aponeurosis
  
8. How does cupping affect the integumentary system?
  - A. Stimulates superficial circulation
  - B. Supports temperature regulation
  - C. Desensitizes superficial pain patterns
  - D. All of the above
  
9. How does cupping affect the cardiovascular system?
  - A. Inhibits overall circulation
  - B. Discourages venous return
  - C. Affects blood pressure
  - D. Does not influence body temperature
  
10. Cupping affects the lymphvascular system in all of the following ways EXCEPT:
  - A. Discourages lymph drainage
  - B. Affects overall lymphatic movement
  - C. Supports deeper lymphatic drainage
  - D. Supports immune system functions
  
11. How does cupping affect the muscular system?
  - A. Promotes overall skeletal muscle health
  - B. Promotes lengthening of tight muscles
  - C. Promotes muscle recovery
  - D. All of the above
  
12. How does cupping affect the respiratory system?
  - A. Hinders coughing
  - B. Addresses lung tissues
  - C. Helps add excessive heat
  - D. Tightens breathing muscles
  
13. Cupping affects the digestive system in all of the following ways EXCEPT:
  - A. Influences tonic muscular activity
  - B. Inhibits peristalsis
  - C. Stimulates peristalsis
  - D. Promotes overall abdominal health
  
14. How does cupping affect the central nervous system?
  - A. Provides compressive therapy
  - B. Promotes stimulation
  - C. Addresses nervous system conditions
  - D. All of the above

15. Which of the following is an organ of the exocrine system?
- A. Liver
  - B. Heart
  - C. Stomach
  - D. Kidney

## **Part 2**

### **Chapter 4**

16. Which of the following is a characteristic of cupping marks?
- A. May be sensitive, but should not be painful to touch
  - B. Are a response to an injury
  - C. Are painful when touched
  - D. Will fade and change in color
17. When the cupped area is visibly pink and warm to the touch, this signifies:
- A. Inflammation, such as bursitis or tendonitis, drawn to the surface
  - B. A deficiency, whether due to poor blood circulation within an area or if a person is deficient in energy
  - C. An old restriction, likely from an old injury being released
  - D. A good increase of blood flow to the area, also known as hyperemia

### **Chapter 5**

18. In which of the following situations should cupping not be used?
- A. Over an open wound
  - B. On a client who has a deep vein thrombosis
  - C. Directly on a recent injury such as a sprain or fracture
  - D. All of the above
19. How long should you wait before cupping on or over an injection site?
- A. 7 days
  - B. 21 days
  - C. 30 days
  - D. 45 days
20. Which of the following is true when using cupping on a cancer client?
- A. Cupping work can be done while someone is in active chemotherapy or radiation
  - B. No cupping work should be done while someone is in active chemotherapy or radiation
  - C. When in doubt, cupping therapy should be performed without a physician's approval
  - D. All of the above
21. Which of the following types of cupping is recommended on the linea alba?
- A. Light to medium
  - B. Medium to strong
  - C. Very light to light
  - D. Strong to very strong

## Chapter 6

22. When removing cups, be sure to remove the cup:
- A. Away from your body
  - B. Toward your body
  - C. Straight upwards
  - D. With a twisting motion
23. Which of the following is a pro of using a face cupping set?
- A. The pliable material allows them to be squeezed into variable forms
  - B. Even at maximum strength of suction on the face, there is a low likelihood of marking the face
  - C. The soft edges are often more pleasant around joints and bony prominences
  - D. They are more suitable for trained professionals

## Chapter 7

24. Which of the following is the appropriate amount of time to leave a cup on the body?
- A. At least 10 minutes
  - B. 3 to 5 minutes
  - C. 2 to 3 minutes
  - D. No more than 30 seconds
25. When using moving cups, which of the following is a general guideline?
- A. Slower movements are more stimulating and are used to treat more superficial tissues
  - B. Faster movements are relaxing and can be used for deeper applications
  - C. Use lighter suction the faster you go
  - D. Use stronger suction the faster you go
26. Strong suction is primarily used for:
- A. Superficial lymphatic drainage
  - B. Acute inflammation
  - C. Chronic inflammation
  - D. Thicker, callused tissue
27. \_\_\_\_\_ cupping is absolutely not recommended when there is an emotional release happening during the treatment.
- A. Strong, vigorous
  - B. Medium, moving
  - C. Light, stationary
  - D. Lift-and-release

## Part 3

### Chapter 8

28. Silicone cups are best used for:
- A. Some self-care applications
  - B. Most moving cup applications
  - C. Most stationary cup placements
  - D. All of the above

29. When removing both plastic and silicone cups, it is important not to:
- A. Slide a finger under the lip of the cup where it meets the skin to release the seal
  - B. Squeeze the cup to release the suction
  - C. Yank or pop the cup off
  - D. Open the cup away from you
30. Which of the following is the primary application of cups for stress relief and overall back tension?
- A. Along the sides of the spine (stationary cups, prone position)
  - B. Along the top of the shoulders (stationary cups, prone position)**
  - C. Along the sides of the spine (moving cups, prone position)
  - D. Along the top of the shoulders (moving cups, prone position)
31. All of the following conditions may benefit from neck and shoulder tension cupping applications EXCEPT:
- A. Headaches
  - B. Thoracic outlet syndrome
  - C. Carpal tunnel syndrome
  - D. Plantar fasciitis
32. Which of the following is a target area of the primary application of cupping for low back pain?
- A. Portions of the upper, middle, and lower trapezius
  - B. Lower portions of the paraspinal and transversospinalis muscles
  - C. The rotator cuff muscles
  - D. The attachment sites of the wrist flexors
33. When performing the cupping procedure for frozen shoulder, cupping in the \_\_\_\_\_ should not be too strong or aggressive to avoid causing damage to the blood vessels and nerves contained within.
- A. Anterior triangle
  - B. Bicipital groove
  - C. Femoral triangle
  - D. Popliteal fossa
34. Which of the following is the correct direction of movement to lightly encourage recirculation after completion of the cupping application for lateral elbow pain?
- A. Down the arm, toward the hand
  - B. Down the arm, toward the armpit
  - C. Up the arm, toward the armpit
  - D. Up the arm, toward the hand
35. No stationary cups should be placed:
- A. Directly on the inside of the forearm between the elbow and wrist
  - B. Directly on the outside of the forearm between the elbow and wrist
  - C. Directly on the palm
  - D. Directly on the elbow joint



36. Conditions and areas that may also benefit from IT band restriction cupping application include:
- A. Bursitis
  - B. General hip discomforts
  - C. Knee problems
  - D. All of the above
37. Which of the following is a symptom of plantar fasciitis?
- A. Pain in the left knee, hip or side of the leg
  - B. Pain and swelling in the knee which can be either dull or sharp
  - C. Pain anywhere along the bottom of the foot, especially around the heel
  - D. Pain anywhere along the top of the foot, especially around the big toe
38. All of the following are abdominal considerations or contraindications to cupping therapy EXCEPT:
- A. Pregnancy
  - B. Hernias
  - C. Constipation
  - D. Abdominal meshing
39. Moving cupping application for acid reflux is performed in which direction?
- A. Up and to the right
  - B. Up and to the left
  - C. Down and to the right
  - D. Down and to the left
40. Which of the following techniques offers the best quick relief for sinus decongestion?
- A. Lift-and-release applications
  - B. Stationary cups
  - C. Moving cups
  - D. All of the above

## Chapter 9

41. How does cupping benefit the overall lymphatic system function?
- A. The lift-and-release technique mimics the natural, rhythmic opening of the flap valves along their routes
  - B. Slow and gentle moving cups offer a soothing, wave-like motion along the same pathways
  - C. Wherever you move the cup fluid will follow
  - D. All of the above
42. Which of the following is a correct guideline for therapeutic cupping for lymphatic drainage?
- A. Pressure should be deeper
  - B. Use moving cups or lift-and-release techniques – no stationary cups
  - C. Cups used should be smaller in size
  - D. Treat and drain more distal or outer regions before attempting proximal areas

43. In the full body cupping sequence for lymphatic drainage, each line of movement should be performed:
- A. For a minimum of 1 time but no more than 3 times
  - B. For a minimum of 3 times but no more than 5 times
  - C. For a minimum of 5 times but no more than 7 times
  - D. For a minimum of 7 times but no more than 9 times
44. The abdomen is treated:
- A. After completing the cupping work to the back of the body
  - B. Before completing the cupping work to the back of the body
  - C. After completing the cupping work to the front of the body
  - D. Before completing the cupping work to the front of the body
45. Why is it very important to finish the full body cupping sequence for lymphatic drainage with the upper chest?
- A. There is a concentration of lymphatic activity in this region, which surrounds the major cervical drainage ducts
  - B. There is a concentration of lymphatic activity in this region, which surrounds the major lumbar drainage ducts
  - C. There is a concentration of lymphatic activity in this region, which surrounds the major thoracic drainage ducts
  - D. There is a concentration of lymphatic activity in this region, which surrounds the major abdominal drainage ducts
46. Which of the following cupping techniques is used on the anterior triangle/front of the neck?
- A. Only the lift-and-release
  - B. Only stationary cups
  - C. Only moving cups
  - D. A combination of lift-and-release and stationary cups
47. Which of the following types of cups and suction level is used under and above the eye region?
- A. Large cups with medium suction
  - B. Medium sized cups with very light suction
  - C. Very small cups with medium suction
  - D. Very small cups with very light suction

## **Chapter 10**

48. The advanced applications of cupping therapy focus on:
- A. Inflammation due to bacterial infections
  - B. Inflammation due to viral infections
  - C. Inflammation due to musculoskeletal injuries
  - D. Inflammation due to lymphedema disease

49. Which of the following is the common denominator when treating all chronic inflammatory conditions with cups?
- A. Cups are placed proximal to the area of inflammation, not directly on it
  - B. You can place cups directly over the site of inflammation
  - C. Only stationary cups are used
  - D. Only moving cups are used
50. What is required for treating cellulite with cupping?
- A. Lighter suction pressure and more vigorous circulation-boosting movements to the area in order to break up the small adhesions without damaging the other structures in this area
  - B. Deeper suction pressure and less vigorous circulation-boosting movements to the area in order to break up the small adhesions without damaging the other structures in this area
  - C. Lighter suction pressure and less vigorous circulation-boosting movements to the area in order to break up the small adhesions without damaging the other structures in this area
  - D. Deeper suction pressure and more vigorous circulation-boosting movements to the area in order to break up the small adhesions without damaging the other structures in this area
51. Which of the following is the most appropriate type of cupping to use during pregnancy?
- A. Stationary cupping
  - B. Flash cupping
  - C. Moving cupping
  - D. Lift-and-release techniques
52. When using cupping on scar tissue, be sure that it has been \_\_\_\_\_ since the tissue was cut before attempting any work.
- A. Approximately 2 weeks
  - B. Approximately 4 weeks
  - C. Approximately 6 weeks
  - D. Approximately 8 weeks

This completes the Cupping Therapy for Massage Therapists exam.