

Cupping Therapy Home Study Course

18 CE Credit Hours
Online Study Guide

Presented by the:
Center for Massage Therapy Continuing Education

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Table of Contents

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

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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 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 2

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, watch the DVD-ROM and complete the exam.

In this course you will learn:

- What cupping therapy is
- The history and research on cupping therapy
- Benefits and contraindications to cupping therapy
- Cupping therapy to treat common disorders
- Different methods of cupping therapy
- A DVD-ROM introduction to methods of cupping therapy

PLEASE NOTE: The DVD-ROM showing different methods of cupping uses 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. Please see page 27 of the textbook for an explanation of rubber cups.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook, DVD and exam. Your textbook and DVD will be mailed to you.**
- 2. Access the online examination in your account at 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 an 80% or better to pass this home study course. Feel free to review the textbook and DVD while taking the test. This course uses the textbook, *Traditional Chinese Medicine Cupping Therapy*, 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.

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. Historically, cupping therapy was referred to as “horn therapy” because early practitioners used a cattle horn primarily to expel pus and blood from boils.
 - 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 disorders have been treated with cupping therapy
3. Who were the first to use cupping therapy systematically?
 - A. The ancient Thai
 - B. The ancient Japanese
 - C. The ancient Egyptians
 - D. The Mayans
4. All of the following persons were early advocates of cupping EXCEPT:
 - A. Herodotus of Greece
 - B. Galen
 - C. Hippocrates
 - D. Erasistras
5. Which of the following diseases was listed by Thomas Mapleson, a professional cupper in 1830, as a disease “in which cupping is generally employed with advantage”?
 - A. Contusion, convulsions and cramps
 - B. Deafness, delirium and dropsy
 - C. Lethargy, pleurisy and sciatica
 - D. All of the above were listed by Thomas Mapleson
6. Dry cupping was said to act as a _____, relieving pain by moving blood away from the affected part up to the surface of the body.
 - A. Bleeding method
 - B. Revulsive or derivant
 - C. Expectorant
 - D. Vacuum or vacuity
7. In the Arabic world, cupping was known as:
 - A. Hajama
 - B. Purification
 - C. Scarification
 - D. All of the above

8. Approximately when did cupping die out in America and Europe?
 - A. Late 20th century
 - B. Early 20th century
 - C. Early 19th century
 - D. Late 19th century

9. 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

10. 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

11. 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

12. Pistol handle valve cups have become very popular with Western practitioners in recent years mainly because of the safety aspect.
 - A. True
 - B. False

13. 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 are disadvantages of bamboo cups

14. Which 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

Chapter 2: Benefits of Cupping Therapy

15. 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
16. Which of the following organ channels directly controls the skin?
- A. The Large Intestine channel
 - B. The Lung channel
 - C. The Urinary Bladder channel
 - D. The Pericardium channel
17. Each Zang-Fu organ is represented by a channel on the skin; therefore, a connection mediates with external pathogens via the skin (**figures 2.2-2.15 outline each organ channel and its associated points. The rings you see around certain points are where cupping is typically applied.**)
- A. True
 - B. False
18. How does cupping therapy benefit the lymphatic system?
- A. Cupping therapy is contraindicated for the lymphatic system
 - B. By stimulating the Heart organ channel the lymphatic system is indirectly affected
 - C. Cupping stimulates the blood and lymph circulatory systems to work more efficiently, especially when "Moving cupping" is employed
 - D. Cupping relaxes the soft tissues of the body allowing the lymphatic system to decrease activity
19. Improved circulation of the cardiovascular and lymphatic system is always a beneficial outcome on a client with lymphoedema or lymphomas.
- A. True
 - B. False
20. According to TCM teaching, what is Blood?
- A. Fluid that contains lymphocytes and circulates throughout the lymphatic system
 - B. A substance which is derived from the Liver and Qi and produced by the Heart
 - C. A kind of material which is derived from Food and Qi and produced by the Spleen
 - D. All of the above

21. What is Blood Stagnation/Blood Stasis/Blood Congealing?
- A. A disorder in which Blood is not being properly produced by the Spleen, causing ischemic tissue and pain
 - B. A disorder in which a Blood clot is present in the heart and requires immediate surgery
 - C. A disorder defined by Western medicine in which Blood and Qi flow are not in harmony
 - D. A disorder in which Blood is obstructed and not moving freely within the organs or blood vessels, causing discomfort
22. What was the significant outcome and indication of the author's small trial on cupping therapy?
- A. The outcome was a major reduction in the client's ESR (erythrocyte sedimentation rate) indicating a positive response to cupping therapy
 - B. The outcome was a major increase in the client's ESR (erythrocyte sedimentation rate) indicating a positive response to cupping therapy
 - C. The outcome was a major increase in the client's Ph levels indicating a negative response to cupping therapy
 - D. The outcome was a major reduction in the client's WBC (white blood cell) indicating a positive response to cupping therapy
23. Which of the following is a characteristic of Qi?
- A. Qi is life itself and is the invisible force behind all happenings
 - B. Qi is often described as energy or energy of life or life force
 - C. Qi is signified by movement and heat
 - D. All of the above are characteristics of Qi
24. What is Wei Qi?
- A. Wei Qi is a type of Ying Qi which lies deep in the Organs and nourishes the Blood of the body
 - B. Wei Qi is a type of Protective/Defensive Qi which travels along the Pericardium organ channel and warms and nourishes the Heart
 - C. Wei Qi is a type of Protective/Defensive Qi that travels just under the skin and is the outermost defensive wall against all external pathogens
 - D. All of the above describe Wei Qi
25. Which of the following types of cupping can be beneficial in treating Qi stagnation?
- A. Channel cupping
 - B. Moxa cupping
 - C. Light cupping
 - D. Bleeding/Wet cupping

26. What is Gua Sha?
- A. A cupping procedure which very small cups are used in order to bring the Heat and Wind pathogens to the surface
 - B. The process of scraping the skin with an object until bruising appears which creates hyperthermia in order to bring the Heat and Wind pathogens to the surface
 - C. A process of using cups to create negative pressure on the skin in order to bring the Heat and Blood pathogens to the surface
 - D. The process of scraping the skin with an object until bruising appears which creates ischemic tissue in order to force Qi into the Blood
27. 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 are effects of cupping on the body
28. Cupping therapy is suitable for all of the following diseases EXCEPT:
- A. Treatment of pains
 - B. Skin conditions such as boils and eczema
 - C. Breast cancer
 - D. Weakness of the muscles

Chapter 3: Preparing for Cupping

29. Preparing your client 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

Chapter 4: Therapies that Benefit From Cupping Therapy

30. All of the following types of therapy can benefit from using cupping EXCEPT:
- A. Kinesiology
 - B. Chemotherapy
 - C. Shiatsu
 - D. Physiotherapy
31. 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. All of the above

32. 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
33. 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
34. Where is zone 3: the lower zone located?
- A. From the 11th thoracic vertebra down to the 4th lumbar vertebra
 - B. From the 4th lumbar vertebra down to the sacrum and hips
 - C. From the 6th thoracic vertebra to the 11th thoracic vertebra
 - D. From the 4th cervical vertebra down to the 7th cervical vertebra

Chapter 5: The Cupping Procedure

35. Which of the following is a way to create negative pressure within the cup?
- A. Expelling the air by ignition
 - B. By boiling water
 - C. By using manual or mechanical air extraction pumps
 - D. All of the above
36. For a new or uninitiated practitioner, the author strongly recommends beginning with pistol-handled cupping or other non-flame cupping equipment.
- A. True
 - B. False
37. Why is it important to sanitize, sterilize and wash used cups?
- A. Washing cups after only one use is not important
 - B. In order to prevent cross infection
 - C. In order to promote cross infection
 - D. In order to reduce the risk of the glass or bamboo cup breaking

Chapter 6: What to Expect During and After Cupping Therapy

38. How many different cupping methods are there?
- A. 6
 - B. 9
 - C. 11
 - D. 17

39. All of the following are normal reactions on the skin after a cupping therapy session EXCEPT:
- A. Reddening of the skin
 - B. A ring mark caused by the edge of the cup
 - C. A short period of tenderness at the points where the cups were applied
 - D. Severe blistering of the skin lasting up to 30 days
40. The full benefits of cupping therapy can be achieved in one visit.
- A. True
 - B. False

Chapter 7: Eleven Methods of Cupping Therapy

41. How should the skin of the client appear inside the cup when Weak (Light) cupping is being used?
- A. The client'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 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
42. Which of the following areas are suitable for Medium cupping?
- A. The back
 - B. The abdomen
 - C. The face
 - D. All of the above are suitable for Medium cupping
43. Which of the following types of cupping is the most draining for the client?
- A. Medium cupping
 - B. Strong cupping
 - C. Light-moving cupping
 - D. Needle cupping
44. Strong cupping should be avoided on all of the following EXCEPT:
- A. People with an Excess or Full (Shi) condition
 - B. People under the age of 16
 - C. On the face, stomach and abdomen
 - D. Women who are pregnant
45. Which of the following is the primary objective of Moving cupping?
- A. To drain the client's Qi, manipulate excess pathogens and bring up the Heat to the surface of the skin
 - B. To remove Cold and tonify the Yang-Qi
 - C. To resolve Stagnation, manipulate excess pathogens and bring up the Heat to the surface of the skin
 - D. To tonify weak Qi and Blood

46. 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 should be avoided
47. Only trained acupuncturists may perform:
- A. Needle and Moxa cupping
 - B. Medium and Strong cupping
 - C. Moving and Light-moving cupping
 - D. Water cupping
48. Empty (Flash) cupping is best suited for whom?
- A. The weak, frail and elderly
 - B. Children under 16
 - C. Young adults with strong energies
 - D. Both A and B
49. In Full or Bleeding cupping, the skin (usually the DU-14 point on the 1st thoracic vertebra) is either cut or tapped firmly to cause bleeding. The practitioner then uses Strong cupping to draw blood into the cup.
- A. True
 - B. False
50. 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 patient/client
 - C. The bamboo cups will not overheat in the boiling water, lessening the risk of burning your patient/client
 - D. The bamboo cups will not build steam pressure inside the cup after boiling, making the cupping procedure easier
51. Several methods of cupping presented in the text, such as Needle cupping, Moxa cupping, Full/Bleeding cupping and Herbal cupping can 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 8: Cupping Therapy on Children

52. Which of the following is true when treating children with cupping therapy?
- A. For children under 7, keep treatment time to 5 minutes
 - B. For children between 7 and 16, keep treatment time to a maximum of 10 minutes
 - C. Strong, Moving, Needle, Moxa or Full cupping methods should never be performed on children under 16
 - D. All of the following are true

Chapter 9: Cupping Therapy on Adults

53. Why does attention need to be directed toward the skin condition of clients over the age of 60?
- A. Because the skin is dehydrated and the subcutaneous fat content is much reduced, causing the skin to become emaciated and fragile
 - B. Because while the skin is well hydrated with sufficient amount of subcutaneous fat, it can bruise easily
 - C. Because the Blood and Qi of clients over the age of 60 cannot be evaluated by the conventional methods
 - D. Because any type of cupping applied to clients over the age of 60 will forcefully manipulate the clients skin and metabolic system

Chapter 10: How Often can Cupping be Applied?

54. If you are using Light, Empty or Light Moving cupping why can treatment frequency be increased to 3-4 times per week?
- A. Because Blood, Qi and lymphatic fluids are being forcefully manipulated rather than stimulated
 - B. Because Blood, Qi and lymphatic fluids are being gently stimulated rather than forcefully manipulated
 - C. Because Blood, Qi and lymphatic fluids are overtaxing the whole energetic and metabolic system
 - D. All of the above

Chapter 11: Cupping Therapy in the Treatment of Common Disorders

55. Since massage therapists do not use acupuncture, they can activate the outlined acupuncture points with the use of cupping, massage, acupressure or shiatsu.
- A. True
 - B. False
56. 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

57. Why would you perform Medium to Weak cupping on the point BL-32 for a person experiencing abdominal pain of a gynaecological (usually spelled gynecological) origin?
- BL-32 benefits the uterus and is considered a Empirical point for treating gynaecological conditions
 - BL-32 clears blockages from the channels and relieves Bladder Qi stagnation
 - BL-32 regulates Blood
 - BL-32 tonifies the Three Yin (Kidney, Liver and Spleen)
58. In TCM, what is the pathology of anaemia (usually spelled anemia)?
- Lack of iron, folic acid or vitamin B12
 - A deficiency in Lung and Liver-Qi
 - An overabundance of iron, folic acid and vitamin B6
 - A deficiency in Spleen and Stomach-Qi
59. What application of cupping therapy is recommended for deficient asthma clients?
- Moving cupping on CV-12, Liv-13, BL-13, BL-20 and BL-23
 - Light to Medium cupping on CV-12, Liv-13, BL-13, BL-20 and BL-23
 - Bleeding cupping on all points next to the spine
 - All of the above can treat asthma
60. All of the following are treatment principles when using cupping to treat atrophy EXCEPT:
- Remove obstruction from the channels
 - Remove external pathogens
 - Tonify Qi and Blood
 - Nourish the muscles and tendons
61. What type of cupping is indicated and how long should cupping therapy for upper back pain last in young adults?
- Medium, Strong or Moving cupping up to 20 minutes
 - Weak or Empty cupping up to 10 minutes
 - Empty cupping up to 15 minutes
 - Empty cupping for 2-3 minutes
62. According to TCM, what is the ruler of the lower back and reproductive organs?
- Liver-Yin Qi
 - Kidney-Yang Qi
 - Stomach Qi
 - Gall Bladder-Yang Qi
63. Which 2 points are important for tonifying the Kidney-Yang Qi, strengthening the back and benefiting the menses?
- BL-23 and GB-30
 - BL-40 and CV-3
 - CV-4 and DU-4
 - CV-4 and SP-6

64. According to TCM, what role does Cold play in nocturnal enuresis?
- A. Cold prevents the Kidney-Yang Qi from reaching and controlling the Bladder causing nocturnal enuresis
 - B. Cold enables the Kidney-Yang Qi to reach the Bladder, controlling nocturnal Enuresis
 - C. Cold strengthens the Kidney-Yang and the Bladder Qi, helping nocturnal enuresis
 - D. Cold prevents the Bladder from controlling itself, causing nocturnal enuresis
65. Empty, Light and Medium cupping to treat bed-wetting are indicated for children. The type used is dependent on the child's age.
- A. True
 - B. False
66. Which of the following types of cupping is particularly effective on boils/carbuncles?
- A. Empty
 - B. Weak
 - C. Bleeding
 - D. Medium
67. The cupping therapy presented in the textbook for chest pain is indicated for which of the following "pre-diagnosed" conditions?
- A. Pulmonary hypertension
 - B. Non-cardiac related unspecified pain
 - C. Congestive heart failure
 - D. Coronary heart disease
68. In TCM theory, which of the following classifies a cold/influenza of Wind-Cold origin?
- A. Fever with no sweating
 - B. Pain and stiffness in the head and neck with general body aches
 - C. Feeling cold all over the body with pain
 - D. All of the above
69. Which of the following applications is used to treat a Wind-Heat cold/influenza?
- A. Strong cupping on DU-14, BL-12, BL-13 and BL-43 followed with Strong 'A' cupping or Moving cupping on the Bladder channel
 - B. Empty cupping on DU-4, BL-10, BL-15 and BL-46 followed with Medium 'A' cupping or Moving cupping on the Bladder channel
 - C. Moving cupping along DU-14, BL-12, BL-13 and BL-43 followed with Weak cupping on the Bladder channel
 - D. Strong cupping on the entire Bladder channel bilaterally followed with Strong 'A' cupping or Moving cupping on the Conception Vessel channel

70. Which of the following is a possible cause of constipation?
- A. Energy deficiency
 - B. Excessive consumption of food causing a Food Blockage
 - C. Poor diet
 - D. All of the above
71. According to TCM, what is the primary cause of cough?
- A. Stagnant Blood and Qi which causes injury to Lung-Qi
 - B. Damp-Cold or Damp-Heat which causes injury to Liver-Qi
 - C. Wind-Cold or Wind-Heat which causes injury to Lung-Qi
 - D. Dry-Heat or Dry-Cold which causes an excess of Lung-Qi
72. In all situations of dysmenorrhoea, cupping therapy is applied to which of the following main points?
- A. Liv-13, CV-4 and ST-29
 - B. L-13, DU-4 and BL-29
 - C. Liv-10, CV-3 and ST-21
 - D. All of the above
73. When treating a fever with cupping therapy, what is the main treatment principle?
- A. Always disperse the Heat first, before dealing with the other symptoms
 - B. If you are not qualified to treat the fever or infection, refer your client to an appropriate healthcare provider
 - C. Always diagnose the condition first, then treat the client with cupping
 - D. Both A and B
74. What is lymphoedema?
- A. Lung swelling caused by asthmatic symptoms
 - B. Localized swelling caused by fluid accumulation in the tissues
 - C. Generalized body swelling caused by a Cold-Damp pathogen
 - D. A heart condition caused by chronic hypotension
75. Which of the following types of cupping is indicated for lymphoedema?
- A. Empty cupping
 - B. Bleeding cupping
 - C. Moving cupping
 - D. Light cupping
76. What effect does bleeding cupping on DU-14 have on hypertension?
- A. It temporarily reduces blood pressure and relieves occipital headache
 - B. It regulates and subdues the Liver-Yang
 - C. It tonifies the Kidneys and Gall Bladder
 - D. All of the above

77. Musculoskeletal pain (“Bi” syndrome) can be the result of which of the following things?
- A. Excessive physical activity
 - B. Trauma
 - C. Arthritis or rheumatism
 - D. All of the above
78. What is the meaning of “Bi” when referring to musculoskeletal pain or “Bi” syndrome?
- A. “Bi” is obstruction of the circulation of Qi and Blood
 - B. “Bi” is an excessive circulation of Qi and Blood
 - C. “Bi” is a specific blockage of Qi at point BL-1
 - D. “Bi” is an obstruction of air in the lungs resulting in pain
79. Which of the following types of cupping is appropriate for treating skin complaints in young adults?
- A. Light cupping
 - B. Moving cupping
 - C. Empty cupping
 - D. Moxa cupping
80. Which of the following is a treatment principle for addressing a client who has a history of stroke or facial paralysis?
- A. Remove the Wind
 - B. Clear the obstruction from the channels
 - C. Invigorate Qi and Blood locally
 - D. All of the above are treatment principles
81. Which of the following is a precaution when performing cupping therapy on the face?
- A. Take extra care to avoid cupping marks and blistering on the face
 - B. Cupping on the face is contraindicated for the young and old
 - C. Take extra care to position the client correctly when cupping on the face
 - D. Do not perform cupping on the affected side of the face
82. Tiredness is a sign of _____ and should be treated with Light, Medium or Empty cupping on both sides of the _____ channel.
- A. Excessiveness, Bladder
 - B. Overexertion, Liver
 - C. Deficiency, Bladder
 - D. Injury, Gall Bladder
83. Cupping therapy should always be performed directly on the main varicose veins when treating varicose or broken veins.
- A. True
 - B. False

Chapter 12: Notes on Miscellaneous Disorders

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. Light-moving cupping aimed toward the lymph glands applied over cellulite has all of the following benefits EXCEPT:
- A. Decreases the lipid metabolism
 - B. Stimulates the Blood and Qi circulation
 - C. Removes stagnation
 - D. Helps the lymphatic drainage
86. Which of the following types of cupping can be used to treat chronic fatigue syndrome (CFS)?
- A. Empty cupping
 - B. Light cupping
 - C. Light-moving cupping
 - D. All of the above can be used to treat CFS
87. According to TCM, mental and emotional disorders are related to the internal organs. In treating these disorders, cupping therapy focuses mainly on which of the following organs?
- A. The Lungs, Spleen and Liver
 - B. The Heart, Lungs and Spleen
 - C. The Liver, Heart and Spleen
 - D. The Liver, Kidneys and Heart
88. In TCM, all of the following are possible causes of infertility in women EXCEPT:
- A. Kidney deficiency
 - B. Liver-Qi excessiveness
 - C. Blood stagnation
 - D. Cold uterus
89. Cupping and massage can be used in conjunction on which of the following points to relieve insomnia?
- A. Liv-12, Liv-17 and Liv-23
 - B. GB-15, GB-18 and GB-23
 - C. BL-15, BL-17 and BL-23
 - D. H-12, H-17 and H-23

Chapter 13: Precautions and Contraindications

90. Which of the following is a contraindication to cupping therapy?
- A. An empty stomach
 - B. Performing cupping therapy on the eyes
 - C. A pregnant woman's lower and upper abdomen
 - D. All of the above are contraindications to cupping

Chapter 14: Sports Injuries

91. What is the paramount rule when performing cupping on a sports injury?
- A. Be sure that the bleeding into the injured tissues has completely stopped
 - B. Be sure that there is no swelling present in the tissues
 - C. Be sure that the injured tissues are still bleeding
 - D. Be sure that you have consent from the client
92. Which of the following stages of injury is cupping most appropriate for?
- A. Acute phase
 - B. Healing phase
 - C. Recovery phase
 - D. Both B and C
93. Cupping therapy is contraindicated for initial _____ ligament sprains.
- A. Grade I
 - B. Grade II
 - C. Grade III
 - D. Grade IV
94. Cupping therapy is of great value in treating stress fractures after the injured area is pain free and fully mobile.
- A. True
 - B. False
95. Cupping therapy is contraindicated for all of the following conditions EXCEPT:
- A. An open wound or inflamed or infected tissue
 - B. A bleeding injury
 - C. A fracture
 - D. A grade I ligament sprain
96. Which of the following types of cupping can be effective on a calf muscle injury?
- A. Empty cupping
 - B. Moving cupping
 - C. Light cupping
 - D. Medium cupping

97. Cupping therapy to treat knee injuries should be applied to which of the following points?
- A. ST-34 and ST-35
 - B. GB-34
 - C. Liv-8
 - D. All of the above
98. Hamstring pain can be caused by either an injury to the hamstring muscle itself or from referred pain associated with a lumbar spine injury.
- A. True
 - B. False
99. Athletes involved in _____ sporting activities are susceptible to hip injuries and groin pain?
- A. Running and twisting
 - B. Bending
 - C. Upper body
 - D. Standing and sitting
100. How long should Light to Medium cupping be performed on the lower back when treating an acute injury?
- A. About 5 minutes
 - B. About 10 minutes
 - C. About 15 minutes
 - D. About 20 minutes
101. Although Moving cupping therapy is indicated for many types of shoulder injuries, it is not indicated for:
- A. Acromioclavicular (AC) joint arthrosis
 - B. Adhesive capsulitis
 - C. Dislocated shoulder injuries
 - D. Rotator cuff injuries
102. 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

103. Trigger points represent a/an _____ of Blood or Qi and a deeper musculoskeletal level.
- A. Stagnation
 - B. Overuse
 - C. Excess
 - D. Damage

104. What effect does cupping have on a trigger point?
- A. Cupping creates a negative pressure over the point, stimulating the stagnant Blood and Qi
 - B. Cupping creates a negative pressure over the point, forcing oxygen-rich blood to flow into the trigger point, helping to release it
 - C. Cupping creates a positive pressure over the point, causing it to tighten and release its toxins
 - D. Both A and B
105. According to Simons et al, in order to select the correct trigger points to treat all of the following conditions must be present EXCEPT:
- A. Spot tenderness
 - B. Palpation of a taught band
 - C. Lack of referred pain
 - D. Presence of referred pain
106. Where are trigger points for the splenius capitis muscle located?
- A. Anterior neck
 - B. Upper cervical spine
 - C. Chest musculature
 - D. Upper thoracic spine
107. Which of the following areas can the supraspinatus muscle refer pain to?
- A. From the shoulder down into the arm and forearm
 - B. Temporal region of the head
 - C. Along the intercostal muscles from the cervical spine to the lumbar spine
 - D. The occipital region
108. Cupping therapy to treat trigger points in the rhomboid area is best applied:
- A. On the medial border of the scapula
 - B. On the occipital region
 - C. On the upper trapezius region
 - D. Along the cervical intercostal muscles
109. 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
110. 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

111. Where should cupping therapy be placed in order to treat a trigger point located in the piriformis muscle?
- A. On the posterior sacral ridge
 - B. On the popliteal fossa
 - C. On the gluteal muscles in the middle of the buttock
 - D. On the greater trochanter of the hip
112. 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

This completes the cupping therapy exam.