



**Preferred  
Massage Therapy**

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## *Cupping and Massage Board Waiver*

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I (name) \_\_\_\_\_ agree to cupping and massage board use during my massage under my own prudence and judgement and at my own risk. I will not hold Gail Korpan responsible for any and all effects. I am aware of the contraindications and possible unwanted effects of cupping therapy and choose to allow it by my own personal choice and discretion. I understand that Gail Korpan will not diagnose, prescribe during massage or while using cupping or the massage board. Cups can leave marking on the skin. It doesn't damage or bruise the skin.

Some of the contraindications for cupping:

- Pacemakers, implants, port line, any hardware (unstable cardiac patients)
- Unstable heart rate/pressure. Aneurysms, clots, vessel plaques
- Bacterial infections/viral infections (herpes)
- Acute allergic outbreaks, chronic/acute infection/inflammation (cellulites)
- Areas of possible tears, bursitis, complicated knee syndromes, acute injuries
- New scars (6 weeks after), deep abdomen scars (6mos-1 yr), Tattoos (1 month)
- Cancer patients (unless palliative with Dr note)
- Injection sites, botox, fillers, cortisone, encapsulate medications, depots, insulin injection sites
- Diabetic, lymphedema, lymphomas, history of breast cancer treatments
- Bleeding disorders (hemophilia, thrombocytopenia, clotting disorders) hemorrhage/bleeding
- Blood thinners (ie Coumadin/warfarin, Plavix, lovenox/heparin, aspirin, Aggrenox..etc)
- Acute enuresis (kidney failure/disease)
- Tired/hungry, exercised heavily, heat exposure (sauna/hottub)
- Extreme fatigue/ anemia

The Massage board is an ancient folk healing method used commonly in Asian cultures. It is used to draw out pain from heat, wind, cold and stagnation from the superficial layers of the body. Gail Korpan will use the skin blanching test to determine if treatment can be used. The massage board can leave a dark redness on the skin, the rash will fade within 24 hours and should disappear in 2-4 days.

Some of the contraindications for Massage Board:

- Blood thinners
- During pregnancy
- Venous areas, open skin, moles, pimples, scratches etc.
- Within 1 hour of eating, or those that have not eaten
- Deficient/weakness ie young children, elderly, cancer, debilitating chronic disease.

Signed \_\_\_\_\_

Printed name \_\_\_\_\_

Date \_\_\_\_\_