

# The Effects of Dry Cupping on Overhead College Athletes

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This project does not attempt to produce generalizable knowledge. It is dedicated to the practice of developing skills and demonstrating understanding of the research process.



## Purpose Statement

The purpose of this study aimed to determine the effects of dry cupping on overhead college athletes range of motion and pain symptoms.

## Abstract

- ❖ This study look at the effects of dry cupping on range of motion and pain symptoms in forty overhead athletes involved in sports such as softball, baseball, and volleyball.
- ❖ Two groups were tested during this study, a control group and an experimental group.
- ❖ Both groups were tested before the treatment and after the treatment using a visual analog scale for pain symptoms and a goniometer for range of motion changes (Yim et al., 2017).
- ❖ A dry cupping therapy treatment was applied the shoulder muscles, lattimus dorsi, rotator cuff muscles, and the muscles around the scapular for ten minutes each session (Gregory et al., 2020).
- ❖ A manual suction and ten plastic circular cups of different sizes were used on the subjects with a lubricant to allow the cups to slide and/or stick.

## Introduction

- ❖ Dry cupping is the process of applying plastic or glass cups on the skin and then the air inside the cup is suctioned or vacuumed out (Pesut, 2021).
- ❖ Cupping therapy increases blood circulation at the point of the injury and the increased blood circulation can reduce tension or spasms (Pesut, 2021).
- ❖ Dry cupping is mainly used in treatment settings and is considered a treatment methods to help with range of motion, reductions of pain, and can be specifically used with overhead athletes (Pesut, 2021).

## Methods

Participants

- ❖ Forty overhead college athletes
- ❖ Recruited via email and consent form attached with the flyer

Criteria

- ❖ Aged 18-22 college athletes
- ❖ Participant in an overhead collegiate sport
- ❖ No prior history of injury or previous issues with the shoulder

Instruments

- ❖ A visual analog scale for pain symptoms
- ❖ A goniometer for range of motion
- ❖ A manual suction and plastic 12 plastic cups of different sizes

Data Analysis

- ❖ Independent sample t-tests were used
- ❖ ANOVA
- ❖ Pre and post test assessment data was compared for each participant



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## Operational Definitions

- ❖ Dry cupping is a process used in traditional treatments and therapies that uses plastic or glass cups that are applied to the skin to suction or vacuum air (Pesut, 2021).
- ❖ Overhead athletes can be consisted of multiple sports and the majority of the sport has a certain part where there are overhead motions.
- ❖ A visual analog scale is a tool to help a person describe how they are feeling on different on different scale based on pain symptoms.
- ❖ A goniometer is a device that measures an angle or permits the rotation of an object to a definite position (Gandbhir & Cunha, 2021).

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