

**2025 Pain Care Skills Training**  
**Practical Cupping Therapy for Pain Management**  
**Presented by: Tom Ingegno, DACM, MSOM, LAc**  
**Offered: 19 AUGUST PM 1230-1630 EDT**  
**Location: Partnership for Public Service Building**

**Course Description:** This hands-on class will enable participants to perform basic cupping for common painful conditions confidently. The class will cover the history, evolution, standard practices, and how to perform cupping safely and effectively. Participants will receive a cupping set and are asked to wear comfortable clothing so we can practice on common areas, such as the lower back, shoulders, and neck.

**Learning Objectives:**

1. Understand the history of cupping, the various tools available, and oils and liniments commonly used
2. Discuss the use, benefits, and contraindications of cupping
3. Safely apply cupping for various conditions.

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1230-1330 Introduction, History, and Common Uses

1330-1400 Liniments & Oils, Safety, Contraindications

1400-1415 ----- BREAK-----

1415-1515 Demonstration of fire cupping, demonstration of static and sliding cupping

1515-1615 Practice

1615-1630 Questions and Discussions