

Video Continuing Education Form

Advanced Continuing Education (or A.C.E.)

P.O. Box 1266

Asheville, NC 28802

NCBTMB Provider #312464-00

Request for CE Credits for the MediCupping™ Video

- Please complete this form and mail to A.C.E. at the above address. Please include a check for \$40 for 12 CEs.
- You must complete the exam and evaluation forms and enclose with this form.
- Upon passing the exams, you will receive a transcript and a wall certificate for 12 CE credits (NCBTMB).

Please note: It may take up to four weeks to process exams and mail certificates.

Please let us know if there is a rush on your filing.

***** **IMPORTANT** *****

**Please be sure to check with your state board
as to how many home study CE's they will accept per renewal period!**

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____

EMAIL _____

PRACTITIONER LICENSE _____

Video Evaluation Form

MediCupping™ Therapy

Please complete the following questions and return with your exam form to:

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P.O. Box 1266

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This form is required by the NCBTMB for the national CE's, and is valuable to ensure quality programming in subsequent videos.

DATE: _____

	Excellent	Good	Fair	Poor
1) The video thoroughly conveyed the concept of MediCupping™ Therapy.	1	2	3	4
2) The content of this program met my clinical/work needs.	1	2	3	4
3) The content of this program was at an appropriate educational level.	1	2	3	4
4) I will be able to use this information in my practice.	1	2	3	4
5) The material was presented in a clear and organized manner.	1	2	3	4
6) The handouts improved the program.	1	2	3	4
7) The video length was appropriate.	1	2	3	4
8) The pauses in the video were helpful.	1	2	3	4
9) To what degree did the video meet my expectations?	1	2	3	4
10) Was the pace comfortable?	1	2	3	4
11) Please share some additional observations and comments. (i.e. The instructor's style of presentation, suggestions for future videos, visual impact of the video, etc.)				

Thank you!

Examination Form

MediCupping™ Therapy

Please complete the following questions and return with the [Video Evaluation Form](#) to:

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P.O. Box 1266

Asheville, NC 28802

The test will be graded with 75% correct as a passing value. This is required to acquire your certificate and transcript for 12 NCBTMB credits. (Allow up to four weeks for processing.) **Please be sure to check with your state board as to how many video CE's they will accept.**

Please use an extra sheet of paper for additional answer space and note the question numbers with each answer.

1) Benefits of MediCupping™ include:

- a) nervous system sedation
- b) increased circulation
- c) improved athletic performance
- d) decreased shoe size
- e) a, b and c.

2) Name the eight movements used in MediCupping™ therapy:

_____, _____, _____, _____,
_____, _____, _____, _____.

3) The most effective movement for scar work is _____.

4) The MC 600 performs static suction and six pumping modes. The static suction may be used with the _____ method to mimic the pumping mode.

5) Name the six evaluation criteria:

_____, _____, _____,
_____, _____, _____.

6) All drainage should be _____.

7) Parking the cup is limited to one to three minutes. Cups may be parked for _____ minutes for specialized scar release work.

8) If a questionable condition exists, please consult the client's:

- a) veterinarian
- b) primary care practitioner
- c) family members
- d) lawyer.

9) Stationary cupping requires a solid foundation in _____ theory.

10) Our goal with vacuum therapies is to _____ congestion.

11) The vacuum cup _____ congestion to itself.

12) When working over a large muscle group, use a _____ cup.

- 13) Clear _____ before _____.
- 14) The roller cup works effectively to break down _____ and _____ tissue.
- 15) Healthy tissue has a _____ PH and injured tissue has a _____ PH.
- 16) One movement that cannot be done with the micro cup magnets is _____.
- 17) Negative pole produces a _____ PH and the positive pole produces a _____ PH in the tissue.
- 18) Blood stagnation is caused by _____ in compromised soft tissue.
- 19) Solid bloat is caused by _____ that leads to dehydration of the tissues and solidification of lymph.
- 20) Clear cups allow for _____ of tissue.
- 21) Intention = _____ + _____.
- 22) Avoid the use of magnets on clients with _____ or _____ implants.
- 23) _____ is the accumulation of stagnant lymph, blood and debris.
- 24) Face drainage begins at the _____ and drains down through the central _____ notch.
- 25) Don't forget your own _____ care!
- 26) Potential reactions include:
- A. Cup kiss: discoloration due to toxins and old blood being brought to the surface.
 - B. Post treatment tenderness: usually less than from deep tissue work.
 - C. Redness and itching: increased vasodilation and/or inflammation brought to the surface.
 - D. Decreased blood pressure: due to vasodilation and/or nervous system sedation.
 - E. All of the above
- 27) The _____ movement mimics effleurage.
- A. Twisting
 - B. Gliding
 - C. Skin Rolling
- 28) The _____ movement combines with all other movements.
- A. Rolling Rotation
 - B. Traction
 - C. Vibration
- 29) Including _____ on your service menu can be a gentle reminder and an incentive to clients to commit to their wellness.
- A. Health warnings
 - B. Low prices
 - C. Treatment series

- 30) Education is a great way to attract clients.
- A. Write articles
 - B. Give informational talks
 - C. Participate in health fairs.
 - D. Network with other health care professionals
 - E. All of the above
- 31) The _____ concept adds to the integrity of existing treatments and allows the client to experience the service to which they are accustomed.
- A. Add-on
 - B. Treatment series
 - C. Holistic
- 32) MediCupping™ therapy produces results cumulatively, and many of the services work best when performed _____ a week. (see next page)
- A. Once
 - B. Two times
 - C. Three times
- 33) Use _____ for working the TMJ - it feels great and releases the "locked" jaw.
- A. Gliding
 - B. Skin Rolling
 - C. Reverse Friction
- 34) _____ using MediCupping™ bodywork can greatly benefit pre- and post-operative conditions and may assist in the healing process.
- A. Lymph drainage
 - B. Deep tissue release
 - C. Scar release techniques
 - D. All of the above
- 35) Negative magnets induce a/an _____, freeing oxygen and enabling the cells to return to normal function.
- A. Acid state
 - B. Alkaline state
 - C. Neutral PH
 - D. All of the above
- 36) Magnetic therapy has applications for:
- A. Edema
 - B. curvature of the spine
 - C. infections
 - D. acidosis and toxicity
 - E. All of the above
- 37) Magnetic therapy has an antibiotic effect by creating an inhospitable environment for the microbes due to;
- A. Oxygenation
 - B. Pigmentation
 - C. Alkaline PH
 - D. A & C

- 38) Magnetic therapy application magnetizes the water and oxygen in the _____ spreading the charge to new tissue.
- A. Blood
 - B. Tissue
 - C. Skeletal System
 - D. All of the above
- 39) Chronic injuries also seem to benefit from _____, placing the positive and negative poles in a grid formation (lower back, shoulders).
- A. Single pole patterns
 - B. Bi-polar patterns
 - C. Both A & B
- 40) Using the _____ from vascular dilation to soften the stagnation, it can be moved through the intermediate lymphatic pathways to be processed and eliminated.
- A. Heat
 - B. Energy
 - C. Circulation
- 41) Face Lifting and Drainage using MediCupping™ therapy _____ buildup of wastes and fluids in the face and neck.
- A. Accumulates
 - B. Eliminates
 - C. Distributes
 - D. All of the above
- 42) _____ cups diffuse the suction so that the client is more comfortable.
- A. Smaller
 - B. Larger
 - C. Softer
- 43) Indications for MediCupping™ include;
- A. Tight or hardened soft tissue
 - B. Pain and restriction of movement
 - C. Scar tissue
 - D. Edema, restricted lymphatic flow and circulation
 - E. Inflammation of joints and tissue (including organs)
 - F. Trigger points
 - G. All of the above
- 44) Limit MediCupping™ to _____ for initial session.
- A. 15 minutes
 - B. 10 minutes
 - C. 30 minutes
 - D. None of the above
- 45) For pregnancy use _____ method only.
- A. Rolling Rotation
 - B. Gliding
 - C. Suction and Release
 - D. All of the above

- 46) Avoid _____ and bulging discs.
- A. Lesions
 - B. Nerves
 - C. Vertebrae
 - D. None of the above
- 47) Both light and heavy MediCupping™ bodywork will _____ and facilitate penetration of a therapeutic product.
- A. Open the pores
 - B. Soften the skin
 - C. Increase blood flow
- 48) The _____ technique works well, especially for the initial sessions.
- A. Suction & Release or Pumping
 - B. Twisting
 - C. Skin Rolling
 - D. All of the above
- 49) The purpose of using VacuTherapies™ is to mobilize _____.
- A. Soft Tissue - fascia, muscle, tendons and ligaments
 - B. Stagnation - lymph, old blood and old debris, inflammation
 - C. Joints
 - D. Body fluids
 - E. Organs
 - F. All of the above
- 50) The evaluation criteria are used to:
- A. Plan treatment protocols
 - B. Chart client progress
 - C. Break each condition down to the personal levels of each client.
 - D. All of the above
- 51) Avoid gliding or stationary cups on the neck over the _____. This will influence blood flow, so use the suction/release method for best results.
- A. SCM or scalene muscles
 - B. Adam's apple
 - C. Jugular or carotid
 - D. None of the above
- 52) Avoid hot showers, _____ and vigorous exercise after Massage Cupping™ bodywork.
- A. Massage, stretching
 - B. Cooking, cleaning
 - C. Steam, sauna
 - D. All of the above
- 53) The "Active Cup" is an approach to bodywork using VacuTherapies™ that keeps the cup _____ instead of static.
- A. Dynamic
 - B. Passive
 - C. Aggressive
 - D. None of the above

- 54) Movements can be _____.
- A. Gliding or rolling
 - B. Sedating or stimulating
 - C. Long or short
 - D. None of the above
- 55) Benefits and applications of athletic performance enhancement for athletes and weekend warriors include:
- A. Loosen right attachments
 - B. Release the ilio-tibial band and tensor fascialata
 - C. Bring blood flow into large muscle groups
 - D. Lift and release large muscle groups such as the gluteals and hamstrings
 - E. All of the above
- 56) Clear and treat tired hands between clients with the _____.
- A. Vacuum pistol
 - B. Micro-magnet
 - C. Tip of the vacuum tube
 - D. None of the above
- 57) The superficial vessel collectors in the tissue receive a _____ effect as the moving suction passes over and the flaps are opened on the terminations.
- A. Sedating
 - B. Stimulating
 - C. Wave
 - D. All of the above
- 58) Movement of large volumes of lymph and toxins can _____ nodes in the axillary and lower inguinal areas.
- A. Drain
 - B. Open
 - C. Overload
 - D. All of the above
- 59) The _____ of the body may need to be addressed first in a case of severe abdominal congestion.
- A. Front
 - B. Back
 - C. Upper quadrant
 - D. None of the above
- 60) VacuTherapies™ can mimic the light pumping movement of superficial lymphatic drainage, while covering a _____ area quickly and effectively.
- A. Congested
 - B. Inflamed
 - C. Larger
 - D. None of the above