

ACE Massage Cupping™ and MediCupping™ MC-600 Multi-function VacuTherapies™ Machine

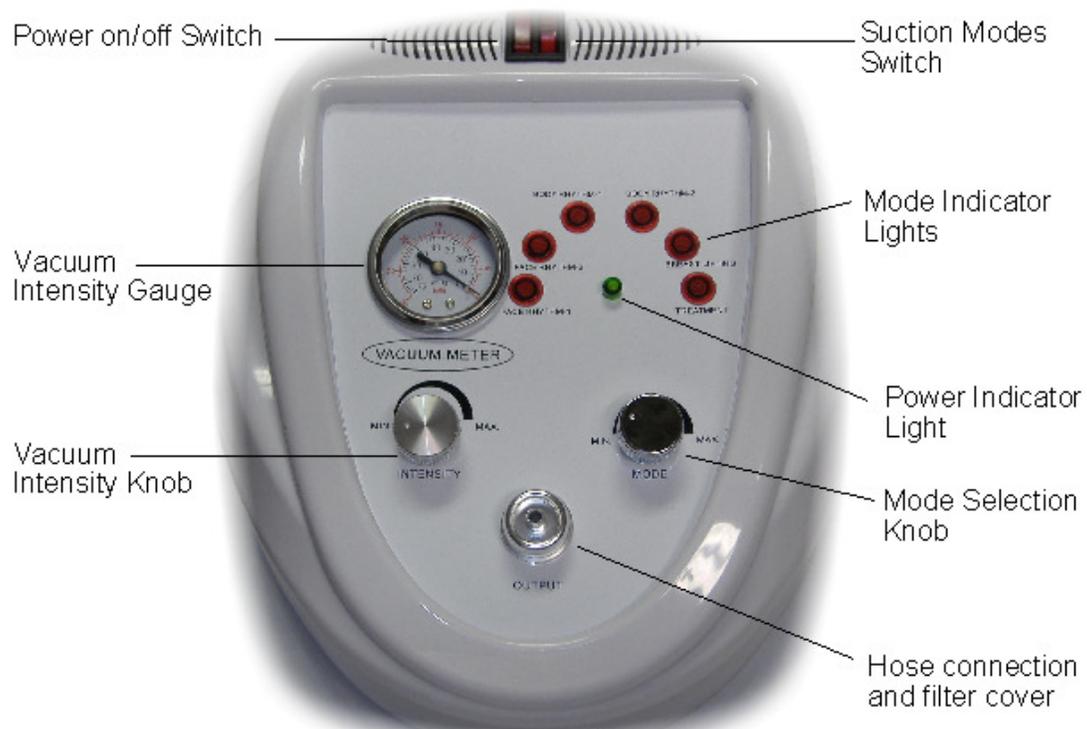
CARE AND USE INSTRUCTIONS

To care for your MC-600 machine, clean it and wipe the hoses with an antimicrobial cleaner and damp cloth or disinfecting wipe. ***Do not use alcohol or bleach based products or wipes, since it will cause the case to crack and switches to stick.**

To clean the cups, use antimicrobial cleaner or detergent. *To sanitize, use an approved sanitization formula available through most professional and medical suppliers. Cups may also safely be placed in the dishwasher for cleaning and sanitation.

Do not submerge the hose in water or place the hoses in the dishwasher, as any water residue inside can be sucked into the machine when the vacuum is turned on.

Check and change filter as needed: filters are provided with the MC-600. To replace the filter, unscrew the silver metal knob where the hose attaches and lift out the old filter.



TheraCupping™, LLC

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Power on/off switch will provide a static suction mode. Turn the knob all the way to the left at 0 intensity, then adjust suction strength by turning the **very sensitive** vacuum intensity knob slowly with the cup placed on the client or on the hand of the practitioner. **If suction is too strong, use the intensity knob to turn off the suction strength and release the cup. Adjust suction strength as needed turning the knob slowly.**

To switch to pumping modes, turn on the suction mode switch next to the on/off switch. Turn the mode selection knob from left to right to switch from level 1 of the shortest suction time to mode 6 with the longest suction time. **The machine indicator lights will show which mode is being used and will light up when the machine is in suction and go dark when in release. The machine will also give an audible beat of the rhythm. Each suction mode, from one to six, will increase the suction time before the automatic release of the tissue. As the suction time goes up, adjust the suction strength for client comfort.**

HELPFUL HINTS

- Do not jam the hose onto the machine, or it may be difficult to remove. Turn the suction off before removing the hose.
- To create a very long hose, use a drinking straw or other small tube to connect the two single hoses, or the single hose and bifurcated hose, at the ends. This eliminates any need to move the machine close to clients or around the table to reach all possible application sites.
- Both cups must be creating suction to use the bifurcated hose. Use this special application to do traction, glide with both cups, or park one and work with the other!
- Parking the cup works well with the pumping modes, since the static suction can get more intense over time. To use static suction when parking, monitor the suction strength.
- Practice with creams, oils and lotions to see which medium works best for clients.
- The extra-large cups are wonderful for breast work and work best with the pumping modes. Release scar tissue, radiation burns and compartmentalization from surgeries, decrease or increase breast size, and drain stagnation for healthy breast tissue. Use the cup to scoop up the breast tissue and angle the curve of the cup bottom to fit the ribcage of the client.
- The extra-large cups are perfect for broad areas of the back, gluteals, and any large muscle mass. Fit the curved bottom to the body for smooth gliding movements or pumping movements.
- Practice all of the basic Massage Cupping™ movements with the machine before using on clients, and contact us with any questions that you may have!

Roller Cups- These cups are included as a bonus with your MC-600, and experience has now shown us that **these accessories may present a sanitation issue. Due to the structure of the unit, skin cells can accumulate inside the cup handle and create a breeding ground for bacteria.**

DEFINITIONS

VacuTherapies™ - Use of a vacuum device to treat the tissues of the body. The goal is separation of fused tissue, increased circulation, reduced inflammation, and decongestion of old lymph and debris. **Training is essential.**

Vacuum mobilization - Use of VacuTherapies to **“mobilize”** or **create movement** of tissue, blood, lymph and more.

TheraCupping™ - VacuTherapies™ for home care using manual cups with suction limits for safety.

ACE Massage Cupping™ bodywork - VacuTherapies™ for professional use in the massage, spa, healthcare and wellness fields.

MediCupping™ Therapy - VacuTherapies™ using electric equipment that is more compatible with the medical field. Practitioners may address pathologies such as cellulite, scar tissue, pre- and post-operative conditions, and health disorders. MediCupping™ uses the same movements and protocols as Massage Cupping™ while using mechanized equipment.

***There are many wipes and disinfectants on the market** and we have seen the damage that alcohol and bleach based products can do to the machine case, tubes and plastic cups. These ingredients break down the plastic and can affect the integrity and appearance of the case, switches, tubes and plastic cups.

Other ingredients, such as alkyl dimethyl ethylbenzyl ammonium chloride and benzalkonium chloride, are common in alcohol and bleach free products, but can present a myriad of health concerns including potential respiratory issues, decreased immunological response and general systemic and organ effects. We do not yet know the effects of these chemicals on the plastic of the MC-600 case, switches and tubes.

We have had excellent results with Seventh Generation™ Disinfecting Wipes for the machine and hoses and Benefect™ for sanitizing cups. Seventh Generation™ products are available at many grocery stores and health food markets, and we also suggest looking into membership in the Frontier Co-op to purchase this and other necessary paper and cleaning products at a great discount price.

Benefect™ is available through some massage supply companies, such as Massage Warehouse in the USA and One Concept in Canada.

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