

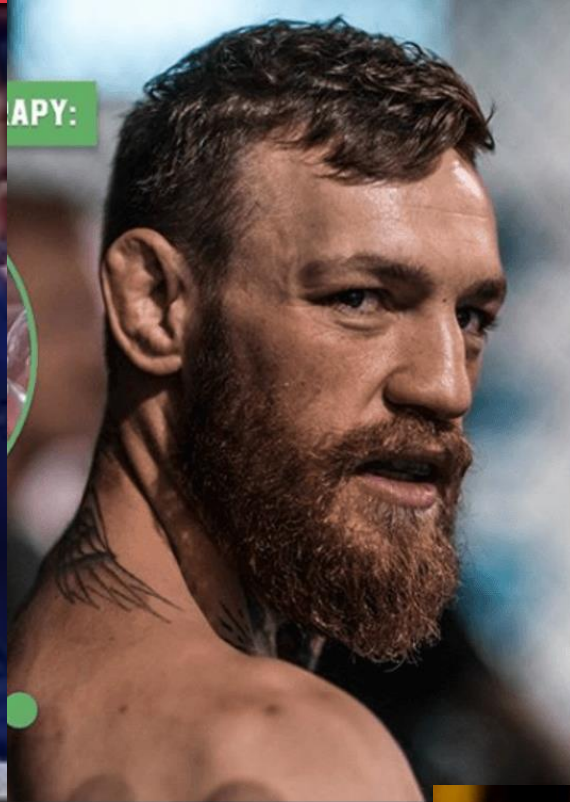
**ROCKPOINT**  
Go stronger, longer

# UNLOCKING ROCKPODS





## CUPPING ?



## CUPPING:



✓ **DRY CUPPING** ✓



✗ **WET**  
**CUPPING** ✗





# 1. ROCKPOD PRODUCTS

**ROCKPODS**

21578

**DESCRIPTION**

RockPods are a great complementary treatment to manual therapy for temporary relief of pain. These rubbery suction pods make for a simple, noninvasive alternative to traditional myofascial cupping therapy. RockPods use decompressive technology to loosen and lift connective tissue, and increase blood and lymph flow to the skin and the muscles, stimulating the body's natural healing process to treat chronic pain, relieve tension and sedate the nervous system.

**SPECIFICATIONS**

- 100% food grade silicone
- One piece design
- (4) Small pods - 57 mm (4) Large pods - 67 mm
- Custom EVA carry case

**FEATURES**

- Two sizes allow for treating different target areas
- Comes with EVA carrying case
- Handles allow for manipulation of the skin
- Detailed quick start guide included



## RockPods XL- The revolution in large cupping

Compared to the normal RockPods, the XL are even larger to specifically work on larger areas of the body.

### **Your advantages:**

- Each RockPod XL can be used in two different intensities (medium and strong).
- The use of RockRub or massage oils allows an even stronger adhesion to the skin.
- Due to the two different sizes of the Pods XL, large areas of the body can best be worked on (back, thighs, buttocks)
- RockPods XL are particularly suitable for combining with active movements.

Whether in the practice, in the gym or while traveling, RockPods XL are the perfect companion for your regeneration and mobility.

### **Product Details**

- Made of 100% food grade silicone
- One piece design
- 3 red pods - 75 mm
- 3 black pods - 85 mm
- Stable EVA transport bag with zip fastener





**ROCKPODS**  
GLIDE

10329



## DESCRIPTION

RockPods Glide Myofascial Cupping Set contains six soft silicone suction pods, two large, two medium, and two small for dynamic (gliding) tissue mobilization and local circulatory stimulation for all sizes of body parts. This reusable portable kit is built for clinicians, trainers, and movement professionals who want a simple effective tool to augment manual therapy and restore tissue mobility.

## SPECIFICATIONS

- Each set of RockPods Glide comes in a convenient carrying case, includes a 50mg jar of RockRub and a quick-start guide.
- Material: Pods: Silicone; Case: 80% Eva, 20% Nylon

## FEATURES

- Two sizes allow for treating different target areas
- Comes with EVA carrying case
- Handles allow for manipulation of the skin
- Detailed quick start guide included

MOBILITY

ROCKPODS

**ROCKPODS**  
VIBE

22393



ROCKTAPE.COM



## DESCRIPTION

These revolutionary vibrating pods make a great complementary treatment for traditional cupping therapy. The RockPods Vibe system is comprised of four silicone pods – each with their own cordless rechargeable motors and 3 customizable speeds (75, 100, 125 Hz). These cups can be used for mild/moderate myofascial decompression, as tactile stimuli to engage posture, for movement preparation, for mechanical stimulation and for pain mitigation. The cups and techniques have changed over time, but the basic premise of the cups providing suction to decompress the underlying tissue remains the same. Expand on the benefits of cupping by layering in vibration therapy!

## SPECIFICATIONS

- Each set of RockPods Vibe comes in a sleek padded carrying case.
- RockPods Vibe pairs well with RockRub emollient.
- Material: Lithium Ion Battery, Motor, Charging Block: 28.8% Electrical, Rest of Device: 66.8% Acrylonitrile Butadiene Styrene, 4.39% Steel

## FEATURES

- Four cordless, rechargeable silicone pods that are simple to use and easy to clean
- Each RockPods Vibe motor has its own charging block, compatible with standard micro-USB cables
- USB micro charger powers up to 96 minutes of vibration per pod
- Comes with three speeds so you can customize your experience
- Lights on the top of each RockPods Vibe pod change with each click of the black button to indicate vibration intensity





## 2. PROFESSIONAL EDUCATION



- Define, understand and integrate the myofascial sequencing model
- Discover and explore neuroanatomy of the dermal and fascial subsystems
- Recognize and demonstrate a novel skin/fascial/movement screening process
- Describe and interpret research as it relates to connective tissue gliding, pain modulation, and movement therapies
- Define, practice, and combine myofascial cupping techniques related to a variety of soft tissue pathologies
- Practice cupping techniques for tension/decompression effects, directional influence of dermal and fascial subsystems, external cueing of movement and graded levels of pressure
- Compare, contrast and perform various methods of performance and rehabilitative treatment techniques with silicone myofascial cups

## Under the Cup Analysis



www.cuppingtherapy.org

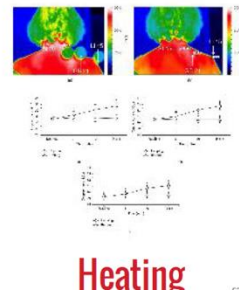
## Neck and Shoulder Pain

**Research Article**  
The Effectiveness of Cupping Therapy on Relieving Chronic Neck and Shoulder Pain: A Randomized Controlled Trial

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**Heating**

## Position Progression



Relaxed



Lengthened



**THANK YOU**  
(Questions welcome)

## ? Q&A Highlights



## Extra Notes

- Ideal for Massage Therapists and Manual Therapists.
- Not For Fitness Professionals BUT many are also massage therapists.
- Unique treatment clients will be talking about long after they leave the clinic.
- Movement techniques ideal for injury rehabilitation.
- RockPods combine a unique combination of decompression and movement now this.
- RockPods can be applied quickly with no pump required.
- During movement skin stretch can alter the vacuum in the cups and this can cause excess strain and discomfort if the cup is rigid and unable to deform but with the silicone rock pod the vacuum pressure will not reach too high a level because the pod will deform in response to excessive vacuum.
- When performing active coping techniques it's common for the pods to fall off during end range or repeated stretching now the silicone rock pods will not be damaged by this and the patient won't consider it a problem unlike plastic cups which may crack when they hit the floor and you don't need me to tell you not to use glass cups for active cupping.