



Effects of Dry Cupping Therapy on a 56-year-old Female Patient Post Haglund's Deformity Surgery: A Case Report

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BACKGROUND & PURPOSE:

Haglund's deformity is characterized by a symptomatic prominence on the posterior superior portion of the calcaneus near the insertion of the Achilles tendon.^{1, 2}

Due to the benefits of dry cupping, this case was to investigate its effects because of the lack of research on dry cupping with Haglund's deformity.

The purpose of this case report was to determine the effects of dry cupping therapy on a 56-year-old female patient who had Haglund's deformity surgery.



Figure 1: Pre-surgical radiograph



Figure 2: Post-surgical radiograph

CASE DESCRIPTION:

56-year-old female 8 weeks following Haglund's deformity surgery of left foot

Body Structure/Function

- Pain
- Decreased ROM
- Decreased length
- Decreased strength

Activity Limitations

- Unable to walk dogs 1 mile
- Balance
- TUG

Participation Restrictions

- Limited doing housework/yard work
- Difficulty working a full work day

Personal Factors

- Supportive family
- Anxiety

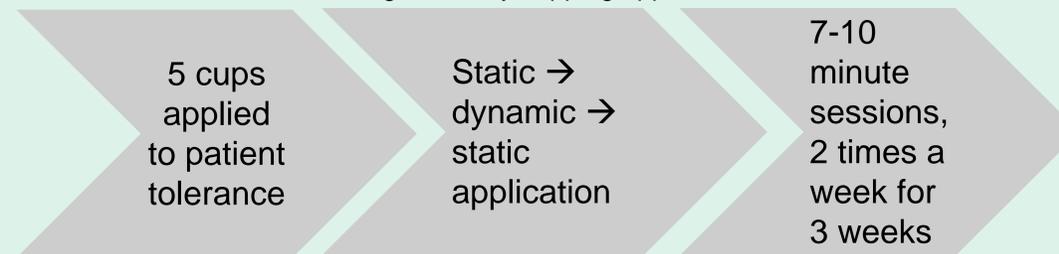
Environmental Factors

- Stairs at home
- Steep hill for driveway

INTERVENTION:



Figure 3: Dry cupping application



*Cupping therapy was performed in conjunction with an Achilles tendon rehabilitation program

RESULTS:

Table 1. Examination Outcome Measures

Outcome Measure		Examination Session 1	Treatment Week 1	Treatment Week 2	Treatment Week 3
Active Range of Motion (Degrees)	Ankle Dorsiflexion	Not tested due to boot	1	7	11
	Ankle Plantarflexion	Not tested due to boot	15	30	40
	Inversion	Not tested due to boot	44	44	45
	Eversion	Not tested due to boot	11	12	17
Lower Extremity Functional Scale		40/80	Not assessed	Not assessed	54/80
Numeric Pain Rating Scale		5/10	3/10	2/10	1/10
Timed Up and Go (Seconds)		Not tested due to boot	9.4s average	8.9s average	6.6s average

CONCLUSION:

This case demonstrated positive outcomes using cupping therapy for a 56-year-old female following Haglund's deformity surgery. Improvements were seen in AROM, TUG, LEFS, and pain. This allowed the patient to return to a full day of work, complete housework and yardwork, and walk her dogs a mile with no limitations and minimal pain. Due to the concurrent Achilles tendon rehabilitation program, it is difficult to say that cupping therapy alone resulted in these outcomes.

CLINICAL APPLICATION:

Haglund's deformity accounts for a number of debilitating factors including pain and function. Patients with Haglund's deformity are often treated conservatively before surgical intervention and then immobilized before beginning physical therapy.³

Currently, there is a lack of research on physical therapy following Haglund's deformity surgery.

This study demonstrated an improvement in AROM, TUG, LEFS, and pain after the 3-week cupping therapy intervention. This study adds to the literature for the use of cupping therapy with musculoskeletal related conditions.

REFERENCES:



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