

REFLEXOLOGY

Mini-Session



Basic Techniques

Thumb Walking: the thumb is used most of the time in reflexology. Thumb walking is a method where the thumb acts like a caterpillar walking across areas of the feet with a “on” and “off” stimulation of the reflex areas.

Thumb Circles: Using the thumb we make circles with desired pressure on reflex areas.

Thumb Sliding: This is sliding the thumbs across the foot for warmup and relaxation.

Knuckle Slide: A technique great for warmup and relaxation.

Warmup


Applying Lotion: applying the lotion to the feet is a great way to start the warmup.

Thumb slides: Place each thumb on the bottom of the foot (plantar surface) near the top of the ball of the foot beneath the toes. Each thumb takes a position on opposite sides of the foot. Slide the thumbs toward each other with one thumb slightly below the other to pass each other and reach the other side. When thumbs reach the other side, slide back. Repeat sliding back and forth and moving the thumbs slightly down the foot with each pass. (alternating which thumb is on top and on the bottom with each pass makes for good coverage and extra relaxing). Two to three passes can be done.

Place thumbs at each side of foot starting at the top and slide thumbs back and forth as you work your way down to the heel.



Knuckle Slides: Making a fist, place the fist against the ball of the foot (like a fist bump) and slide down to the heel maintaining a good pressure (pressure determined by loved one's preference). If necessary, apply more lotion to the foot prior to doing so there is a nice glide to the fist movement. Once heel is reached, remove fist and place back at the top of the foot on the ball and repeat. Make several passes.



Place knuckles at ball of foot and slide down to heel....maintaining good contact and desired pressure.

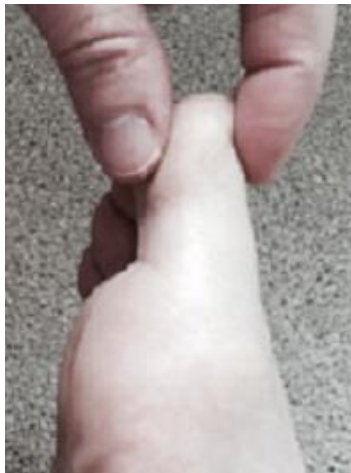
Top of Foot Sweeps: Place the palm side down with fingers together on the top side of the foot (dorsal side) just below the toes. Slide down the top of the foot to the top of the ankle and back up to the toes several times making good contact with the surface of the foot. Be sure you have enough lotion to make the sliding smooth and comfortable. Doing from a slight side angle to the foot is helpful.

With hand sideways
across top of foot
just under toes,
move hand down
and up with smooth
movement.



Reflexology Routine

Toes: Work the toes by using the thumb, index, and middle finger. Place the thumb on the back of the toe and the middle and index finger on the top and work with small “pinching” motion from just below tip to base. Work the tips of each toe with thumb circles. Gentle tugs on each toe also can be done if liked by your loved one.



Ball of the foot: Using thumb walking, walk across the ball of the foot with desired pressure of loved one. Start the walking just below toes and go across till you reach the diaphragm line as indicated on the picture. After walking across, gentle pull back toes and see the grooves between the metatarsal bones.... walk up each groove from the diaphragm line to just below the toes.



Thumbwalk across ball of foot starting below toes and working down to the diaphragm line. Can walk across back and forth using both thumbs or just one direction.



Gently pull back on toes to reveal the grooves between the metatarsal bones. Thumbwalk up each groove starting down near the diaphragm line and walking up to just below the toes

Working the Center of the Plantar side of the foot:

Using the thumb walking technique, we will cover the center of the foot using four directions.

1. Thumb walk across the section from just below the diaphragm line to the heel line.
2. Thumb walk up the area from the heel line to the diaphragm line.
3. Thumb walk the area making diagonal lines in one direction from top to bottom till the entire center area is covered.
4. Repeat diagonal thumb walking in the opposite direction. Working top to bottom, repeat until the entire area has been covered.

Thumbwalk across the center portion using both thumbs alternating direction or one thumb and one direction. Pressure should be to liking of loved one and be sure you have enough lotion so movement is comfortable and smooth.



Thumbwalk up from heel line to diaphragm line covering entire area. Use a pressure that is comfortable to your loved one and be sure you have enough lotion to help make the thumbwalking fluid.



Repeat thumbwalking center area in opposite diagonal direction





Heel: Work the heel by applying pressure with thumb in the center. Next use thumb knuckle to work across the heel. If loved one is sensitive in the heels, can just use thumb walking across or circular motions with thumb.



With bent thumb, place knuckle of thumb against heel and drag across the heel. Only do this if loved one's heels are not tender or sensitive.



Top of Foot: Using thumb walking, walk each of the four grooves between the metatarsal bones. Start just below the toes and move down moving along the top of the foot all the way to the top of the ankle. You will make four passes. The top of the foot is typically more sensitive so use less pressure than you used on the plantar surface.

Thumbwalk down the four grooves on the top of the foot. The top of the foot can be more sensitive so use a lighter pressure than you used on the plantar surface.. Do one groove at a time.



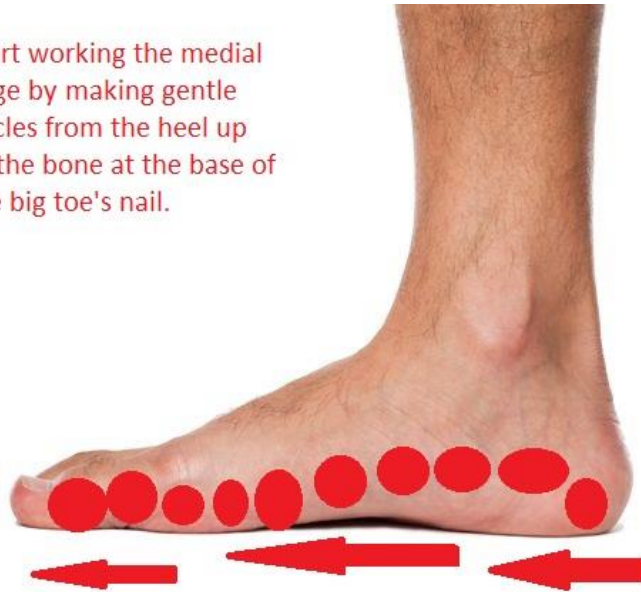
Working the sides of the feet:

1. The outside edge of the foot on the pinky toe side (lateral edge) can be worked by thumb walking down the side. Start at the top of lateral edge just below the pinky and thumb walk down the whole side all the way to the heel.



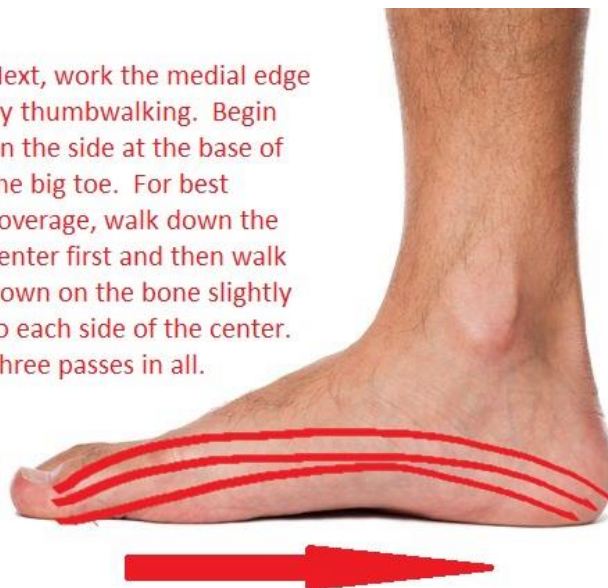
2. The inside edge of the foot is known as the medial edge and represents the spine in reflexology. It is one of the best areas to work! Note, it is very thin skin here and you will be working on the bone, so the edge can be very tender if too much pressure is used. Work the medial edge two ways for complete coverage. First, start at the base of the edge down near the heel and make gentle circles with your thumb slowly following the bone all the way up to the bone at the base of the big toe's nail.

Start working the medial edge by making gentle circles from the heel up to the bone at the base of the big toe's nail.



Next, thumb walk down watching that the pressure is comfortable to your loved one. If you are wanting to be very thorough, you can make three passes thumb walking down. One in the center and then one pass to each side of the center line.

Next, work the medial edge by thumbwalking. Begin on the side at the base of the big toe. For best coverage, walk down the center first and then walk down on the bone slightly to each side of the center. Three passes in all.



A Little Extra Love

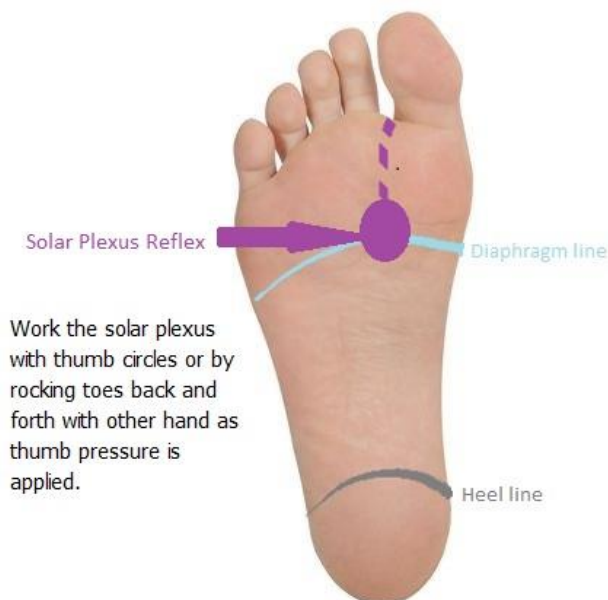


Adrenal glands: The adrenal glands are part of the endocrine system and secrete hormones which control the heart rate, blood pressure, and metabolism. When stress is felt, the adrenal glands are hard at work. This reflex area is found in the center portion of the foot. Working the adrenal reflex can help nourish these overworked glands.

The adrenal gland sits half way between the diaphragm line and the waistline guideline. It sits just to the right of the longitudinal tendon. Locate the tendon by pulling gently back on the big toe. Work gentle thumb circles on the reflex. Often the more stress someone feels, the more tender it may be.



Solar Plexus: Anatomically, the solar plexus is part of the nervous system that communicates messages through the diaphragm. In spiritual circles, it is often referred to as the seat of the soul. The essential point is working this reflex can be very relaxing to the body and mind. To locate this reflex, put your finger at the top of the ball of the foot between the big toe and second toe and draw an imaginary line down the metatarsal groove to the diaphragm line. This will bring you to the solar plexus reflex. Work the reflex by placing the thumb on the reflex and doing some circles with comfortable pressure. You can also place the thumb on the reflex area and then with your other hand placed over the toes, you can bend the toes over the thumb holding the reflex. Rock the toes back and forth over the thumb holding the reflex for “on” and “off” stimulation.



Relaxation.... The Finish

Thumb Slides: To begin the relaxation portion of the mini-session, you can repeat the thumb slides you did at the start. Again, a few passes can be done.

Place thumbs at each side of foot starting at the top and slide thumbs back and forth as you work your way down to the heel.



Knuckle Slides: Repeat knuckle slides. Making a fist, place the fist against the ball of the foot (like a fist bump) and slide down to the heel maintaining a good pressure (pressure determined by loved one's preference). If necessary, apply more lotion to the foot prior to doing so there is a nice glide to the fist movement. Once heel is reached, remove fist and place back at the top of the foot on the ball and repeat. Make several passes.



Place knuckles at ball of foot and slide down to heel....maintaining good contact and desired pressure.

Pendulum Slides: Using a pendulum like motion, place one thumb at bottom of plantar surface on lateral side of heel (pinky side) and slide thumb sideways across foot back and forth working your way up slowing with each slide.



Use pendulum motions with one thumb starting at outside edge of heel and working up. Be sure there is enough lotion for a comfortable glide. Pressure can be varied according to the preference of your loved one.

Toe Rotations: Using the thumb, middle and index finger, grasp each toe gently near the top and one at a time and rotate the toe clockwise a few times and then counter clockwise. If your loved one likes, end each toe rotation with a gentle toe pull.

Ankle Rotations: Place one hand under the ankle of the foot and grasp the foot near the ball of the foot with the other hand. Gently rotate the ankle clockwise a few times and then counter clockwise.