

Chapter 25 Foot Reflexology

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Introduction

- Reflexology originated over 5000 years ago and can be traced to many countries
- Modern reflexology developed out of zone therapy and the research of Dr. William Fitzgerald in the early 1900s
- Eunice Ingham popularized reflexology in North America and is known as the “mother of reflexology”

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Theory of Reflexology

- Chi (Ki, Qi) is the life force
- 10 zones or energy pathways exist in the body and Chi travels through these zones
- Our body has reflex points located on the feet; energy blocks can be released by applied pressure to rebalance the body

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Theory of Reflexology



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Theory of Reflexology

- Toxins and impurities are released by increasing local circulation in the feet
- Reflexology acts to release and return venous and lymphatic wastes back into the circulation

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Theory of Reflexology

- Avoid tumors, cysts, warts, varicosities, corns, or lesions
- Avoid areas of infection (athlete's foot) or inflammation (gouty arthritis)
- Reduce treatment time if client is weakened by illness, age, or disability
- Lighten pressure for clients with neuropathy (diabetics and clients with MS)

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Zones

- Zones are the mapping technique used in foot reflexology
- 10 zones exist in the body
- 5 zones begin on each foot; each toe begins a zone that travels up through the body
- Reflexology work done in a zone on the foot affects the entire zone

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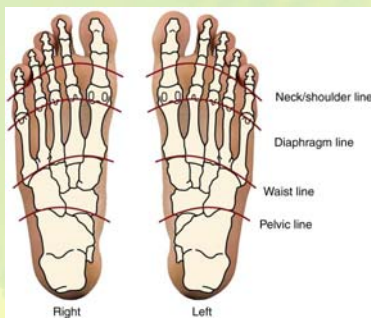
Landmarks

- Four horizontal landmarks:
 - Neck and shoulder line
 - Diaphragm line
 - Waist line
 - Pelvic line

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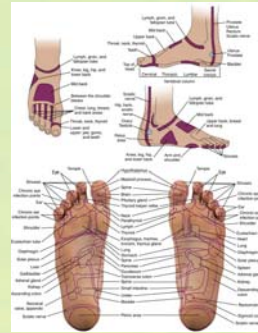
Landmarks



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Reflexes



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Basic Techniques

- Two basic techniques
 - Walking: used for working the many reflexes along each zone
 - Pointwork: used when working specific reflex points; two methods
 - Direct pressure
 - Hook

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Walking



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Walking



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Desserts

- Relaxation techniques
 - Shaking the feet and ankles from side to side
 - Taking the foot through its range of motion

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Desserts



- Foot flop and ankle flop

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Desserts

- Dorsiflexion



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Desserts

- Inversion and eversion



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Treatment Guidelines

- Wash hands before and after each session
- Begin the session with essential oil in a footbath or a warm damp towel wrap
- Have client rest his feet on a clean towel
- Therapist assumes a comfortable position for therapy
- Do not use oils, gels, creams, or lotions

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Treatment Guidelines

- Perform reflexology on bare feet
- Conduct an interview to rule out contraindication and establish client needs
- Discuss the procedure and answer client questions
- Avoid overtreatment
- Warm up each area and adjust pressure as needed

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Treatment Guidelines

- Use the fingertips on the dorsum of the foot
- Stimulate feet with a dry brush or towel and dust with foot powder
- Assist client with socks, stockings, and shoes, if appropriate
- Encourage client to drink plenty of fluid

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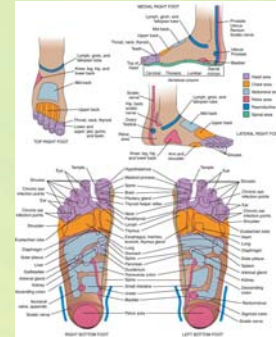
Tenderness

- Tenderness, sensitivity, discomfort, or pain may mean the reflex or corresponding body area is under stress
- Lumpy or grainy deposits may be palpated
- Headache or increase in elimination through the skin, bowels, or urination may be experienced by client
- Client may experience flare-up of current or past illness, called a healing crisis

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Treatment Areas



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Solar Plexus Points



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Head Area

- Great toe is the head reflex with the brain and pituitary reflexes
- Hook into the pituitary reflex point
- Gently squeeze the pads of each toe to stimulate the sinus reflexes

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Chest Area

- Ball of the foot is the reflex area for the heart and lungs
- Heart reflex is primarily on the left foot, with a small portion on the right
- Bronchial reflex is located between the first and second toe

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Abdominal Area

- Located between the diaphragm and the pelvic line
- Spleen and stomach reflexes are on the left foot
- Liver and gallbladder reflexes are on the right foot
- Pancreas reflex is on the right foot just behind the stomach reflex

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Pelvic Area

- Located between pelvic line and heel
- Ascending colon and part of transverse colon reflexes are on right foot
- Remaining transverse colon and descending colon reflexes are on left foot
- Urinary bladder reflex is where the pelvic line meets the arch of the foot
- Kidney reflexes are along waistline demarcation between 2nd and 3rd toes

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Reproductive Area

- Located in heel
- Uterus or prostate reflex is in medial heel
- Ovaries or testes reflex is in lateral heel

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Spinal Area

- Located along the medial aspect of foot
- Medial edge possesses four distinct curves, just as the vertebral column does
- Should be worked in every session

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Summary

- Foot reflexology has been practiced for thousands of years
- Specific points are located on the feet where a reflex mechanism exists for each organ or area on the entire body
- The reflexologist assists the body to a state of health by using firm, but gentle, pressure

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