

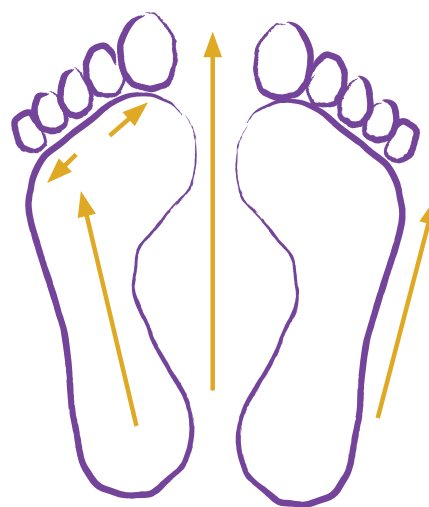
FOOT MASSAGE

To be completed, once a day



There are several reflexes in the feet, but three key ones, are addressed, in particular, with this massage. One runs along the outside of the foot and stimulates the toes to spread, as well as enabling the separation of the inside and outside of the foot. (BABINSKI) The other sits under the toes and stimulates the toes to curl down, but also teaches the brain how to separate the front and back parts of the feet. (PLANTAR) The third one is FOOT TENDON GUARD, which runs up the inside of the foot. This helps to develop the arch system and distribution of body weight on three main points of the foot. This massage stimulates all these reflexes, as well as others that are found along the centre line of the foot.

- 1 Rest one foot, on your lap.
- 2 Using your thumbs, one under the other, bottom centre point on the heel. Press firmly with your thumbs all the way up the centre of the foot. When you reach the toes, massage foot with the thumbs, fanning out to either side, pressing the pads under the toes. (Left thumb, to the left, and right thumb to the right). **REPEAT THIS 7 TIMES**
- 3 Hold the heel of the foot, with one hand. Then, using one thumb, and your index finger, massage up the outside edge of the foot, with a firm inch worm type motion. (Pinching-type motion – Munching caterpillar). OR, using the back of your thumb, slide from heel, up the side of the foot, to the toes. **REPEAT THIS 7 TIMES**
- 4 Do the same to the inside edge of the foot. **REPEAT THIS 7 TIMES**
- 5 Push feet into an upright position (As if the person is standing). Hold for a count of 7. Release. **REPEAT 3 TIMES** – while they breath out.
- 6 Massage toes, top, bottom, sides
- 7 Massage webbing between the toes.



You may find that as you massage up the middle of the foot, you come across sensitive points. Your child/client may jerk away from the touch at certain points.

If this happens. PAUSE. Press into the trigger point, gently. Hold for a count of 7. Release. Repeat 3 times. Breath out while applying the pressure. Repeat on any trigger points found while working on the feet. It should help the feet to calm down and release any causes of tenderness.

If the ARCH of the foot is tight – make a fist and use the back of your fist to massage slowly and firmly up and down between the heel and ball of the foot, 7 x.