

# **Module 4 : Foot Reflexology - The Treatment**

## **4.1 Introduction**

**If you start the treatment with the right foot (left brain), it rebalances the physical side.**

It also follows the natural flow of the colon (large intestine) which begins on the right foot and expels on the left foot.

Working on the left foot (right brain) first rebalances the emotional side.

Some people like to work on both feet simultaneously as this balances systems across the body. With experience, you will perfect your own way of working.

### **Diaphragm Line**

Place the palmar surface of the thumb on the diaphragm line directly below the ball of the foot.

Caterpillar walk across the reflex from zone 1 to 5 (do 3 to 5 walks).

### **Solar Plexus**

Place the palmar surface of the distal joint (first joint) of the working thumb so that it straddles the diaphragm line.

Give 3 distinct on/off presses into the reflex or use pinpoint technique. Do this twice at the beginning of the treatment and twice at the end of the treatment.

## **4.2 Head-Brain-Face**

**Use the thumb to caterpillar walk up the outside of the big toe and over the top and down the other side (head/brain).**

Hold the foot in a foot wrap, use the working thumb to caterpillar walk up the back of the toe, from the neck to the top; cover all the area.

Hold the toe in a finger and thumb grip and walk down the front of the toe, from the top to the neck.

#### **Front of Neck-Back of Neck**

Place your thumb on the outer edge of the neck of the big toe, pointing towards the little toe. This will be the starting point for both the front and the back of the neck. Use your finger on the front and your thumb on the back.

Caterpillar walk across the neck of the toe from the outside to the inside. Stop between toe 1 and toe 2. Start on the top, then continue to the front of the neck and then the bottom on the back of the neck.

#### **Occipital-Mastoid-Temple**

Place your thumb on the base of the big toe, with the tip pointing upwards.

Caterpillar walk up the toe for three bites, from the neck of the toe. Stop at this point and give 3 distinct on/off presses on the occipital reflex.

Caterpillar walk 1 further bite up the toe. Stop on this mastoid reflex and give three on/off presses on the reflex.

Caterpillar walk a further 2 bites up the toe. Stop at the temple reflex (the narrowest part of the toe) and give 3 distinct on/off presses on the reflex.

#### **Pituitary-Pineal Gland-Hypothalamus**

You will find these on the big toes of each foot - use the map to pinpoint exactly where they are. Make 3 distinct pressure circles on each gland.

#### **Sinuses/Cranial Nerves**

Caterpillar walk up the side of each toe then over the top then down the other side.

Caterpillar walk up each part of the toe - your aim is to make sure that all of the area is stimulated.

### **Teeth-Gums-Face-Jaw**

Place your index finger on the top of the big toenail, with the tip of your finger pointing towards the leg.

Caterpillar walk down the big toe, from the top to the base. Repeat on the remaining toes.

### **Lymphatics of the Head-Neck-Thorax**

Very gently pinch the webbing between the toes - start between the big toe and toe 2.

Whilst holding the pinch, make a slight twisting movement. This action will resemble clicking your fingers. Now treat the webbing between the other toes.

Use your index finger to caterpillar walk down the top of the foot to the diaphragm area on the thoracic lymphatic reflex. Work in the groove located in line with toe 1 and toe 2.

Then work down the same groove again, but instead of doing a caterpillar walk, do a series of pressure circles.

### **Eyes and Ears**

Do a caterpillar walk along the bottom of the toes, covering the eye and ear area.

### **Thyroid-Parathyroid**

Caterpillar walk across the diaphragm line, from the medial edge of the foot.

When in line with the big toe and toe 2, turn your thumb to caterpillar walk up the crease line, to the base of the toes.

### **Thyroid**

Place the pad of the working thumb on the centre of the pad in the ball of the foot.

Use the working thumb to make 3 distinct deep pressure circles (rotations) on the reflex.

### **Trachea-Bronchial-Lung-Shoulder**

Caterpillar walk up the ball of the foot, from the diaphragm to the base of the big toe. This area treats the oesophagus for two thirds and the final third towards toe 2 treats the trachea.

Continue to caterpillar walk up the foot between the diaphragm line and the base of each toe: 2, 3 and 4. This movement treats the lungs.

Continue to caterpillar walk from the diaphragm line to the base of toe 5. This movement treats the shoulder area.

## **FACT**

Foot reflexology is by far the most popular form of reflexology practised in the UK.

*Source: reflexology-uk.net*

### **4.3 Upper Abdomen**

**Across the area between the diaphragm and the waist, use the thumb of the working hand to caterpillar walk across the foot from zone 1 to zone 5.**

Do as many movements as necessary to treat the whole area.

Treat the whole area again but, this time, caterpillar walk across the foot from zone 5 to zone 1.

#### **Gall Bladder-Right Foot**

Place the thumb on the upper abdomen point, in line with the gap between toes 3 and 4.

With the tip of the thumb touching the diaphragm line, use the entire first joint to give 2 deep presses into the gall bladder reflex.

#### **Liver Reflex - Right Foot Only**

This is across the upper abdomen, between the diaphragm and the waist - on the right foot only. Place the thumb across the upper abdomen point, in line with toe 3.

Caterpillar walk across the area from zone 3 to zone 5. Do as many movements as necessary until the upper two thirds of the area between the diaphragm and the waist are treated.

Treat the area again, but, this time, work the liver from zone 5 to zone 3.

#### **Spleen**

This is on the left foot only, across the upper abdomen, between the diaphragm and the waist. Place the thumb across the upper abdomen point, in line with toe 3.

Caterpillar walk across the area from zone 4 to zone 5. Do as many movements as necessary until the upper two thirds of the area between the diaphragm and the waist are treated.

Treat the entire area again, but, this time, work the spleen from zone 5 to zone 4.

#### **Stomach-Duodenum-Pancreas - Right Foot.**

Place your thumb on the edge of the right foot, directly under the diaphragm line, pointing towards the outer edge.

Caterpillar walk across the foot, from zone 1 to zone 2. Continue working in this manner, to cover the upper two thirds of the area between the diaphragm line and the waistline.

Swap your hands over, and, this time, work the same area but in the opposite direction, i.e., zone 2 to zone 1.

#### **Stomach-Duodenum-Pancreas - Left Foot**

Place the thumb on the medial edge of the foot, directly under the diaphragm line, pointing towards the outer edge.

Caterpillar walk across the foot, from zone 1 to zone 3. Continue working in this manner, to cover the upper two thirds of the area between the diaphragm line and the waistline.

Swap your hands over and, this time, work the same area but in the opposite direction, i.e., zone 3 to 1.

#### **Lower Abdomen - Small Intestine**

This is across the liver and the abdomen, between the waist and the pelvic floor line. Place the thumb across the lower abdomen, in line with toe 1.

Caterpillar walk across the area from zone 1 to zone 5. Do as many movements as necessary, until the area between the waistline and the pelvic floor line is treated.

Treat the entire area again, but, this time, work from zone 5 to zone 1.

## **4.4 Lower Back-Gluteal-Pelvis-Sciatic**

**Starting at the pelvic floor line, caterpillar walk across the heel pad, from the inner edge: zone 1 to the outer edge: zone 5.**

Work downwards to the base of the heel. Do as many movements as necessary, in order to cover the area.

Caterpillar walk up from the base of the heel to the pelvic floor. Walk from zone 1 to zone 5. Do as many movements as necessary to cover the entire area.

### **Sciatic Support**

Put the working palm uppermost against the leg and slide it towards the knee whilst working the pressure up into the muscle.

Close the working hand around the calf muscle. Squeeze, release and move forward. Work in this manner until the calf muscle is treated.

### **Sciatic Reflex**

Work down behind the outer ankle, across the centre of the hard heel pad, up behind the inner ankle bone.

Rest the finger of the working hand across the leg, in the area of the ankles. Put the thumb of this hand behind the outer ankle bone with the tip pointing towards the heel.

Use the thumb to caterpillar walk down the foot to the heel, turn the thumb and work across the centre of the hard heel pad, from zone 5 to zone 1.

Turn the thumb and, this time, work up behind the inner ankle bone, to the top of the ankle.

Swap your hands over and repeat the movement in the opposite direction.

## **Spine**

Use the thumb to caterpillar walk down the inner edge of the foot. Work from the distal joint of the big toe - the joint nearest the nail - down to the edge of the heel. Follow the curve of the bone.

Swap your hands over and repeat the movement in the opposite direction. On the way back towards the big toe, angle the thumb and enhance the pressure upwards into the bone. Do not work the bladder reflex.

## **Shoulder-Arm-Leg-Hip-Lower Back**

Using the thumb tip pointing towards the heel, caterpillar walk down the outside of the foot, from the base of the little toe to the heel.

Turn the thumb and caterpillar walk back up the same area, to the base of the little toe. The first 2-3 caterpillar walks treat the shoulder, the next 2-3 treat the arm, the next 2-3 treat the leg, the next 2-3 treat the hip and the final 2-3 treat the lower back.

## **Additional Treatments for Problem Joint Areas.**

Whilst supporting the foot with one hand, cup the heel in the other hand and use all your fingers of that hand to caterpillar walk up the outside of the foot. This will cover the elbow, knee and hip joints.

## **4.5 Rectum/Anus/Pelvis**

**Using the pelvic floor line as a guide to start and finish the movement, work in a horseshoe shape around the outer edge of the heel.**

Place your thumb on the lateral edge of the foot, level with the pelvic floor line, pointing down towards the heel. Caterpillar walk around the heel, to the corresponding point on the inside. Give 3 distinct pressure circles on the rectum/anus support reflex.

## **Kidney-Ureter Tubes**

With the tip towards the toes, place the distal joint (first joint) of the thumb across the waistline, give 2 deep pressure circles, release the thumb for a second then repeat.

Swivel your thumb tip towards the heel, work down the foot on the ureter tube reflex, to the pelvic floor line.

Continue the movement up onto the soft mound on the inside of the foot - this is the bladder point.

### **Bladder**

Place the thumb in the centre of the soft flesh area and give 3 deep pressure circles.

Keep the thumb in, then make 3 or 4 short caterpillar walks outwards from the bladder, in the general direction of the big toe. Slide back towards the centre in between each walk.

### **Adrenals**

Place one thumb on the kidney reflex and bring the other thumb towards the heel, pointing in the opposite direction. The nail of both thumbs should be almost parallel.

Remove the thumb from the kidney point. Press the adrenal reflex thumb deeply into the sole.

Keep the thumb in contact, bend the first joint so that the knuckle is visible and drop your wrist at the same time. This will cause an action similar to a bee delivering a sting (hook in, back up). Flatten and hook 3 distinct times.

### **Uterus-Ovary/Prostate-Testicle**

Draw an imaginary line from the high point in the centre of the inner ankle bone to the back tip of the heel.

Place your thumb and index finger in the centre of the line and work around the area, making a number of distinct circular/rotating movements. Work in a pattern to cover an area about the size of a man's thumbnail.

### **Fallopian Tubes/Vas Deferens**

Use the thumb or index finger to caterpillar walk across the foot, from the ovary reflex under the outer ankle to the uterus reflex under the inner ankle.

### **Hip-Lymphatics-Inguinal-Pelvic-Groin**

Put your thumb on the outer edge of the heel, pointing upwards towards the leg.

Caterpillar walk up behind the ankle to the top of the bone and hold the pressure for a count of 5.

Keep the thumb in contact and slide back to the bottom of the ankle bone. You may prefer to turn the thumb and caterpillar walk instead of slide.

Caterpillar walk around the bone then up in front of the ankle. At the top of the ankle bone, hold the

pressure for a count of 5 and slide back to the bottom of the ankle.

Caterpillar walk across the foot/leg crease line and repeat the movement on the inner ankle.

### **Breast-Lymphatics-Sternum**

Place the index finger on the top of the foot, at the base of the big toe.

Make a small caterpillar walk forward, then hook in and pull back. Work in this manner down the foot to the diaphragm line.

Work back along the same line, to the base of the big toe. This time, the movement will be hook in and pull back.

Flatten your finger, slide back 1 step, then hook in again. Continue to work in this manner, doing as many movements as necessary to treat the area between zone 1 and zone 4.

### **General Body Boost - Both Feet**

Use both hands for this movement. Place your right hand on the outside edge of the left foot and your left hand on the inside edge. The fingers of each hand should be pointing towards the top of the foot. The thumb should be resting on the sole.

Caterpillar walk all fingers towards each other, until they lock together on the top of the foot.

Slide back to the edge of the foot and move the hands up a little, towards the toes. Continue to work in this manner until the area between the toes and the ankle is treated. Move on to the right foot and treat it in the same manner.

### **Colon - Ileocecal Valve**

Place your thumb on the sole of the right foot, just above the pelvic line, between zone 4 and zone 5, with the tip pointing towards zone 1. Give 4 distinct pressure circles on the appendix and ileocecal valve points.

Turn your thumb to point towards the toes. Caterpillar walk up the foot, to the midway between the waistline and the diaphragm line. Turn your thumb and work towards zone 1, across the transverse colon point.

Move on to the left foot - continue to work across this foot between zones 4 and 5, turn your thumb and work down the descending colon point to pelvic line.

Turn your thumb again and work towards zone 1; however, you will stop in line with zones 3 and 4.

Turn the tip of your thumb towards the heel and give 3 distinct deep pressure circles/rotations on the sigmoid colon.

Return your thumb to the previous position and continue to work towards zone 1.

At the edge of the foot, just underneath the bladder, give 3 pressure circles on the rectum/anus

reflex. Caterpillar walk down the rectum reflex, to the tip of the heel, and give 3 pressure circles on the anus reflex.

### **Conclude the Treatment**

- Treat the diaphragm
- Treat the solar plexus
- Give a relaxation massage
- Give a glass of water
- Give aftercare advice

## **4.6 Aftercare**

### **Example of an Aftercare Sheet:**

#### **Aftercare**

Following your treatment, you may experience a number of side effects. There is no need to worry as these are only temporary and are as a result of toxins being dispersed from your body.

In order to reduce the chance of any temporary side effects, you should do the following:

- Drink plenty of water.
- Listen to your body - if you feel tired, simply rest; if you feel energised, go for a short walk.
- Avoid tea, coffee and alcohol.
- Eat light meals.
- Record any side effects that you experience.

### **Checklist**

Complete this checklist 24-48 hours after your treatment. After your treatment, did you experience any of the following?

- Headaches
- Increase in nasal congestion

- Coughing or chestiness
- Tiredness
- Disturbed sleep patterns/dreams
- An increase or decrease in your appetite
- Aches and pains in any joints
- A need to pass water more frequently than normal
- A stiff back
- A feeling of wellbeing

**Comments**

Do you wish to make any additional comments?

**Reflexology Consultation**

Name: Occupation:

Address: Date of birth and age:

Contact number:

GP's name and address:

Reason for reflexology treatment:

Marital status/children:

Medical background

Infectious disorders: Yes/ No/Details:

Athlete's foot, verrucas

Allergies: Yes/ No/Details:  
Family history, medication,  
trigger.

Operations: Yes/ No/Details:  
Dates, complications, lasting  
problems,  
scarring: location/size

Skeletal: Yes/ No/Details:  
Breaks, arthritis, aching  
joints, swelling, weakness

Circulation: Yes/ No/Details:  
Good, poor, heart conditions,  
thrombosis.

Digestion: Yes/ No/Details:  
I.B.S, indigestion, constipation,  
wind etc.

Muscular: Yes/ No/Details:  
Injuries, aches, pains in muscles

Gynaecological: Yes/ No/Details:  
Pregnancy, menstrual problems

Emotional: Yes/ No/Details:  
Mood swings, depression, anxiety

Immune system:

Yes/ No/Details:

Glandular fever, rheumatoid  
arthritis

Past/present illnesses:

Accidents/injuries:

Family medical history:

Stress levels:

Low, moderate, high, severe

Exercise:

Frequency, type, duration

Sleep:

Duration, ease of getting to  
sleep,

refreshed, disturbed

Drugs/supplements  
(prescribed/over-the-counter):

Other treatments sought:

Yes/ No/Details:

Diet:

Balanced/5 portions of fruit  
and

vegetables a day/good/average/

poor

Drinks:

Type and number daily

Water:

Tea:

Milk:

Herbal tea:

Juice:

Coffee:

Fizzy:

Alcohol:

Smoking

Yes/No

How many per day:

Additional information:

I hereby declare that the information I have given is accurate, to the best of my knowledge. It is my responsibility to notify the therapist of any medical changes that may affect my treatment, either now or in the future.

Date:

Client signature:

Therapist signature:

## **Assignment**

### **Foot Reflexology**

*Time: 30+ minutes*

Hopefully you took in as much of the information in the 4th module as possible. To find out how well you have really done in this regard, complete the following worksheet.

Download the worksheet below and complete.

[Download Worksheet \(PDF\)](#)

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