

Module 5 : Hand Reflexology

5.1 Introduction

Hand reflexology is an alternative treatment to traditional foot reflexology and works in exactly the same way, using the same techniques.

Hand reflexology can be used to replace a foot treatment when the foot cannot be treated due to contraindications, such as amputation, severe arthritis, an elderly or mobility-impaired client or foot injury.

Hand reflexology can be a more flexible approach and can be carried out more easily than a foot treatment. It can also be used if a client has an aversion to their feet being touched (ticklish, hypersensitive, embarrassed about their feet).

You need to be aware that the areas on the hand are smaller and more condensed than those on the foot.

Hand Reflexology Chart

5.2 Recommendations to Maintain Healthy Hands and Nails

- Always use mild soaps, to prevent the skin on the hands drying out.
- Always dry your hands properly, to prevent the skin from cracking and becoming sore.
- Remove rings before washing your hands.

- Apply hand cream after washing your hands, to keep the skin soft.
- Where possible, wear rubber gloves for household chores, to protect the hands.
- Wear gloves or barrier cream to protect the hands, when going out in cold weather.
- Rub cuticle cream into the nails and cuticles daily, to keep them soft.
- Eat a balanced diet, to promote healthy skin and nails.
- Use nail strengtheners, to reinforce weak nails.
- Regular hand exercise, such as fist clenching, wrist circling and finger spreading, improves the circulation and helps keep the joints supple.

5.3 Massage Mediums

To follow is a list of massage medium options to use when carrying out the reflexology treatment.

- Cream or oil is not always used by therapists during a reflexology treatment; however, it is best to use it during the relaxation massage, to help keep the skin soft and supple.
- Talc or liquid talc or corn starch is ideal for greasy skin types or sweaty skin, as they help to absorb the moisture.
- Massage oil is suitable for dry skin types and for relaxation massage.
- Massage cream or lotion is suitable for all skin types and provides nourishment to the skin.

5.4 The Do's and Don'ts of Reflexology

DO:

- Give your client individual attention
- Explain the treatment to your client prior to commencement
- Be honest with your client
- Advise your client of the code of confidentiality
- Provide a warm, clean and relaxing environment for your client
- Speak to your client in a quiet, soothing voice
- Complete a consultation for every treatment and note your findings after the treatment
- Advise your client to drink plenty of water after the treatment.

DON'T:

- Apply heavy pressure on any tendons or bones
- Work on any infected areas
- Work over cuts, bruises or abrasions
- Work over any surface veins with any pressure
- Work over recent scar tissue
- Increase the pressure too much over areas of sensitivity or grittiness
- Cause your client pain or discomfort
- Diagnose any conditions or claim that you can cure them
- Tell your client the exact location that corresponds to sensitivity - just state the general area, e.g., the stomach area, not the duodenum
- Give your client false hope
- Rush the treatments
- Break your client's trust or confidentiality

- Carry out reflexology unless you are fully qualified

FACT

Hand Reflexology is equally as effective as foot reflexology, however, in the UK it is not as well known.

Source: reflexology-uk.net

5.5 Cross-referral areas for the Hand and the Foot.

If an area of the body cannot be worked on for any reason, use the chart below to give you the cross-referral reflex to work on instead.

Foot

Hand

Sole of foot

Palm of hand

Top of Foot

Back of hand

Big toe

Thumb

Small toe

Fingers

Ankle

Wrist

Calf

Inner forearm

Shin

Outer forearm

Knee

Elbow

Thigh

Upper arm

Hip

Shoulder

5.6 Assessing the Hand

Shape of the hand

This usually corresponds to the shape and size of the person. For example, a tall, slim person would usually have long, thin hands. A short, round person will usually have small, round hands. If a person has broad shoulders, their hands are usually broad too. A person with a long neck will usually have long fingers.

Calluses

These may indicate an internal problem which has caused the reflex point to become more sensitive and susceptible to the formation of calluses.

Warts/Verrucas

These may be located on a weak reflex point.

Lumps

These could indicate other physical problems.

Scars

These may affect energy flow.

5.7 Hand Reflexology Routine

Section 1 - The Warm-up

- Work on each hand separately - start with the right hand.
- Effleurage the hand and lower arm.
- Rotate the hand 3 times clockwise and 3 times anticlockwise.
- Massage and pull each finger.

- Perform thumb circles on the palm of the hand.
- Thumb walk up between the bones of the fingers on the top of the hand.
- Perform thumb circles up the outer arm, from the wrist to the elbow, and scissor back down.
- Lung press: press your fist into the palm of the hand; thumb walk along the diaphragm line.

Section 2 - Head and Neck

- Thumb walk up the thumb (palm side) three lines (the back of the head).
- Thumb walk up the outside of the thumb, over the top, and down the inside (the sides and the top of the head).
- Thumb walk along the inner side of the thumb, around the base of the top of the thumb (the neck/thyroid).
- Hook and back the pineal/hypothalamus points on the thumb 3 times.
- Press the pituitary point 3 times.
- Press the occipital point once.
- Press the ear point once.
- Press the temple point once.
- Thumb walk along the inner side (palm side) of the four fingers - 3 lines (the sinuses/ears/eyes - the eyes are 2nd and 3rd and the ears are 4th and 5th).
- Finger walk along the tops of all the fingers - 3 lines (the face/teeth).
- Pinch between the fingers (the sinuses/ears/eustachian tube).
- Apply thumb pressure on the base of the 4 fingers (the sinuses/ear/eustachian tube).
- Pinch the top of the index finger under the nail (for balance).
- Pinch the top and the palm of the outer part of the hand, under the little finger (the shoulders).
- Press and twist with your thumb on the top of each finger (the brain).

Section 3 - Chest/Lung/Thyroid/Shoulders

- On the diaphragm line to the base of the fingers, thumb walk up the thyroid/parathyroid points in a curve (around the base of the thumb).
- Press and circle on the parathyroid area 3 times (between the thumb and the 2nd finger and slightly below).
- Press and circle on the thymus point (the base of the ball of the thumb on the inner side).
- Thumb walk up the chest, lung and shoulder area - from the diaphragm line to the base of the fingers - 5 lines.
- Circle around the shoulder area (the outer hand, on the palm side under the little finger).

Section 4 - Upper Abdomen/Liver/Kidneys/Adrenals/Gallbladder/ Spleen

- On the waist to diaphragm line, thumb walk up the upper abdomen - 5 lines.
- On the left hand only, thumb walk diagonally (from the left to the left to the right) then back the other way across the liver point.
- Thumb walk across the stomach/pancreas (found mostly on the left hand) in both directions.
- On the right hand only, apply pressure and rotate on the gall bladder point.
- On the left hand only, thumb walk and rotate on the spleen point.
- Hook and back on the adrenals point 3 times.
- Circle around the kidney area, then press and release 3 times.
- Go down the ureter area to the bladder.
- Apply gentle pressure on the bladder area and thumb walk in each direction.

Section 5 - Lower Abdomen

- Along the pelvis to waist line, thumb walk along the lower abdomen point.

Section 6 - Pelvis

- At the base of the palm, thumb walk up the pelvic area, from the wrist to the pelvic line.
- Thumb walk along the sciatic line on the base of the palm, just above the wrist.

Section 7 - Spine

- On the outer side of the hand (the thumb side), thumb walk up and down the spine point, from the wrist to the thumb.
- Thumb walk across the spine point in rows, working from the cervical spine point, down to the coccyx point in the wrist.

Section 8 - Reproductive System

- Apply pressure and rotate on the uterus/prostate point on the top side of the wrist 3 times.
- Apply pressure and rotate on the ovaries/testes point on the top side of the wrist 3 times.
- Finger walk across the fallopian tube/vas deferens point on the outer top area of the wrist to the inner side of the little finger, towards the thumb side.

Section 9 - Joints: Shoulder/Elbow/Knee/Hip/Lower Back

- Thumb walk up the outer edge of hand, from the wrist to the base of the little finger (the shoulder/arm/elbow/leg/knee/hip/lower back).
- Massage down using the thumb and finger in circular, pinching movements.

Section 10 - Chest/Breast/Mid back/Lymphatics

- On the top of the hand, finger walk down the chest/breast/mid back/lymphatic area, from the base of the tips of the fingers towards the wrist.

Section 11 - Colon

- On the lower abdomen point, hook and back on the ileocecal valve point 3 times.
- Thumb walk along the colon point.
- Thumb walk up the ascending colon point, rotate on the hepatic flexure point and thumb walk across the transverse colon point.

Repeat the above routine on the left hand.

Finish off with relaxation massage moves on both hands; you can repeat the warm up routine if you wish.

5.8 Emotions & Reflexology

There is a strong link between how we feel emotionally and how we feel physically, and it is believed that physical ailments can stem from emotional factors.

As reflexology is a holistic treatment, it is important to not only take into consideration the client's physical ailments but also their emotional needs.

Follow the chart below for a few suggestions in relation to areas to work:

Emotion/Issue	Area of imbalance that may need work
Unexpressed emotions	Oesophagus
Heartache	Heart
Anxiety	Solar plexus
Excitement	Solar plexus
Feeling burdened	Shoulders
Metabolism	Adrenals
Overeating (protection)	Stomach
Lack of support	Back/spine

Anxiety/holding onto things	Bladder/colon
Ability to see things clearly	Eyes
Ability to hear things clearly	Ears
Fatigue	Thyroid/adrenals
Love and security	Heart
Change/moving forward	Joints
Irritation	Sinuses
Expression	Throat

5.9 List of Disorders and Areas of Treatment.

This list does not include every condition that could be treated with reflexology, as that in itself would be a whole other course.

It is not intended to show all reflex points relevant to each symptom/condition as symptoms/conditions may have a number of causes.

List of disorders and suggested areas of work:

Acne

Pituitary

Lymphatics

Head/neck/thoracic

Liver

Kidney

Adrenals

Ovary (female)

Testes/prostate (male)

Adenoid problems

Solar plexus

Diaphragm

Chest

Lung

Bronchial

Sinus

Pituitary

Alcoholism

Solar plexus Diaphragm

Chest

Lung Bronchial Heart Brain Pineal

Pituitary

Hypothalamus

Pancreas

Liver

Bladder

Ureter

Kidney

Allergies

Eyes

Lymphatics

Head/neck/thoracic

Liver

Spleen

Adrenals

Small intestine

Colon

Anaemia

Thyroid

Heart

Spleen

Spine

Lungs

Sternum

Angina

Solar plexus

Diaphragm

Chest

Lung

Heart

Shoulder

Arm

Neck

Thoracic and cervical spine

Intestines, especially sigmoid colon

Arthritis

Head/neck

Shoulder/arm/knee/hip

Thyroid

Parathyroid

Spine

Kidney

Adrenals

Lymphatics, including spleen

Asthma

Head/brain/face

Pituitary

Thyroid

Lymphatics, including spleen

Lungs

Adrenals

Back problems

Thyroid

Parathyroid

Spine

Shoulder/arm/knee/hip

Kidney

Lymphatics (all)

Bedwetting

Solar plexus

Diaphragm

Spine, especially lumbar

Brain

Bladder

Ureter

Kidney

Adrenals

Bladder disorders

Pituitary

Parathyroid

Liver

Spleen

Kidney

Ureter

Bladder

Adrenals

Blood pressure

Pituitary

Thyroid

Heart

Kidney

Adrenals

Breast problems

Pituitary

Breast

Kidney

Adrenals

Ovary

Lymphatics

Head/neck/thoracic

Bronchitis

Face

Neck

Lung

Adrenals

Lymphatics

Head/neck/thoracic

Bursitis (inflammation of tissue in the joints)

Parathyroid

Shoulder/arm/knee/leg/hip

Kidney

Ureter

Bladder

Adrenals

Lymphatics

Cataracts

Eye/ear/neck

Cervical spine

Pituitary

Thyroid

Kidney

Cholesterol

Thyroid

Liver/gallbladder

Stomach

Pancreas

Cold

Solar plexus

Diaphragm

Chest

Lung

Bronchial

Thyroid

Shoulder

Arm

Eye

Ear

Neck

Pituitary

Stomach

Spleen

Intestines

Duodenum

Adrenals

Liver

Brest

Chest

Lymph

Neck

Inner ear

Thymus

Shoulder

Arm

Throat

Nose

Colitis

Solar plexus

Diaphragm

Intestines

Duodenum

Adrenals

Liver

Gallbladder

Lower spine

Constipation

Liver/gallbladder

Stomach

Small intestines

Spine

Adrenals

Colon

Lymphatics

Cramps - leg

Thyroid

Parathyroid

Knee/leg/hip

Spine

Sciatic nerve

Cystitis

Lower spine

Bladder

Ureter

Kidney

Adrenals

Depression

Solar plexus

Diaphragm

Chest

Lung

Shoulder

Arm

Neck

Heart

Thyroid

Parathyroid

Pituitary

Brain

Pancreas

Adrenals

Diabetes

Solar plexus

Diaphragm

Thyroid

Heart

Pituitary

Pancreas

Liver

Adrenals

Digestive Problems

Head

Oesophagus

Stomach

Pancreas

Duodenum

Liver

Small Intestine

Lymphatics

Colon

Diarrhoea

Solar plexus

Diaphragm

Lower spine

Ileocecal valve

Intestines

Duodenum

Adrenals

Liver

Disc Problems

Solar plexus

Diaphragm

Spine

Neck

Shoulder

Arm

Brain

Sciatic

Dizziness

Solar plexus

Diaphragm

Pituitary

Cervical

Eye

Ear

Drug Addiction

Solar plexus

Diaphragm

Heart

Thyroid

Pituitary

Pancreas

Liver

Kidney

Ear Disorders

Face

Front of neck

Sinuses

Cranial nerves

Ear

Eustachian tube

Shoulder

Adrenals

Eczema

Solar plexus

Diaphragm

Chest

Lung

Thyroid

Pituitary

Intestines

Kidney

Duodenum

Adrenals

Pancreas

Liver

Emphysema

Solar plexus

Diaphragm

Chest

Lung

Bronchial

Neck

Cervical and thoracic spine

Adrenals

Intestines

Epilepsy

Solar plexus

Diaphragm

Spine

Neck

Thyroid

Pituitary

Brain

Adrenals

Eye Disorders

Head

Brain

Face

Cranial nerves

Eye

Kidney

Adrenals

Cervical

Spine

Fainting

Heart

Brain

Pituitary

Cervical

Fatigue

Solar plexus

Diaphragm

Heart

Thyroid

Spine

Brain

Pituitary

Spleen

Pancreas

Liver

Adrenals

Fever

Thyroid

Brain

Pituitary

Hypothalamus

Cervical

Kidney

Spleen

Uterus

Bladder

Liver

Flatulence

Stomach

Duodenum

Pancreas

Liver

Small intestine

Colon

Lymphatics

Forgetfulness (stress-related)

Head/brain

Hypothalamus/Pituitary

Thyroid

Parathyroid

Spine

Shoulder

Adrenals

Gallbladder disorder

Parathyroid

Gall Bladder

Liver

Kidney

Small intestine

Colon

Gallstones

Solar plexus

Diaphragm

Thyroid

Thoracic spine

Liver

Gallbladder

Glaucoma

Solar plexus

Diaphragm

Eyes

Ear

Pituitary

Cervical

Kidney

Gout

Solar plexus

Diaphragm

Liver

Kidney

Colon

Hay fever

Pituitary

Face

Eyes

Lungs

Adrenal

Lymphatics

Head/neck

Headache

Head/neck

Brain/pituitary

Cranial nerves

Sinuses

Ears/eyes

Stomach/pancreas

Liver/gallbladder

Kidney

Shoulder

Spine

Adrenals

Lymphatics

Hearing problems

Shoulder/arm

Ear/eye

Neck

Brain

Pituitary

Sinuses

Cervical

Heartburn

Solar plexus

Diaphragm

Chest

Lung

Heart

Oesophagus

Thoracic spine

Intestines

Duodenum

Pancreas

Stomach

Gallbladder

Haemorrhoids

Solar plexus

Diaphragm

Heart lumbar

Coccyx

Sacral

Intestines

Colon

Adrenals

Sciatic

Hernia

Solar plexus

Diaphragm

Lower spine

Intestines

Adrenals

Hiccoughs

Solar plexus

Diaphragm

Chest

Lung

Heart

Bronchial

Shoulder

Arm

Thoracic spine

Neck

Stomach

High Blood Pressure

Solar plexus

Diaphragm

Chest

Lung

Spine

Heart

Thyroid

Pituitary

Kidney

Adrenals

Hip problems

Solar plexus

Diaphragm

Shoulder

Lower back

Sacral

Sciatic

Hyperactivity

Solar plexus

Diaphragm

Thyroid

Brain

Pituitary

Adrenals

Pancreas

Liver

Hypoglycaemia

Thyroid

Pituitary

Pancreas

Liver

Kidney

Adrenals

Impotence

Solar plexus

Diaphragm

Chest

Lung

Thyroid

Pituitary

Lower spine

Pancreas

Adrenals

Reproductive glands

Penis

Hip/knee

Incontinence

Solar plexus

Diaphragm

Lower back

Bladder

Ureter

Kidneys

Adrenals

Indigestion

Solar plexus

Diaphragm

Thoracic and lumbar spine

Stomach

Pancreas

Liver

Gallbladder

Duodenum

Intestines

Teeth

Neck

Infections

Adrenals

Tonsils

Thymus

Spleen

Infertility

Reproductive glands

Fallopian tubes

Lower back

Influenza

Solar plexus

Diaphragm

Chest

Lung

Bronchial

Thyroid

Pituitary

Intestines

Adrenals

Insomnia

Head/brain

Spine

Shoulder

Kidney

Adrenals

Jaundice

Gallbladder

Thoracic

Spine

Liver

Kidney disorders

NB: Kidney disorders need to be investigated by a GP.

Pituitary

Thyroid

Kidney/ureter/bladder

Adrenals

Spine

Kidney stones

Solar plexus

Diaphragm

Parathyroid

Lower back

Bladder

Ureter

Kidney

Adrenals

Knee problems

Spine

Shoulder

Sciatic

Mid back

Leg problems

Spine

Shoulder

Kidney

Adrenals

Sciatic

Knee/leg/hip

Groin

Mid back

Liver disorders

NB: Liver disorders need to be investigated by a GP.

Thyroid

Parathyroid

Liver

Gallbladder

Spleen

Kidney

Small intestine

Colon

Lymphatics

Low blood pressure

Solar plexus

Diaphragm

Chest

Lung

Heart

Thyroid

Parathyroid

Pituitary

Kidney

Adrenals

Lung disorders

Neck

Trachea

Lung

Spleen

Liver

Adrenals

Spine

Menopause

Solar plexus

Diaphragm

Thyroid

Brain

Pituitary

Adrenals

Reproductive glands

Fallopian tubes

Hip

Sciatic

Knee

Motion sickness

Solar plexus

Diaphragm

Spine

Brain

Pituitary

Stomach

Inner ear

Mid back

Nausea

Head/brain

Cranial nerves

Ear

Stomach

Liver

Kidney

Small intestine

Colon

Neck problems

Solar plexus

Diaphragm

Shoulder

Neck

Spine

Adrenals

Nervousness

Solar plexus

Diaphragm

Thyroid

Brain

Pituitary

Adrenals

Pancreas

Numbness in finger tips

Solar plexus

Diaphragm

Shoulder

Arm

Heart

Spine

Perspiring hands/feet

Solar plexus

Diaphragm

Thyroid

Pituitary

Liver

Intestines

Kidney

Adrenals

Phlebitis

Solar plexus

Diaphragm

Heart

Liver

Intestines

Adrenals

Sciatic

Hip

Knee

Lymph

Pneumonia

Solar plexus

Diaphragm

Chest

Lung

Shoulder

Neck

Thyroid

Intestines

Adrenals

Breast

Chest

Throat

Prostate problems

Solar plexus

Diaphragm

Pituitary

Lower back

Sciatic

Reproductive glands

Lymphatics

Bladder

Psoriasis

Solar plexus

Diaphragm

Chest

Lung

Thyroid

Pituitary

Intestines

Kidney

Adrenals

Liver

Sciatica

Adrenals

Sciatic nerve

Spine

Hip

Colon

Scoliosis

Solar plexus

Diaphragm

Chest

Lung

Shoulder

Arm

Neck

Thyroid

Spine

Pituitary

Adrenals

Shingles

Solar plexus

Diaphragm

Chest

Lung

Shoulder

Arm

Neck

Thyroid

Spine

Pituitary

Adrenals

Lymph

Groin

Shoulder pains

Solar plexus

Diaphragm

Chest

Lung

Shoulder

Arm

Neck

Spine

Upper back

Breast

Chest

Lymphatics

Hip

Knee

Sinusitis

Pituitary

Head/brain/face

Cranial nerves

Sinuses

Teeth

Eyes

Small intestine

Kidney

Lymphatics

Colon

Skin disorders

Pituitary

Thyroid

Parathyroid

Adrenals

Ovary (female)/testes (male)

Liver

Kidney

Small intestine

Lymphatics

Colon

Sore throat

Solar plexus

Diaphragm

Neck

Cervical

Adrenals

Lymphatics

Sprains

Solar plexus

Diaphragm

Chest

Lungs

Heart

Adrenals

Reflex for the injured area

Stress

Head/brain

Cranial nerves

Front/back of neck

Thyroid/parathyroid

Lungs

Stomach

Spine

Shoulder

Adrenals

Teeth and gum disorders

Cervical

Lymphatics

Chest

Neck/throat

Teeth

Upper/lower jaw

Tinnitus

Solar plexus

Diaphragm

Eye/ear

Neck

Cervical

Adrenals

Tonsillitis

Solar plexus

Diaphragm

Eye/ear

Neck

Cervical

Adrenals

Ulcer

Solar plexus

Diaphragm

Lung

Heart

Oesophagus

Thyroid

Neck

Thoracic and lumbar spine

Stomach

Intestines

Duodenum

Adrenals

Varicose veins

Lungs

Heart

Knee/leg/hip Kidney

Adrenals

Small intestine

Large intestine

Lymphatics

Whiplash

Solar plexus

Diaphragm

Chest

Lung

Shoulder/arm

Neck

Spine

Cervical

Adrenals

5.10 Useful Addresses

British Reflexology Association

Monks Orchard

Whitbourne

Worcestershire

WR6 5RB

Website: <http://www.britreflex.co.uk/>

British School of Reflexology

92 Sheering Road

Harlow

Essex

CM17 OJW

Website: <http://www.footreflexology.com/>

Assignment

Hand Reflexology

Time: 30+ minutes

Hopefully you took in as much of the information in the 5th module as possible. To find out how well you have really done in this regard, complete the following worksheet.

Download the worksheet below, print out and complete.

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

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