



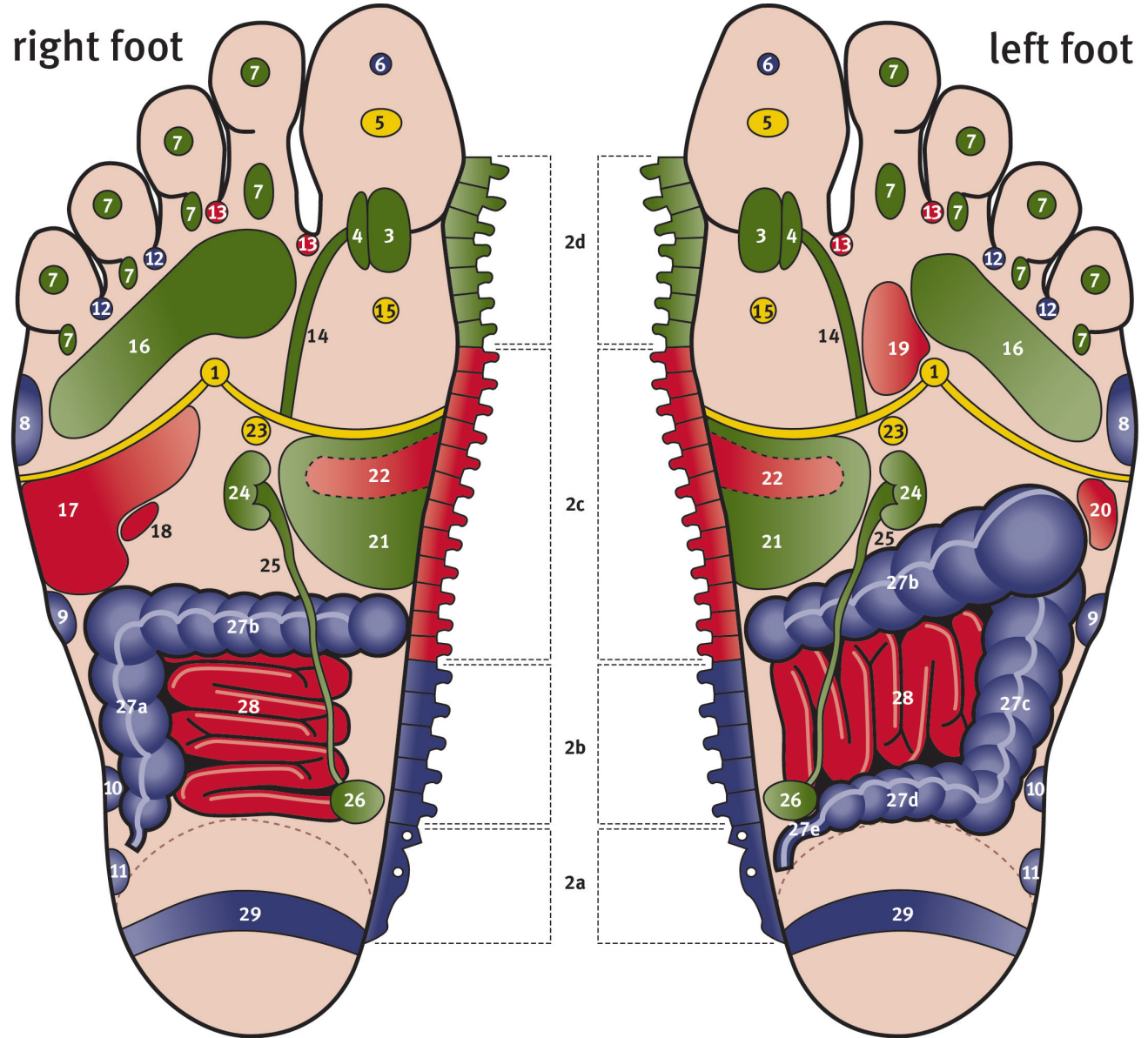
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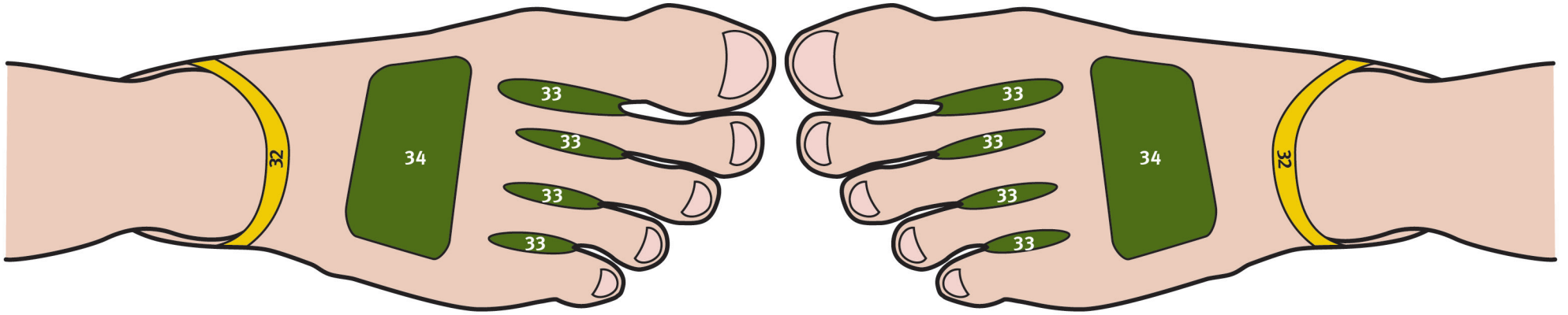
Foot Reflexology 1 & 2:
Benefits, Philosophy, and
the 34 Points



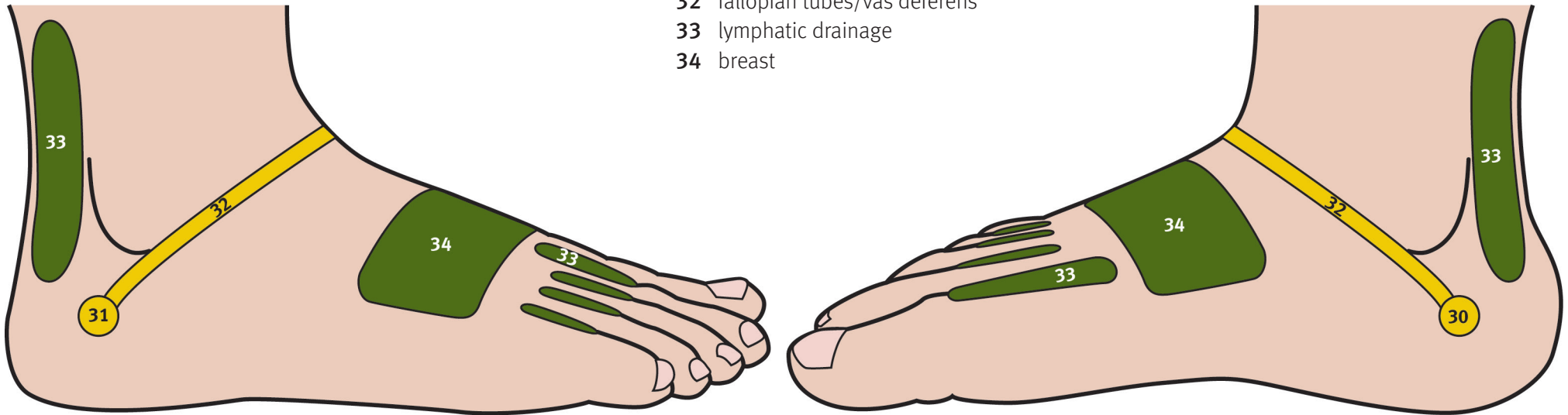
HANDOUTS

- 1 diaphragm
- 2a sacrum
- 2b lumbar spine
- 2c thoracic spine
- 2d cervical spine
- 3 thyroid and parathyroid glands
- 4 throat
- 5 pituitary gland
- 6 pineal gland
- 7 sinuses
- 8 shoulder
- 9 elbow
- 10 hip
- 11 knee
- 12 ears
- 13 eyes
- 14 esophagus
- 15 thymus gland
- 16 lungs
- 17 liver
- 18 gall bladder
- 19 heart
- 20 spleen
- 21 stomach
- 22 pancreas
- 23 adrenal glands
- 24 kidneys
- 25 ureter
- 26 bladder
- 27a ascending colon
- 27b transverse colon
- 27c descending colon
- 27d sigmoid colon
- 27e rectum
- 28 small intestine
- 29 sciatic nerve





- 30 uterus/prostate
- 31 ovary/testicle
- 32 fallopian tubes/vas deferens
- 33 lymphatic drainage
- 34 breast



 Infinity/Air
  Fire
  Water/Earth
  All Natures

Advanced Massage Techniques: Foot Reflexology I

INTRODUCTION TO FOOT REFLEXOLOGY

WHAT IS FOOT REFLEXOLOGY?

Foot reflexology is the manual manipulation of the feet (i.e., massage) to stimulate, through subtle energy reflexes, the various parts of the body to promote health and well-being.

BENEFITS OF FOOT REFLEXOLOGY

- Reduces stress
- Increases circulation
- Breaks up uric acid and calcium deposits on the reflex points
- Reduces muscle tension
- Feels good

NOTES:

FOOT REFLEXOLOGY POINTS

1. DIAPHRAGM

The diaphragm is the major breathing muscle. Just as the diaphragm stretches across the torso, the diaphragm reflex stretches across the foot. The main point of this reflex is located below the third toe. Massage the diaphragm reflex with the thumbs using effleurage motions. As the guest inhales, move the thumbs from the center point out. As the guest exhales, move thumbs to meet at the center point of the diaphragm reflex. Repeat three times.

NOTE: The points of the feet are located similar to the way the organs and glands are located in the body. The diaphragm reflex separates the foot into two parts: superior and inferior to the diaphragm reflex. Every organ in the body that is superior to the diaphragm is located distal to above the diaphragm reflex, and every organ in the body that is inferior to the diaphragm is located proximal to below the diaphragm reflex.

2. SPINE

The spinal reflexes are located along the inside arch of the foot. If you feel along the back of your neck and upper shoulders, the most noticeable bony protrusion is the spinous process of cervical vertebrae number 7 (C7). The area that protrudes the most on the foot is the medial base of the proximal phalange of the big toe. This is the reflex for C7. The spine has four natural curves—cervical, thoracic, lumbar and sacral. The inside arch of the foot has four curves that relate reflexively to the spinal curves. The sacral curve (Infinity/Air) is located along the medial aspect of the calcaneus. The lumbar curve (Infinity/Air) is located along the medial aspect of the first cuneiform to the navicular bone. The thoracic curve (Fire) is located along the medial aspect of the first metatarsal to the first cuneiform. The cervical curve (Water/Earth) is located along the medial aspect of the proximal phalange of the big toe. Massage the spinal reflexes with the thumbs using effleurage motions, moving from the heel toward the big toe. You may also use press-and-release motions. Use circular, friction motions on any tense areas. When massaging tense areas, pinpoint the curve of the spine (and even the vertebrae) on which you are working.

NOTE: If people have flat backs, they might also have flat feet. Conversely, if they have an exaggerated arch in their back, they might have an exaggerated arch in their feet.

FOOT REFLEXOLOGY POINTS CONTINUED

3. THYROID AND PARATHYROID GLANDS

The thyroid releases hormones that help regulate metabolism, growth and development, and the parathyroids release hormones that help regulate calcium and magnesium in the blood. The thyroid and parathyroid reflexes are located along the proximal phalange at the base of the big toe. Massage these reflexes using back-and-forth, friction motions.

4. THROAT

The throat reflex is located along the lateral aspect of the head of the proximal phalange of the big toe. Massage this reflex using back-and-forth, friction motions.

5. PITUITARY GLAND

The pituitary gland is the master gland of the endocrine system. It sends messages to the other glands of the body to regulate hormone production. The pituitary gland reflex is located on the distal phalange of the big toe. To find this reflex, find the widest part of the big toe, move to the center and massage it using circular, friction motions. The best direction to massage this reflex is lateral to medial.

6. PINEAL GLAND

The pineal gland is associated with the intuitive faculties of the brain, produces melatonin and helps the body adjust to the circadian rhythm. The pineal gland reflex is located distal to the pituitary gland reflex on the distal phalange of the big toe. Massage this reflex using circular, friction motions.

7. SINUSES

The sinus reflexes are located on toes 2–5 in the same locations as the throat and pituitary gland reflexes on the big toe. Specifically, they are located on the distal phalanges of the four toes. Massage these reflexes using circular, friction motions.

NOTE: You can divide the foot into five zones that stretch from the toes to the heel. The first zone is the area from the big toe down to the heel; the second zone is the area from the second toe to the heel and so on. The first zone reflects the midline of the body; the second zone is just lateral to the first zone and so on until the fifth zone, which is the most lateral. When you stimulate a reflex, you can use the zones to determine which part of the organ you are working on. For example, if you stimulate the sinus reflexes and the second toe is more congested, the person is likely more congested at the midline, right around the nose. If the fifth toe is more congested, the congestion is likely more lateral, or below the eyes or temples.

8. SHOULDER

The shoulder reflex is located distal to the diaphragm reflex on the lateral part of the foot at the fifth proximal phalange. It borders the sole and the side of the foot. Massage this reflex using circular or back-and-forth, friction motions.

NOTE: All foot reflexology points relate reflexively with the body. When you stimulate the shoulder reflex on the right foot, you are working on the right shoulder.

9. ELBOW

The elbow reflex is located on the proximal side of the tuberosity of the fifth metatarsal. The tuberosity is the large, bony protrusion located at the base of the fifth metatarsal in the middle of the outside arch of the foot. This protrusion is quite useful in locating other reflexes. Massage the elbow reflex using circular, friction motions.

10. HIP AND 11. KNEE

The hip reflex is located just proximal to where the cuboid and calcaneus bone meet, and the knee reflex is located distal to the lateral process of the tuberosity of the calcaneus. To find these reflexes, slide your finger down from tuberosity of the fifth metatarsal. The first indentation you feel is the hip reflex, and the second indentation you feel is the knee reflex. Massage the hip and knee reflexes using circular, friction motions.

12. EARS

The ear reflexes are located on top of the sole of the foot in the area between the fourth and fifth proximal phalanges and the third and fourth proximal phalanges. Massage these reflexes using circular or back-and-forth, friction motions.

13. EYES

The eye reflexes are located on top of the sole of the foot in the area between the second and third proximal phalanges and the first and second proximal phalanges. Massage these reflexes using circular or back-and-forth, friction motions.

14. ESOPHAGUS

The esophagus reflex is located above the diaphragm reflex in the groove between the first and second proximal phalanges. You may call it the “esophageal groove,” though you will not find this name in an anatomy book.

NOTE: Always stimulate the reflex in the same direction as activity occurs in the organ. When massaging the esophagus reflex, use effleurage motions in a proximal direction, as this is the direction food travels through the digestive tract.

15. THYMUS GLAND

The thymus gland is a secondary lymphoid organ and produces a hormone that helps mature white blood cells into T cells. The thymus gland reflex is located on the ball of the foot directly below the first toe at the head of the proximal phalange. Massage this reflex using circular, friction motions.

FOOT REFLEXOLOGY POINTS CONTINUED

16. LUNGS

The lung reflexes are located above the diaphragm reflex but below the toes on the ball of the foot. Because the lungs reflex stretches across several zones, you can use the zones to determine which part of the lung you are working on. The left lung has two lobes, as the heart takes up space on left side of the upper chest. The right lung has three lobes. The reflexes show this size difference. The left lung reflex stretches from the edge of the second zone to the fifth zone. The right lung reflex stretches across the entire second zone to the fifth zone. The upper lobes are located toward the second zone, and the lower and middle lobes (right lung only) are located toward the fifth zone. Massage the lung reflexes using press-and-release motions. Use circular, friction motions on any tense areas.

17. LIVER

The liver produces bile; stores glycogen, minerals and vitamins; and converts one nutrient into another. It is the largest internal organ in the body; therefore, the liver reflex stretches across a large area. Because the liver is located on the right side of the body, the liver reflex is located on the right foot only. Specifically, the liver reflex is located in the fifth zone proximal to the diaphragm reflex and distal to the tuberosity of the fifth metatarsal along the lateral plantar fascia and abductor digiti minimi muscle. To find this reflex, find the tuberosity of the fifth metatarsal, and move into the fifth zone. The reflex continues distally to the diaphragm reflex in the fifth zone and then medially to the fourth zone. Massage the liver reflex using deep, effleurage motions, moving from the fifth zone toward the fourth zone. Use circular, friction motions on any tense areas.

18. GALL BLADDER

The gall bladder reflex is located on the right foot in the fourth zone proximal to the head of the fourth metatarsal and proximal to the area where the liver reflex crosses into the fourth zone at the flexor digiti minimi brevis muscle and lateral plantar fascia. The gall bladder releases bile into the digestive tract in a medial inferior direction; therefore, when stimulating this reflex, massage in the direction of the medial inferior arch..

19. HEART

The heart reflex is located on the left foot distal to the diaphragm reflex and lateral to the esophagus reflex in line with the second toe at the base of the second proximal phalange. Massage this reflex using circular, friction motions.

20. SPLEEN

The spleen is a secondary lymphoid organ that acts as a blood filter and regulates the amount of B cells used during immune responses. Because the spleen is located on the left side of the body, the spleen reflex is located on the left foot only. Specifically, the spleen reflex is located in the fifth zone proximal to the head of the fifth metatarsal and proximal to the diaphragm reflex at the lateral plantar fascia and abductor digiti minimi muscle. Massage this reflex using circular or back-and-forth, friction motions.

21. STOMACH

The stomach reflex is located in the first zone along the first metatarsal proximal to the diaphragm reflex along the digital slip of the plantar aponeurosis and flexor hallucis brevis muscle. The stomach begins at the cardiac sphincter on the left side of the body. The fundus and body of the stomach stretch across the left side of the body to the pylorus, which crosses the midline to the right side of the body. When you stimulate the stomach reflex on the left foot, you are working on the upper stomach. When you stimulate the stomach reflex on the right foot, you are working on the lower stomach. Massage the stomach reflex using circular, effleurage motions in a proximal direction. Massage the left foot using a reverse “C” motion, and massage the right foot using “C” motion.

22. PANCREAS

The pancreas is both an endocrine gland that releases hormones to regulate blood glucose levels and an exocrine gland that secretes digestive enzymes. In the body, it is located behind and just inferior to the stomach. The pancreas reflex is located deeper to the stomach reflex proximal to the head of the first metatarsal in the central area of the stomach reflex at the flexor hallucis brevis muscle. Massage this reflex using back-and-forth, friction and deep, press-and-release motions.

23. ADRENAL GLANDS

The adrenal glands are part of the HPA axis and secrete the stress hormones cortisol, epinephrine and norepinephrine. The adrenal glands reflex is located in line with the second toe just below the diaphragm reflex. To find this reflex, slide your finger from the second toe toward the heel until you feel the indentation proximal to the head of the second metatarsal. Massage the adrenal glands reflex using circular, friction or press-and-release motions.

24. KIDNEYS

The kidneys regulate the composition, volume and pressure of blood and produce urine. The kidneys are located on the back side of the body, and the reflex is located deeper in the foot than most other reflexes. Specifically, the kidney reflex is located in the second zone proximal to the adrenal glands reflex between the flexor hallucis longus tendon and flexor digitorum brevis muscle. To find this reflex, extend the big toe, find the flexor hallucis longus tendon, relax the big toe and apply pressure lateral to the tendon approximately one centimeter proximal to the diaphragm reflex in the second zone but medial to the flexor digitorum brevis muscle. Massage the kidneys reflex using back-and-forth, friction and deep, press-and-release motions.

FOOT REFLEXOLOGY POINTS CONTINUED

25. URETERS

The ureters are tubes that connect the kidneys to the bladder. The ureters reflex begins in the second zone proximal to the kidney reflex and travels from the kidney reflex toward the bladder reflex, where it crosses into the first zone. The reflex follows along the medial edge of the flexor digitorum brevis muscle and plantar aponeurosis. Massage the ureters reflex using deep, effleurage motions in a proximal direction from the kidney to the bladder.

26. BLADDER

The bladder reflex is located in the first zone near the navicular bone distal to the heel in the area of the flexor digitorum brevis and abductor hallucis muscle. Massage this reflex using circular or back-and-forth, friction motions.

27. COLON

The colon reflex consists of five parts. On the right foot, the ascending colon reflex begins in the fifth zone just distal to the heel along the lateral band of the plantar aponeurosis and abductor digiti minimi muscle. The reflex stretches across these muscles until the level of the tuberosity of the fifth metatarsal, at which point the reflex is the hepatic flexure of the colon where the ascending colon becomes the transverse colon. The transverse colon reflex stretches across the zones at the level of the tuberosity of the fifth metatarsal to the inside arch of the foot. The transverse colon continues on the left foot at the inside arch and stretches across to the fourth zone at the level of the tuberosity of the fifth metatarsal. In the fifth zone, the reflex is the splenic flexure of the colon and moves distally to the spleen reflex. The transverse colon reflex becomes the descending colon reflex and moves proximal in the fifth zone toward the calcaneus. The descending colon reflex becomes the sigmoid colon reflex just distal to the heel and moves medially to the first zone along the tendon of the flexor digitorum brevis muscle. The sigmoid colon reflex becomes the rectum reflex and ends at the medial end of the tendon of the flexor digitorum brevis muscle. Massage the colon reflex using effleurage motions. On the right foot, begin at the ascending colon reflex, and move medially along the transverse colon reflex. On the left foot, begin at the transverse colon reflex, move laterally to the descending colon reflex, then proximal to the sigmoid colon reflex, then medially along the sigmoid colon reflex to the rectum reflex. Use circular, friction motions on any tense areas. Spend extra time on the hepatic and splenic flexures, as these are often the most congested areas.

28. SMALL INTESTINE

In the body, the small intestine generally moves back and forth (laterally and medially) on the right side and up and down (superior and inferior) on the left side. The small intestine reflex is located in the center area formed by the colon reflex at the plantar aponeurosis and flexor digitorum brevis muscle. Massage the left foot in lateral and medial directions, and massage the right foot in proximal and distal directions.

29. SCIATIC NERVE

The sciatic nerve is the largest nerve in the body and runs down the leg. The sciatic nerve reflex is located along the body of the calcaneus bone. Massage this reflex using deep, press-and-release motions. Because the skin on the heel is the thickest on the body, you can apply stronger and deeper pressure.

30. UTERUS/PROSTATE

The uterus/prostate reflex is located on the inside of the ankle posterior and inferior to the medial malleolus, between the medial malleolus and the corner of the heel. Massage this reflex using circular, friction motions.

31. OVARY/TESTICLE

The ovary/testicle reflex is located on the outside ankle posterior and inferior to the lateral malleolus, between the lateral malleolus and the corner of the heel. Massage this reflex using circular, friction motions.

32. FALLOPIAN TUBES/VAS DEFERENS

The fallopian tubes connect the ovaries to the uterus, and the vas deferens connects the testicles to the prostate. This reflex is located across the top of the foot in a palpable groove, connecting the ovary reflex to the uterus reflex and the testicle reflex to the prostate reflex, respectively. Massage this reflex moving from the outside ankle to the inside ankle, as the ovaries produce eggs and sends them down the fallopian tubes to the uterus, and the testicles produce sperm and sends them down to the prostate.

33. LYMPHATIC DRAINAGE

There are several lymph reflex points. One is located on the posterior side of the ankle on either side of the calcaneal tendon. The main point for this reflex is located on top of the foot between the big toe and the second toe; however, there are lymph reflex points located between all of the toes. Massage the lymph reflexes in the direction of the heart.

34. BREAST

The breast reflex is located on top of the foot distal to the heads of the metatarsals. Massage this reflex using circular, friction motions.