

7. Appendices

Appendix 1. Diagrams

Diagram 1: Zones of the body and feet

zones of the body

zones of the feet

Diagram 2: Reflex points on feet

Diagram 3: Reflex points on ears

Diagram 4: Reflex points on hands

Appendix 2. Foot reflexology procedures

Reflexology sequence outline

The researcher follows Farnsworth's method, taught to the researcher at the Australian College of Tactile Therapies. This method is similar to Ingham's method.

We will start at the right foot as follows:

Relaxing techniques

1. Ankle stretch 'under'
2. Ankle stretch 'over'
3. Ankle loosening
4. Side to side
5. Spinal stretch
6. Metatarsal knead
7. Diaphragm relaxer
8. Toe rotation (Farnsworth, p 11-4)

Working the spine

1. Toe walk up sacral-coccyx zone
2. Toe walk up lumbar zone
3. Toe walk up thoracic zone
4. Finger walk up cervical zone
5. Toe walk down thoracic zone
6. Toe walk down lumbar, sacral-coccyx zone
7. Spinal stretch and metatarsal knead (Farnsworth, p 11-4)

Working the lungs

1. Diaphragm relaxer then toe walk from medial metatarsal upwards from diaphragm to base of toes
2. Do five plantar zones in between metatarsals, repeat other hand, back to start metatarsal knead
3. Finger walk dorsal five zones in between metatarsals with thumb in fist medial to lateral
4. Change hands, repeat lateral to medial

Working the toes

1. Toe walk sideways over throat-thyroid reflex both ways
2. Finger walk cervical while stretching toe with holding fingers
3. Toe walk down large toe plantar side latched onto fingers, work medial to lateral all toes latched onto fingers, work medial to lateral all toes to their roots
4. Repeat other coming back to start (use other hand)
5. Hook in and back up on pituitary with medial thumb
6. Working the brain
7. Toe walk the ridge (eye and ear reflexes) both ways using lateral aspect or edge of thumbs pulling down padding
8. Side to side relaxer
9. Metatarsal knead (Farnsworth, p 11-4 – 11-5)

Working the digestive system

1. Toe walk waistline to diaphragm, cross hatch in both direction with foot in dorsiflexion
2. Wring out with thumbs
3. Toe walk waistline to heel line, cross hatch in both directions with foot in dorsiflexion and wring out with thumb
4. Work the adrenal gland
5. Work the ileocecal valve reflex hook in and back up right foot
6. If on left foot cross hatch plantar heel zone working the sigmoid flexor three ways with thumb then hook in and back up
7. Side to side relaxer (Farnsworth, p 11-5)

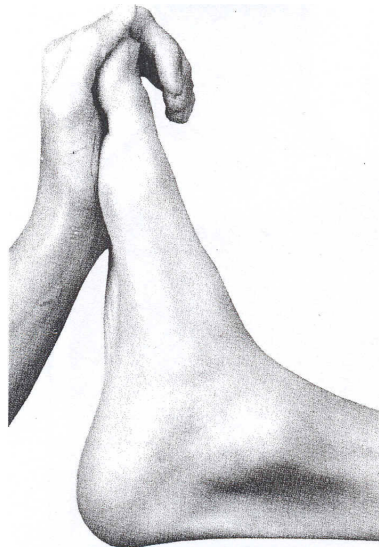
Working the lateral and medial heel areas

1. Finger walk lateral hip, knee, leg reflex zone
2. Change hands and finger walk same reflex from dorsal side to plantar side
3. Finger walk hip, sciatic reflex around external malleolus
4. Change hands and finger walk same reflex going opposite direction underneath
5. Change hands pin point...with index finger rotate clockwise on lateral reproductive reflex
6. Ankle loosening
7. Dorsiflex foot, toe walk medial Achilles tendon three times
8. Reflex rotate using thumb as a fulcrum on medial reproductive reflex
9. Ankle loosening
10. Finger walk across ankle medial to lateral and lateral to medial
11. Finish with full range of relaxing techniques (Farnsworth, p 11-5)

Details of each procedure are described below. Before using the procedures, the reflexologist has to understand how to hold the client's foot and how to use thumb and fingers effectively.

Basic holding technique

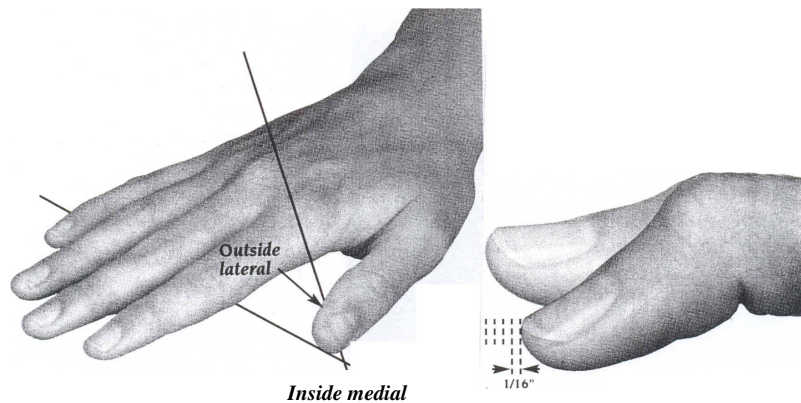
The heel of the holding hand will be placed firmly on the metatarsal pad of the foot with the fingers relaxed over the toes and the thumb on the medial edge of the great toe or the small toe...drop the wrist slightly to relax the longitudinal tendon of the foot, this gives you control over the foot and allows you to push the foot back or to bring it forward using the natural spring of the ankle joint (Byers 2001, p 27).



Picture 1
Basic holding technique

Basic thumb technique

The inside (medial) edge of the thumb is the used part, ‘...walk the thumb by slightly bending and unbending the 1st joint...it will “creep” forward in this natural position...taking tiny bites...like a snail who leaves a steady, even trail...’ (Byers 2001, pp 28-29).



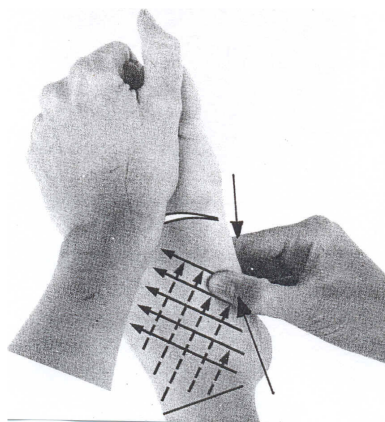
Picture 2
Position for the basic thumb technique

Picture 3
Basic thumb walking technique

Leverage

This technique helps you to put effective pressure on each area of the foot.

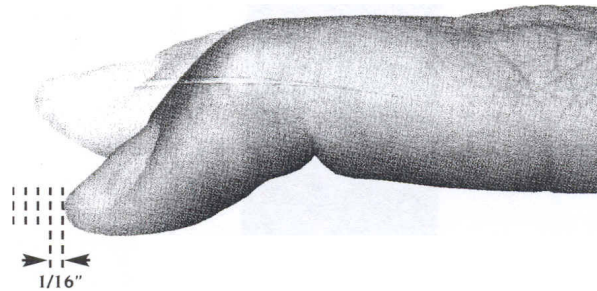
‘...place the fingers of your working hand firmly underneath [each area] for leverage in opposition to your thumb and do the walking motion with your thumb, letting the fingers follow along as you move (Byers 2001, p 28).



Picture 4
Leverage

Basic finger technique

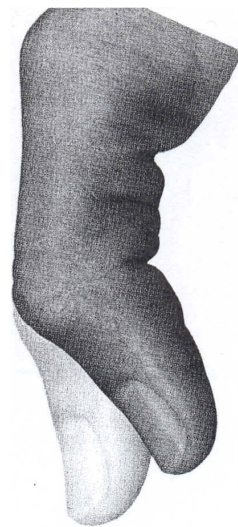
The same as the thumb technique, taking creeping motions by smaller and smaller bites and exerting a constant and steady forward pressure...the finger always moves in a forward direction, never backwards or sideways...the index, third and fourth fingers can walk individually or together...we use ...[this technique] to work certain areas which could not be worked as effectively by using the thumbs (Byers 2001, p 30).



Picture 5
Basic finger walking technique

Hook-in, back-up technique or bumblebee action

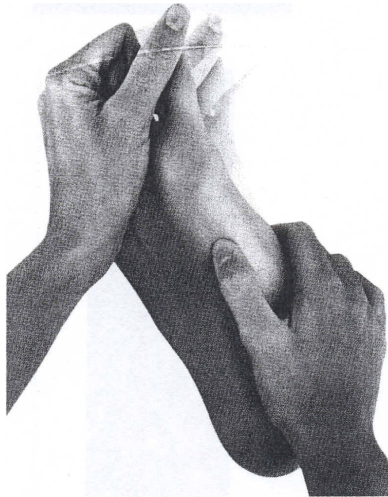
Using the thumb technique...bend the 1st joint of the thumb slightly and exert pressure with the medial (inside) corner of the thumb...on the reflex point, push in and bend the thumb to approximately a 90° angle as you drop the wrist...(Byers 2001, p 31).



Picture 6
Hook-in, back-up

Pivot point technique

[This] technique is a valuable aid in working particularly tender areas...use the basic holding position with the holding hand and flex the foot slowly onto the thumb, flex several times; this gives increased pressure at the reflex point...(Byers 2001, p 32).



Picture 7
Pivot point technique

Relaxing Techniques

Ankle stretch ‘under’

Support the right heel with the left hand with your thumb around the outside of the ankle, just below the ankle bone...grasp the top of the foot in your other hand and gently rotate it a few times in one direction, then a few in the other (Lidell 1984, p 137).



Picture 8
Ankle stretch ‘under’

Ankle stretch ‘over’

Place the ...[right] hand with the fingers together over the dorsal side of the foot with the webbing between the thumb and fingers over the ankle joint where the foot is joined onto the leg; the rest of the fingers are wrapped around the leg, place the heel of the ...[left] hand on the plantar surface of the foot...push the foot back firmly with the heel of the hand and let it return, in a slight oval motion, via its own natural spring (Byers 2001, p 35).

Ankle loosening

Place the heel of the hands below the anklebone, one on the medial side and one on the lateral side, then move the hands rapidly back and forth, the hands will be going in the opposite direction from each other, the foot will shake from side to side (Byers 2001, p 34).



*Picture 9
Ankle loosening*

Side-to-side (back and forth)

Place the center of the palms of the hands, one on the medial side on the 1st metatarsal head and one on the lateral side on the 5th metatarsal head, with the fingers relaxed, and then move the hands rapidly back and forth (Byers 2001, p 33).

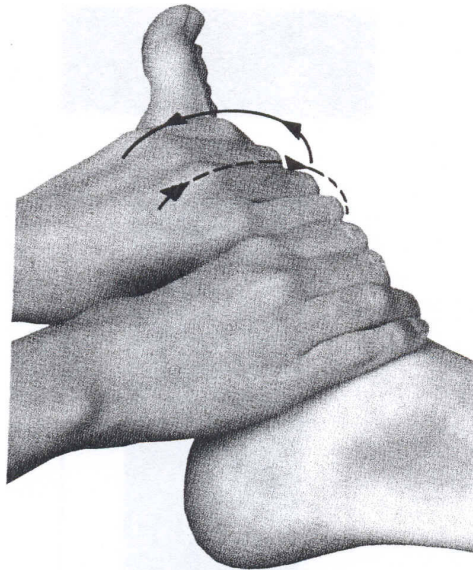


*Picture 10
Side-to-side*

Spinal twist/stretch

Place the hands together with the palms facing down and index fingers touching each other; the thumbs will also be down, with the foot tipped out, place the hands as a unit firmly around the foot, with the webbing between the thumbs and fingers placed in the spinal reflex area and the thumbs on the plantar surface of the foot, the center of the two hands will be placed on or slightly above the pelvic guideline, keeping your arms straight and then drop your wrists, the hand should be used as a unit keeping all the fingers together and the hands touching at all times, the hand closest to the heel will remain stationary and firmly support the foot, while the other hand will twist slowly and smoothly back and forth as far as possible in each direction, after several movements, slide the two hands together gradually inching toward the toes and continue the twisting movement ...keep the hand toward the

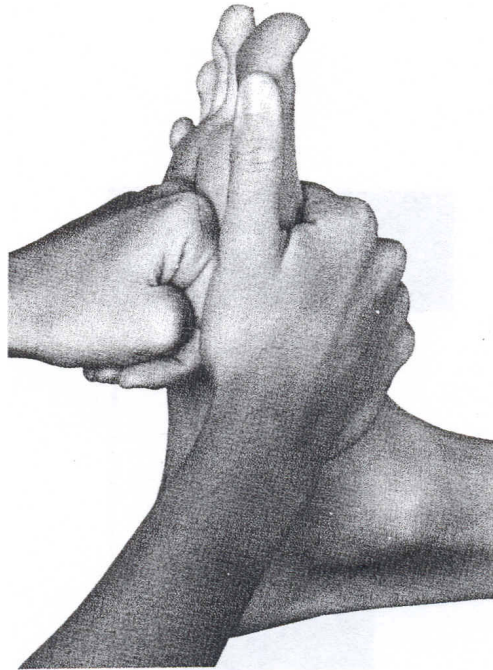
heel stationary and firm at all times, continue this process until the hand nearest the toes is over the great toe (Byers 2001, p 34).



*Picture 11
Spinal twist*

Metatarsal kneading

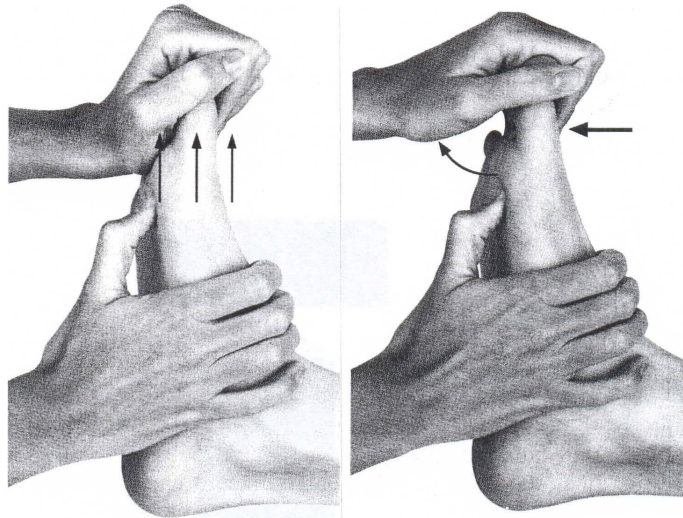
Place the fingers of the right hand (holding hand) on the dorsum of the foot from the medial side, with the index finger placed just below the base of the toes and the thumb in a vertical position resting in the medial edge of the foot...with the left hand make a fist with the flat part placed against the plantar surface of the foot (metatarsal area) directly opposite the right hand, first push the fist against the metatarsal pad, then ...knead with the holding hand release a little pressure with the fist...keep both hands in contact with the foot at all times...[and] repeat several times. (Byers 2001, p 33).



*Picture 12
Metatarsal kneading*

Diaphragm/solar plexus tension relaxer

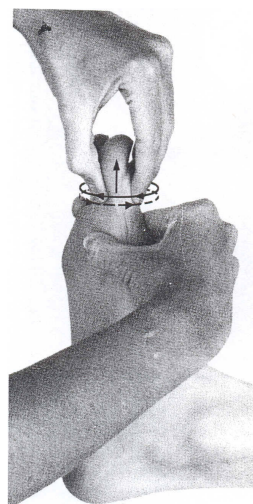
Starting on the medial side of the foot, place the slightly bent working thumb on the base of the metatarsal head, grasp the foot at the base of the toes with the holding hand, making sure the thumb and index finger are placed around the great toe; it is important that the holding hand is placed squarely over the toes and not to the side, lift the foot with the holding hand and then pull the metatarsals onto the thumb (applying extra pressure with the thumb); the pressure of pulling fingers should be on the dorsum of the foot at the base of the toes; when pulling the toes onto the thumb, the heel of the holding hand should come slightly away from the plantar surface, be careful not to bend the toes while doing this; the thumb should then take one small sideways step toward the lateral side and continue this process across the entire diaphragm/solar plexus reflex, repeat the process several times, continue until you reach the lateral edge (Byers 2001, p 38).



*Picture 13
Diaphragm/solar plexus relaxation technique*

Toe rotation

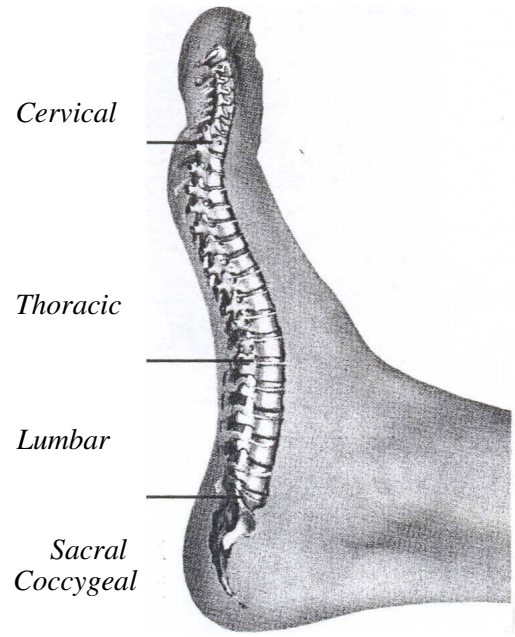
Hold the base of the toe you wish to rotate firmly with the thumb and fingers of the holding hand, the thumb on the plantar surface and the fingers on the dorsal surface, take the thumb and 1st two fingers of your working hand and place them over the toe all the way to its base, with a slight lift, rotate each toe, first in one direction several times, and repeat in the opposite direction (Byers 2001, p 37).



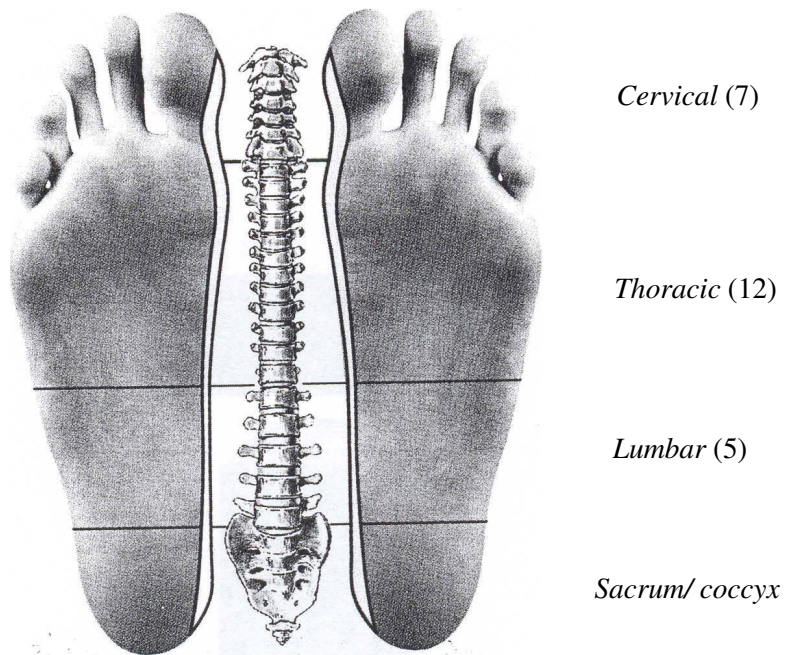
*Picture 14
Toe rotation*

Working the spinal reflex

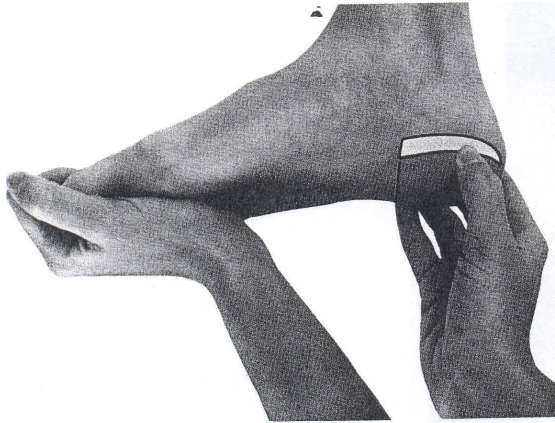
Start by working the sacral/coccyx area, roll the thumb over the edge of the heel (often a callused area) and walk up approximately one half inch towards the leg...then start by using the right thumb and begin to walk up the sacral/coccyx reflex from the base of the heel to approximately the pelvic guideline or as far as the hand can reach, repeat several times on a slightly different path, covering all sides of the reflex and never losing contact with the foot, work the lumbar reflex by placing the fingers over the top of the foot and the thumb remains approximately on the pelvic guideline, walk up the lumbar reflex to the waistline guideline and then continue walking the thoracic reflex until reaching the 7th cervical reflex, located below the base of the great toe...repeat several times...use the index finger when working the cervical reflex for an extra fine treatment, start by supporting the foot with the fingers of the left hand which are placed over the toes and hold the great toe firmly with the thumb and index finger, the working hand then supports the foot with the thumb and the 3rd, 4th and 5th fingers while the index finger walks from the base of the great toe to the base of the nail, repeat this several times...[after that] working down the spinal reflex by supporting the foot on the metatarsal pad with the fingers pointing upwards and bent at the knuckle joints, use the thumb of the working hand to walk all the way down the spinal reflex, repeat several times using a slightly different path each time (Byers 2001, p 53-55).



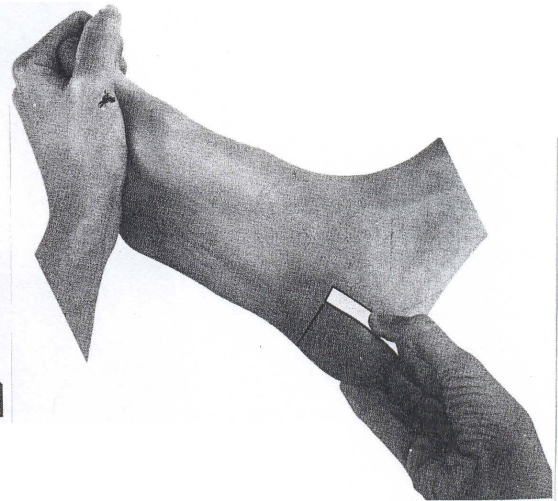
Picture 15
Curves of the spine and foot



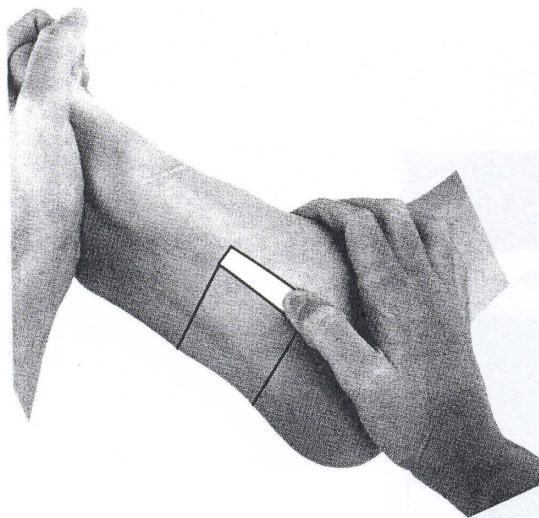
Picture 16
The spinal reflex compared to the spinal vertebrae



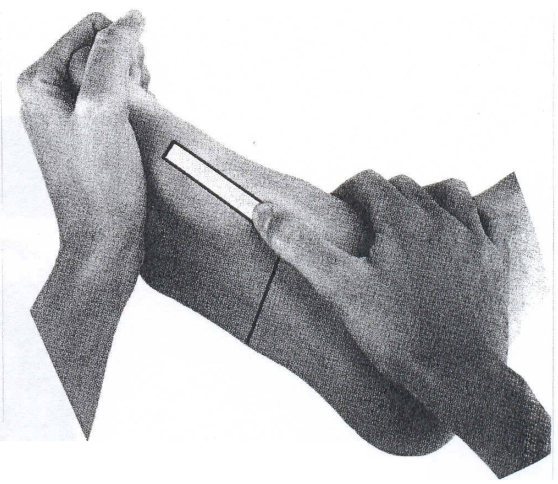
Picture 17
Working across the sacral-coccyx reflex



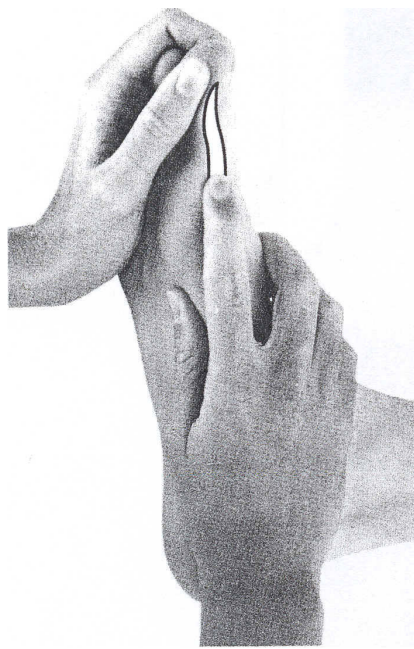
Picture 18
Working up the sacral-coccyx reflex



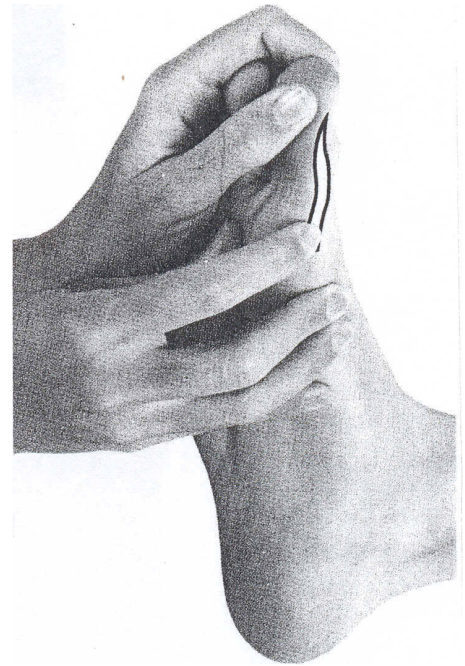
Picture 19
Working up the lumbar reflex



Picture 20
Working up the thoracic reflex



Picture 21
Working up the cervical reflex

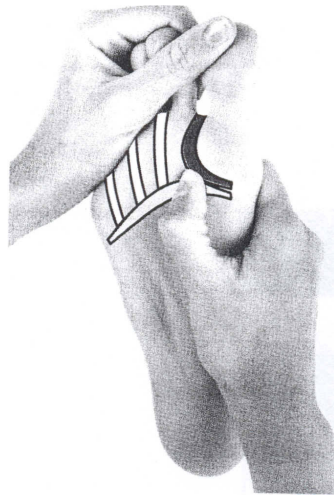


Picture 22
Working across the cervical reflex

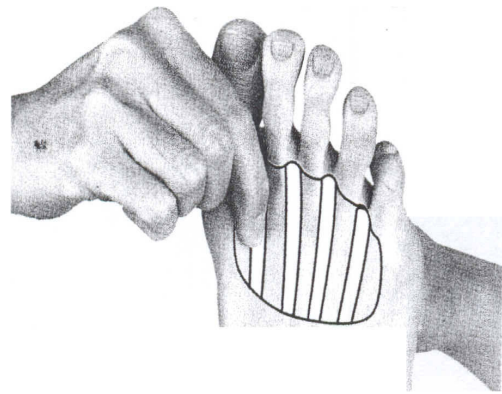
Lung reflex

First, work the plantar surface of the foot...use the basic holding position, tilt the foot slightly outwards and gently spread the toes, using the right thumb, apply the basic thumb technique, work up the grooves formed by the bones between each toe, starting with the groove between the great toe and the 2nd toe...separate the great toe and the 2nd toe with the holding hand in order to open the grooves properly, after several passes up this area, proceed with the same technique in the groove between the 2nd and the 3rd toes, then the 3rd and 4th toes, and then the 4th and 5th toes, change hands and with the left thumb, work back in the opposition direction starting with the groove between the 4th and 5th toes...work this same area on the dorsal surface of the foot, this area may be very tender and should be worked very gently at first...working just to the client's discomfort tolerance, start with the right foot using the right hand as the working hand, place the left fist (holding hand) in the

metatarsal padding of the foot, then place the thumb of the working hand on the index finger of the holding hand for leverage and work down the dorsum of the foot with the medial corner of the index finger, work in the groove between the great toe and the 2nd toe, making sure the fist is pushing the foot back as this will spread the region while working, line up the 1st knuckle of the fist with the groove you are working, this enables the working finger to line up with that groove, work this area several times and then move to the following grooves repeating this procedure with each groove, change hands and repeat this procedure in the opposite direction (Byers 2001, pp 102-103).



Picture 23
Working the lung reflex



Picture 24
Working the lung/breast reflex (dorsal surface)



Picture 25
The holding hand for working the lung reflex