

## Foot Reflexology

Note: insomnia? Warm foot bath and a massage. Draws the temperature down, slows the blood down, calms you down. Same principle as moxa at Ki 1.

Foot Reflexology can prevent/treat disease b/c:

- Improve blood circ
- Nerve reflex action
- Micro-sys theory
- Meridian theory
- Psychological action – really relaxing.

### Principle of Mapping Zones of the Feet

Different from ear and hand therapies. Hands and ears can be used singly for the whole body. Different from foot. Both feet represent the whole body.

Put the feet together, map the whole body onto both. The center area represents the midsagittal line. See slides 5 – 8 of the Foot Reflexology.pdf file. Head is represented by the 2 big toes, etc.

Medial side of the foot is like a body in profile, again with the big toe playing the head. Lateral side is representative of the 4 limbs.

### Point location principles

#### Sole Points

All points on the bottom/sole of the foot are structural points. If there's another point somewhere else with the same name, then that one is a functional problem. If there's just one named point, it's probably structural.

Example: on the heel, sole of the foot, right in the center is a gonad point. This is for structural problems. If you look at the lateral part of the heel there's another gonad point, but this is for functional disorders.

**Final is comprehensive!! Just remember that.** A little bit more on the new stuff since we haven't been tested on it before.

**Don't have to know the numbers, but need to know what's where. Know how the body diagram overlays the 2 feet soles.**

5 points only on the right sole: heart, spleen, descending colon, rectum, anus

5 points only on the left sole: liver, gallbladder, ascending colon, ileocecal valve, appendix

### Medial side of the foot (functional disorders)

For the medial side of the foot: see picture on slide 9. Forget the head, but on the 1<sup>st</sup> MT bone, = cervical vertebrae, 'bout where Spleen 3 is.

### Lateral side of the foot (structural disorders)

Shoulder is around the MTP joint of the 5<sup>th</sup> MT. Scapula is proximal to that, matching the pattern on the body. Note that coccyx is on the heel, just like on the medial. Gonad on lateral side matches uterus/prostate on medial side. On the medial side the ankle area was for lower lymph, on lateral side, is for upper lymph.

Remember medial side the outer edge of the achilles – that's rectum/anus. On the lateral side, this same area is the lower abdomen.

Sciatic nerve points, both medial (more functional) and lateral (more structural) are sciatic. Both are anterior to the achilles tendon.

### Dorsum of the foot.

Diaphragm area is over the ribs.

### **Diagnosis of Feet Reflex Zones**

Dx w/ painful sensation. Check the feet reflex zones: 1 → end in order.

Posture: have patient lie down on their backs. You could also have someone sit for you. Not everyone feels comfortable sitting up, esp if hams are tight and then the whole body will tense.

### Preparation:

1. Clean and warm the feet. Very important!! Wash or soak the feet in prep'd warm water with special herbs for 15 minutes. Which herbs depends upon what you need to do for this person. But Hong Hua is a great herb for moving Qi and blood. And it's very pretty. ☺

Most ppl's feet are cold (I tell you the truth!) – furthest from the heart and the center of warmth. This stimulates the circulation so you can easily move the Qi and Blood.

2. Put on a massage medium.  
To warm use warming herbs – Dong Qing You for instance, is a very warming oil and penetrates well. Cooling oil gives a very different feel – Bo he for instance.
3. Rub the bilateral, sole, and dorsum of the foot.

## Basic Methods for Massage Manipulations:

No matter the manip, remember to slowly transition from one type of manipulation to another. When there are fits and starts feelings it is jarring to the patient. Manipulations should flow smoothly.

1. Pressing
2. Rolling/kneading
3. Rubbing
4. Tapping or patting

## Massage Sequence on the Feet Zones

Whole feet.

1. Starts with Heart zone, left foot. The basic zone (3 points) = kidney, ureter, bladder. This is also for the detoxification treatment.

Foot massage starts the blood circulating which then quickly flows through the kidney. Gotta wake those kidneys up and get them working!

Sole → medial → lateral → dorsum of foot → basic zones again (kid, ureter, bl).

2. Now to the right foot, same deal.

## Special Zone Foot Massage

1. Basic reflex zone (KI, ureter, BL) →
2. Diseased Reflex Area.

Example: constipation. LI, descending colon, rectum, anus on left side. Diarrhea, right side.

PMS: focus on the uterus. If emotional, add Liver points. If hormonal, gonad/sex gland. If more KI, use that area.

## Direction of Massage:

- From toes, go downward step by step, along the circumfluence of vein/lymph. Bottom of the foot, rub proximally. Top of the foot, rub distally.

The number pattern on the diagrams is the order of the massage.

- When done, loosen the ankle.

## Treatment time and course

- Each treatment = 30-45 min. Basic reflex area must have 5 minutes! Severe cases, 10-20 minutes (less time), but still basic reflex = 5 minutes
- Acute case: 1ce/day.  
Chronic case: 1ce every 2 days or 2ce weekly.
- 7 times = 1 course of treatment.

## Principle of selecting reflex area:

1. Mainly based on disease position related to zangfu organs/tissues, not the disease.
2. Basic Reflex Area – Ki, ureter, BL for excretion of toxins.
3. Before end of the treatment must massage the basic reflex area (BRA) 4-5 minutes.

Learn the Indications and Contraindications!

Beware severe bleeding diseases, preppers and periods – you're near the BL 67 area, BL 62, KI 6. Your insurance doesn't cover this!! Nothing on the medial area, and for heaven's sake, watch out for SP 6. Watch out for kid failure diseases, heart failure, liver depletion and active Lung TB.

Precautions

Clip and smoothe the nails before massaging

Like swimming, wait an hour after eating.

Don't do it while the patient is very angry or afraid.

Check out the Clinical Treatments.