Foot Reflexology

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General Introduction

• Conception:
  A prevent and treating diseases method, which stimulating the points (zones) on the foot by massage to regulate zang-fu’s function, soothing qi & blood in the channel.

• History:  *Shiji-time*
  Dr. *Shufu* massage the foot to treat disease

• Japan : Foot sole Tao,
• Europe-America: Reflexology therapy (1989)
• 1978---back to China, 1990--- Beijing, Society
Bases of Foot Reflexology

• TCM: Meridian theory—6 channels, 33 meridian points on each foot.

• Anatomy: 26 pieces foot bone, joint, muscle, nerves, blood vessels, lymph.

• Nerve Physiology:
  Reflex arc-------The neural path of a reflex.
  Foot---spinal cord-----Cerebral; Spinal cord connects to all Zang-fu organs
Why it can prevent/treat diseases?

- 1. Improving blood circulation
- 2. Nerve reflex action
- 3. Micro-system theory
- 4. Meridian theory
- 5. Psychology action
Principle of mapping Zones on the Feet

- Each organ has its zone /area on the foot
- The Sole: looks like a sitting person if the two feet are put together
The Internal Zang-Fu organs mapped on the Feet
The Internal Zang-Fu organs mapped on the Feet
The **medial side** of the foot
similar to the picture of the lateral body

The **Lateral side** of the foot:
similar to the four limbs of the body

The **big toe**:
similar to the head
Points location principle

• The Sole

1. Front part: Chest (Heart-left & Lung)
2. Middle part: Abdomen (stomach, intestine, pancreas, Kidney; liver, gallbladder (on the right foot); the heart and spleen are on the left foot.
3. The heel:
   Pelvic cavity (uterus, ovary, prostate glands, testis, bladder, urethra, vagina, anus)
The **medial side**----vertebral column

Cervical vertebra $\rightarrow$ thoracic vertebra $\rightarrow$

Lumbar vertebra $\rightarrow$ sacrum $\rightarrow$ Coccyx

The **ankle** stands for the hip joint
Points of the left sole

1. Adrenal 腺上腺
2. Kidney 肾
3. Bladder 膀胱
4. Frontal sinus 额窦
5. Cerebellum, Medulla 小脑, 延髓
6. Nose 鼻
7. Pituitary 垂体
8. Thyroid 甲状腺
9. Eye 眼
10. Trapezius 斜方肌
11. Heart 心
12. Pancreas 胰
13. Spleen 脾
14. Transverse colon 横结肠
15. Rectum 直肠
16. Genital 性腺
17. Celiac plexus 腹腔神经丛
18. Ureter 输尿管
19. Urethra, Vagina, Penis 尿道、阴道、阴茎
20. Trigeminus 三叉神经
21. Cervic/neck 颈部
22. Brain 大脑
23. Parathyroid 甲状旁腺
24. Frontal sinus 额窦
25. Ear 耳
26. Lung and bronchus 肺和支气管
27. Stomach 胃
28. Duodenum 十二指肠
29. Small intestine 小肠
30. Descending colon 降结肠
31. Anus 肛门

Acupoints of Left Sole
Points of the right sole

1. Adrenal 肾上腺
2. Kidney 肾
3. Bladder 膀胱
4. Frontal sinus 额窦
5. Cerebellum, Medulla 小脑, 延髓
6. Nose 鼻
7. Pituitary 垂体
8. Thyroid 甲状腺
9. Eye 眼
10. Trapezius 斜方肌
11. Liver 肝
12. Stomach 胃
13. Duodenum 十二指肠
14. Transverse colon 横结肠
15. Ileocecal valve 回盲瓣
16. Celiac neuroplexus 腹腔神经丛
17. Ureter 肾输管
18. Urethra, Vagina, Penis 尿道、阴道、阴茎
19. Trigeminus 三叉神经
20. Cervix 颈部
21. Brain 大脑
22. Parathyroid 甲状旁腺
23. Frontal sinus 额窦
24. Ear 耳
25. Lung and bronchus 肺和支气管
26. Gallbladder 胆
27. Pancreas 胰
28. Small intestine 小肠
29. Ascending colon 升结肠
30. Appendix 阑尾

Acupoints of Right Sole
Points on the medial side of the foot

Acupoints of the Medial Side of the Foot

33 Cervical vertebra 颈椎
36 Sacrum 骶骨
39 Rib 肋骨
42 Hip joint 髋关节

34 Thoracic vertebra 胸椎
37 Coccyx 尾骨
40 Groin 腹股沟
43 Rectum, Anus 直肠、肛门

35 Lumbar vertebra 腰椎
38 Uterus or Prostate glands 子宫或前列腺
41 Lymph nodes of the lower part of the body 下身淋巴结
44 Sciatic nerve 坐骨神经
Points on the lateral side of the foot

- Shoulder 肩
- Coccyx 尾骨
- Rib 肋骨
- Lower abdomen 下腹部
- Elbow 肘
- Gonad 性腺
- Lymph nodes of the upper part of the body 上身淋巴结
- Sciatic nerve 坐骨神经

Acupoints of the Lateral Side of the Foot
Points of the dorsum of the foot

56 Jiexi (ST41) 解溪
57 Lymph nodes of the upper part of the body: 上身淋巴结
58 Lymph nodes of the lower part of the body 下身淋巴结
59 Diaphragm 隔膜
60 Thymus 胸腺
61 Trachea 气管
62 Larynx 喉
63 Acoustic labyrinth 耳迷路
64 Chest 胸
65 Tonsil 扁桃体
66 Lower palate 下颚
67 Upper palate 上颚

Acupoints of the Dorsum of the Foot
Diagnosis of Feet Reflex Zones

• Diagnosis with painful sensation

Checking order of the Feet reflex zones:

Diagnosis by palpation/observing
The Posture of Foot Massage

1. Lying down on the back/on the abdomen

2. Sitting posture
Preparation before Massage

• Clean and warm the feet: wash or soak the feet into prepared warm water with special herbs for 15 minutes

• Put on Massage Medium

• Rubbing the bilateral, sole and dorsum of feet till warm is felt
Basic Methods of Massage Manipulations

• 1. Pressing methods

• 2. Rolling or kneading methods

• 3. Rubbing methods

• 4. Tapping or patting methods
Striking with the thumb and index

Holding and pushing with the palm

Clamping with the index finger and thumb
Massage Sequence on the feet Zones

Whole Feet Massage

• First Checking the Heart Zone, then start from the **Left** foot:

  the basic zone (3 points)

  Sole → the medial → the lateral side → the dorsum of the foot → the basic zone (3 points)

Then Right Foot
Special Zone Foot massage

1. Basic Reflex Zone
2. Diseased Reflex Area
3. Related Reflex Area
4. Basic Reflex Zone

Relax the ankle joint to end massage
The direction of massage

• From the toes goes downward step by step: along the circumfluence of vein/lymph
Treatment time and course

• Each time: 30-45 minutes; to Basic reflex area must have 5 minutes. To severe case it can be less to 10-20 m

• Acute case: once per day; to chronic one once each every two days or twice a week.

• 7 times as 1 treatment course
The principle of selecting reflex area

• Mainly based on the diseased position (related Zang-fu organs or tissues), not the disease itself.

• Basic Reflex Area ---Kidney, Ureter and Bladder (Excretion of toxin)

Before and end the treatment must massage BRA 4-5 times.
Indications

- Health preserving
- Neurological disorders: headache, paralysis, nerve pain
- Endocrine system disorders: hypothyroid
- Digestive system diseases: gastritis, constipation, diabetes
- Respiratory system diseases: cough, asthma
- Urinary and genital system diseases
- Motor system diseases
Contraindications

• Various Severe Bleeding Diseases
• Female in Period and Pregnancy (treating reflexology)
• High Fever with acute & severe infection
• Severe diseases like kidney failure, heart failure, liver depletion
• Active lung TB
Precautions

• Shorten the nails before massaging the feet
• In 1 hour after eating is not suitable for feet massage, which will cause side stimulation to stomach. And not doing it while the patient in great anger/scares.
• Fan can not direct to the feet during feet massage
• Drinking some warm water after feet massage
• Pay attention to prevent accident.
Clinical Treatment

1. Diabetes
   BRA (Kidney, ureter, Bladder)
   Stomach, small intestine
   Pancreas, Heart, liver
   Adrenal gland, Sciatic.

2. Lower Libido
   BRA; Pituitary, Adrenal gland, prostate;
   Sex gland, thyroid
Dysmenorrhea

BRA; Uterus, ovary

Celiac neuroplexus, Adrenal gland

Pituitary, lower abdomen (pelvic area)

Health Preserving Feet Massage

Whole Feet Massage should be done.

Continue the treatment.

----Regulating Blood circulations

----Improving metabolism and the functions of Heart, Brain, and other Zang-fu organs.