

Contraindications

Pressure and rubbing should be avoided on sores and bruises, and on skin conditions such as rashes, burns, and sunburn. Practitioners wear protective gloves if nail fungus or athlete's foot is present, or may not perform the session if the condition is severe. Movement and pressing around ankle sprains and other orthopedic injuries should be limited. The reflex action of Reflexology is thought to help normalize body tissues and organs, and therefore, no points are contraindicated as posing potential harm to their corresponding body area.



Further information about Foot Reflexology may be found at the website, Home of Reflexology [www.reflexology.org].

References:

Benjamin, P.J, and Tappan, F.M. (2005) "Foot Reflexology," Chapter 15 in Tappan's handbook of healing massage techniques. Upper Saddle River, NJ: Prentice Hall.

Fitzgerald, W.H. & Bowers, E.F. (1917) Zone therapy. Columbus, OH:I.W. Long.

Dougans, I. (1996) The complete illustrated guide to Reflexology: Therapeutic foot massage for health and well-being. Rockport, MA: Element Books.

This brochure is intended for information only. Contact your physician for diagnosis of medical conditions, and for advice on whether massage might be beneficial for you.

Foot Reflexology written by Patricia J. Benjamin, PhD.



HEMINGWAY
PUBLICATIONS

1702 Windsor Rd. #2413, Loves Park, IL 61132-7002
www.hemingwaypublications.com
815-624-8580

© Copyright JJI Web Solutions Inc., revised 2015
All rights reserved. No part of this brochure may be used or reproduced in any manner whatsoever without written permission from the publisher. Printed in the U.S.A.



Foot Reflexology

Normalize function & increase circulation throughout the body



**THERAPEUTIC
MASSAGE**

For a Healthier Life

Foot Reflexology

Foot Reflexology is different from a standard foot massage. In Foot Reflexology, pressure is applied systematically to specific spots on the feet to stimulate different parts of the body, including the internal organs. For example, pressing the toes can help clear the sinuses, and pressing near the heel can improve digestion. Reflexology charts map out which spots on the feet correspond to which body parts.

The goal of Foot Reflexology is to normalize function and increase circulation throughout the body, resulting in better health overall. It is also used to complement treatment for certain medical conditions.

History

In the late 1800's, neurological studies in England and Germany provided the scientific basis for the development of modern Reflexology. Foot Reflexology as it is known today was developed by Eunice Ingham (1889-1974) of the United States. Ingham combined a theory called Zone Therapy with compression massage of the feet, and created Foot Reflexology charts still considered accurate. In the 1950-1960s, Ingham taught Reflexology throughout North America, and it has since spread to all parts of the world.

Zone Therapy & Other Theories

Foot Reflexology is based on the theory of Zone Therapy. According to this theory, the body can be thought of as divided lengthwise into 10 zones. These longitudinal zones have endpoints in the top of the head, and in the hands and feet. The theory proposes that pressure applied anywhere in a zone affects the entire zone.

The feet have proven to be especially sensitive and easily accessible for Reflexology sessions. Direct pressure on endpoints in the feet causes a reflex action along the entire length of the corresponding zone. That is, all of the structures and organs in that

zone, from head to toe, are stimulated in a positive way.

Eunice Ingham believed that reflexology techniques dissolve crystalline deposits in the feet that interfere with normal body functioning. Others believe that Reflexology restores lost balance in circulation. Still others think of the zones as related to energy meridians of traditional Chinese medicine. Although modern biomedicine has not yet found an anatomical or physiological explanation for Reflexology, many find it effective for improving health and treating certain medical conditions.

Reflexology Charts

Reflexology charts map out which body regions and internal organs are affected by pressure on the spots indicated. Structures and organs on the right side of the body appear on the right foot, while those on the left side appear on the left foot. If you look at a chart and visualize the body of the person behind



the feet, you can see the logic of the charts according to Zone Therapy.

For example, points for the heart and stomach, which are on the left side of the body, are on the left foot, while points for the liver and pancreas, which are on the right side of the body, are on the right foot. Structures and organs occurring on both sides, like the shoulders, lungs, and kidneys appear on both feet. Points for structures on the upper part of the body are located near the toes (e.g. eyes, sinuses, shoulders), while points for structures on the lower half of the body are located more near the heel of the foot. There are points around the ankle bones, on top of the foot, on the bottom of the foot, and on each toe.

The charts are usually shown in reverse (right foot on the left and left foot on the right) since that is the way practitioners see the feet when they are working.

Foot Reflexology Sessions

Foot Reflexology sessions are given with the recipient lying or semi-reclining on a massage table, or sitting in a recliner with the legs raised. The practitioner sits at the feet.

Sessions begin with standard massage techniques, and movement of the joints in the ankle, foot, and toes. Direct pressure is then applied systematically over the entire foot using specialized Reflexology techniques such as thumb walking, finger walking, hook and backup, direct fingertip and thumb pressure, and squeezing.

Foot Reflexology sessions typically last from 30 to 60 minutes. A brief Foot Reflexology session may also be included within a standard massage.