

FOOT REFLEXOLOGY Treatment Protocol

30 Minutes



SUPINE

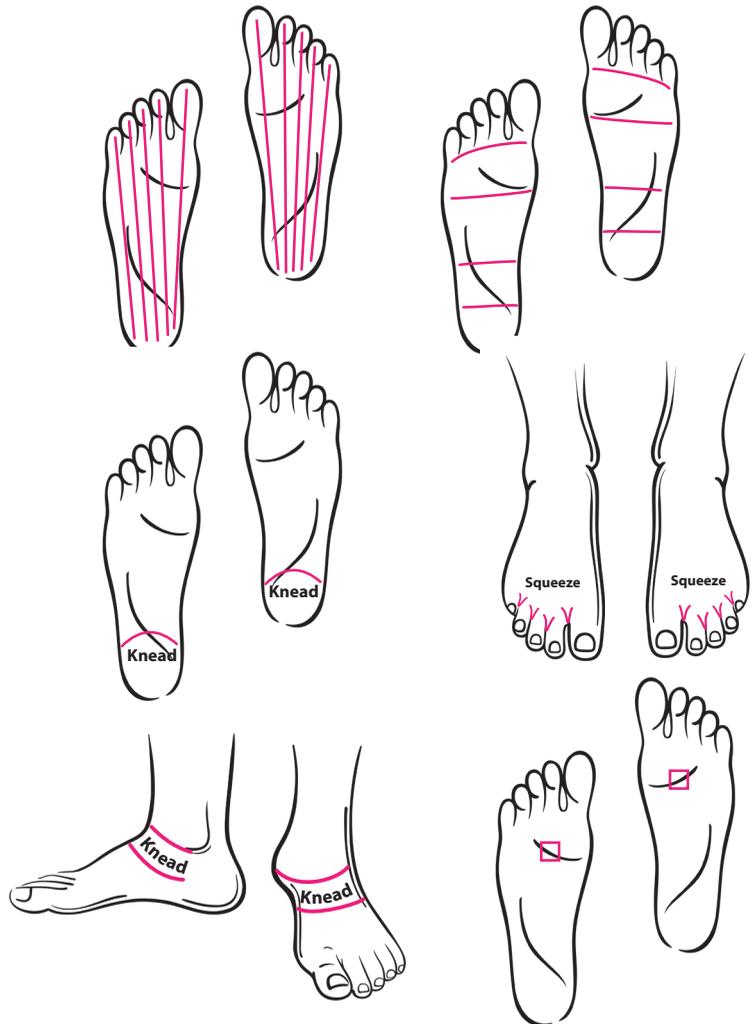
1. "Walk" 5 vertical lines with your thumb, beginning at the top of each toe to the base of the heel and back.

Vertical walking 5 minutes

2. At the base of the toes, walk horizontally from the pinky toe side to the big toe side.
3. At the ball of the foot, walk from the pinky toe edge to the big toe edge.
4. In the middle of the foot, walk in a horizontal direction from pinky toe side to big toe side.
5. Just above the heel, repeat thumb walking from pinky-toe side to big toe side and back.

Horizontal walking 4 minutes

6. Using both thumbs, knead the heel. (1 minute)
7. Squeeze gently between each toe. (1 minute)
8. Knead the dorsal (top) aspect of the foot distal to the ankle. (1 minute)
9. Move to the left foot and repeat the sequence.
10. Finish by placing both thumbs on Bubbling Springs aka Solar Plexus. Take several deep breathes. (5 minutes)



GUIDELINES

Indications: Client currently in treatment or post treatment for cancer.

Pressure: Touch Level 2 slowly increasing to Touch Level 4.

Touch Guidelines: Repeat vertical and horizontal walking 3 or 4 times before moving to the next line. Always maintain contact with the foot.

Client Self Care: Follow up with client asking open-ended questions "how is your energy level?" "How was your sleep?"

CONTRAINDICATIONS

Do NOT go deeper than Touch Level 2 with someone with CIPN. Check in the client; client may prefer CIPN protocol.

Do NOT use on client with active symptoms of Hand & Foot Syndrome.

Do NOT use this protocol with a client who is pregnant.

Do NOT use this protocol with someone who is at risk for lymphedema in either of the lower quadrants (with lymph node removal to the inguinal area).