



Foot Reflexology

Reflexology is a form of bodywork that involves applying pressure to the feet to produce changes in pain and other benefits elsewhere in the body.

How Reflexology Works

The underlying theory behind reflexology is that there are certain points or "reflex areas" on the feet that are connected energetically to specific organs and body parts through energy channels in the body. By applying pressure to reflex areas, a reflexologist is said to remove energy blockages and promote health in the related body area.



According to reflexologists, pressure on the reflex points also helps to balance the nervous system and stimulates the release of endorphins that help to reduce pain and stress.

A Typical Session

A typical treatment begins with a consultation about your health and lifestyle. This information will be used to customize the therapy.

The reflexologist will assess the feet and stimulate various points to identify areas of tenderness or tension. Brisk movements and massage may be used to warm the feet. Finger or thumb pressure is then applied using reflexology techniques.

Lotion or oil may be used in addition to instruments like balls, brushes, and dowels.

How it Feels During Reflexology

Most people find reflexology to be very relaxing. Reflexology should not be painful. If you feel discomfort, be sure to tell the reflexologist. Some areas may be tender or sore, and the reflexologist may spend extra time on these points. The soreness should decrease with pressure.

How it Feels After Reflexology

Many people describe a profound sense of relaxation and increased energy following their session.

When to Avoid Reflexology

Foot injuries: Patients with foot fractures, unhealed wounds, or active gout in the foot should avoid reflexology. Patients with osteoarthritis that impacts the foot or ankle, or those with vascular disease of the legs or feet, should consult with their primary provider prior to beginning reflexology on the feet.

Pregnancy: Reflexology sessions can produce stimulation that may cause contractions.

Blood clotting issues: Clients who report current thrombosis or embolism (which is an obstruction of the pulmonary artery or a branch of it by a free-floating blood clot or embolus) should not receive reflexology therapy. Since reflexology improves circulation, it could potentially cause a clot to move towards the heart or brain.



Foot Reflexology Chart

- 1 diaphragm
- 2a sacrum
- 2b lumbar spine
- 2c thoracic spine
- 2d cervical spine
- 3 thyroid and parathyroids
- 4 throat
- 5 pituitary gland
- 6 pineal gland
- 7 sinus points
- 8 shoulder
- 9 elbow
- 10 hip
- 11 knee
- 12 ears
- 13 eyes
- 14 esophagus
- 15 thymus gland
- 16 lung
- 17 liver
- 18 gallbladder
- 19 heart
- 20 spleen
- 21 stomach
- 22 pancreas
- 23 adrenal gland
- 24 kidney
- 25 ureter tube
- 26 bladder
- 27a ascending colon
- 27b transverse colon
- 27c descending colon
- 27d sigmoid colon
- 27e rectum
- 28 small intestines
- 29 sciatic nerve

