

Foot Massage

from Trauma Healing and Transformation, Chapter 4, p. 150-151
—Patricia Mathes Cane, Ph.D.

Massaging the feet for five or ten minutes will help relax the entire body. As with the hands there are many acupressure reflexology points in the feet that balance and energize the organs and different parts of the body. By massaging the feet you can stimulate and improve the circulation to heal many conditions in the body. It is important to wash the feet with warm water and disinfectant soap or alcohol before working on them to prevent the spread of fungus infections. Never work on feet that have infections. You can have participants wash their feet as part of a massage ritual beforehand. Lotion or oil can be used with the massage. You can also effectively do foot or hand massage on yourself. While seated, you can place a rolling pin, hard golf ball, or bottle under the foot and roll it back and forth to press acupressure points and to get a self-massage.

Directions for a Foot Massage

- The person should be seated or lying in a comfortable position. Place their foot between your hands in order to connect with them and give them a sense of peace and comfort.
- Stretch the muscles in the foot. Place the palm of your hand on the sole of their foot and push toward their head, then flex their foot toward the floor. Check on the pressure. Stretch and flex the foot 5 or 6 times.
- Rotate the foot in a circular motion and then switch directions.
- With two hands (thumbs on top of the foot and fingers at the bottom) massage the muscles by pressing the upper part of the foot near the toes.
- Massage the sole of the foot pressing reflexology points. You can use strong pressure on the soles. Explore the sole of the foot to find sensitive points and areas that need more attention.
- With your closed fist, rub down the sole of the foot from top to bottom.
- Massage the areas around the bones of the ankle. You can also massage the leg, knee, and calf.
- To increase the flow of energy in the foot, tap or hit the sole of the foot with your fist.
- Finish with a gentle, light touch, brushing off the leg and the foot to release any static energy. Place your hands over the foot and imagine warm healing energy entering the person.
- When you are ready move on to the other foot and repeat the sequence.

Resources for Further Study

Books

Byers, D. Better Health With Reflexology. Ingham Publishing, 1983.

Davis, Eshelman, McKay. The Relaxation and Stress Reduction Workbook. Oakland,CA: New Harbinger, 1988.

Kirsta, A. The Book of Stress Survival. NY: Simon and Shuster, 1986.

Krieger, D. Accepting Your Power to Heal. New Mexico: Bear & Co. 1993.

Kunz, The Complete Guide to Reflexology. Reflexology Research Project, 1981.

Lidell, L. The Book of Massage. NY: Simon and Shuster, 1984.

Montague, A. Touching. NY: Harper and Row, 1987.

Rick, S. The Reflexology Workout. NY: Harmony Books, 1986.

Massage Magazine

American Massage Therapy Journal

Music: For Massage

Baroque at Bathtime, Phillips.

Celtic Quilt, Kobialka, Lisem.

Streams of Dreams, Michael Maxwell, Dan Gibson, Solitudes, Inc.

Path of the Heart, Max Highstein, Desert Heart Recordings.

Reiki, Merlin's Magic,

The Poet, Michael Hoppé, Martin Tilman, Teldec Classics International.

Afterglow, Michael Hoppé, Martin Tilman, Tim Wheater, Hearts of Space.

When It's Time for Letting Go: Music to Heal the Heart, Serenity.

Inner Light, Anjali Quartet, Sri Rama Publishers.

Drums, Geoff Johns, Sounds True Recordings.

Contacts:

American Massage Therapy Association, 820 Davis St, Suite 100. Evanston, IL 60201 708-864-0123

Associated Bodywork & Massage Professionals, PO Box 1869, Evergreen, C) 80439 1-800-862-7724

American Reflexology Certification Board & Information Center, PO Box 246654, Sacramento, CA 95824 916-455-5381