

# REFLEXOLOGY

## A COMPLEMENTARY THERAPY

Increase Circulation - Decrease  
Pain



**BRANCH REFLEXOLOGY INSTITUTE**

*'A Training Unlike Any Other'*

Created for The 2011 Conference on PAIN





# Objectives

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- Discover the Science of reflexology
- Outline the benefits of Reflexology



# Reflexology Defined

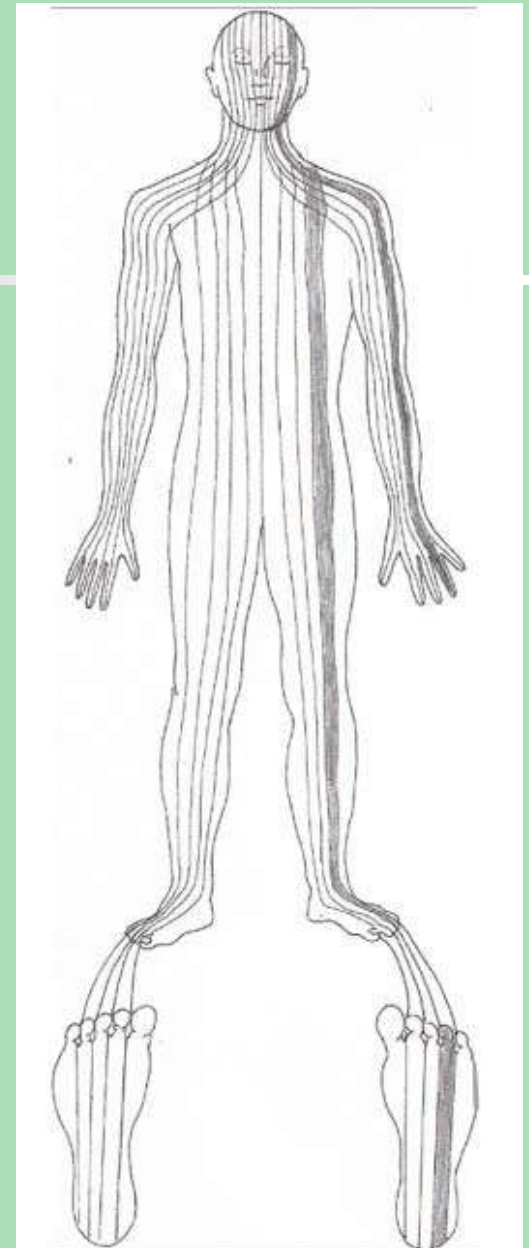
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- **DEFINITION:**
- Reflexology is a science based on the principles that there are reflexes in the feet and hands that correspond to all organs, glands, and parts of the body. It's goal is to encourage the release of blockages/congestion in and around the 7,000 nerve endings in the feet and hands while stimulating circulation and improving nerve and blood supply throughout the entire energy system.

# Ten Vertical Zones

- There are **10** vertical zones.
  - Five on each side of your body.
  - Your left hand/foot represents the left-side
  - Your right foot/hand, the right side.
  - The only time this switches--Brain

The same nerve pathway runs a vertical line from your thumb (zone 1) to your great toe (zone 1). The center of your body, where the spine resides, is zone 1.





# History and Background of Reflexology

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- Egypt/Asia/China
- 1913 Dr. William Fitzgerald, MD
- 1930's Eunice Ingham, trained the layperson
- 1970's Dwight Byers, the nephew of Eunice Ingham, continued her training to present.
- Currently, more training institutes are stepping up to the call for more professional training availability from practitioners in the field who can speak from their own years of practice.

# History and Background (continued)

- Early beginnings
- Rediscovery in the United States
- Transition in medical use



Translation of hieroglyphics:  
“Please don’t hurt me”, and the practitioner replies,  
“I shall act so you praise me”.



# What Reflexology Does ~

- Increases circulation
- Improves nerve and blood supply
- Releases stress and tension
- Helps restore balance within the energy system.

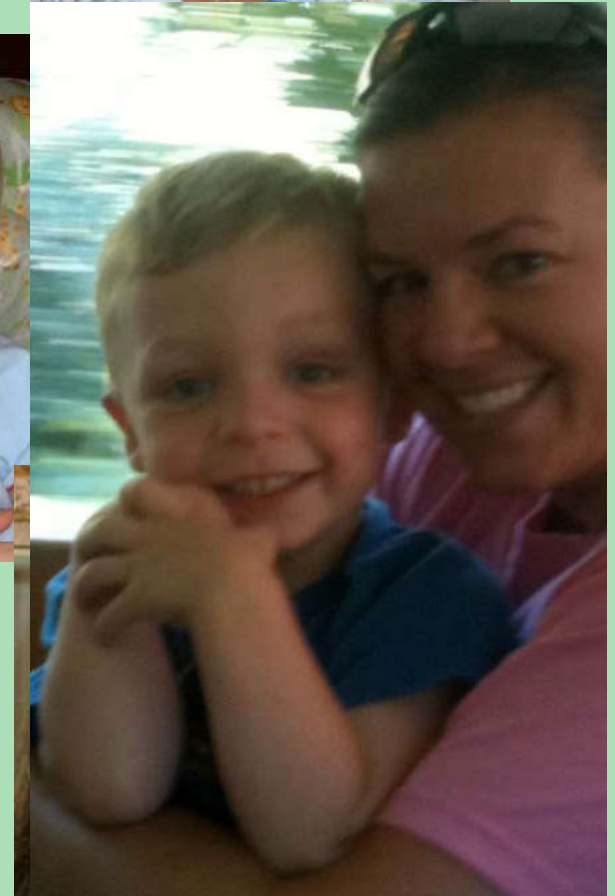
All ages.....

Reflexology





# My Youngest Client





# Special Considerations For Application

- Blood clots ~ Varicose veins
- Open wounds
- Broken bones/Sprains
- Athlete's Foot/Warts
- Pregnancy-1st trimester
- Transplant patients



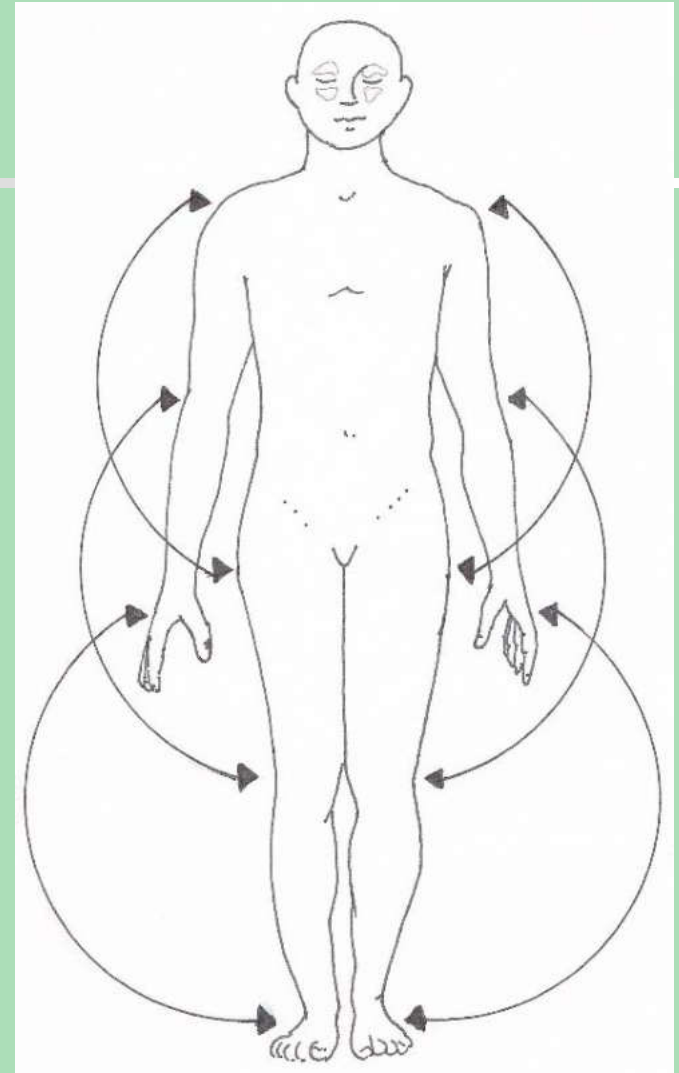
# Why The Feet and Hands?

- The FEET and HANDS are furthest from our heart; the end points of our energy.
- 7,000 nerve endings in the feet alone
- Our HANDS hold and carry joy
- Our FEET ground us to the earth



# The Referral Areas

- PRIMARY AREAS
- Foot and Hand
- Knee and Elbow
- Hip and Shoulder



# Reflexology Techniques

- Standard Hold
- Basic Hold
- Thumb crawl (pictured)
- Finger Crawl
- Hook-In, Roll-In
- Ergonomic Holds and Body Posture for Practitioners





# Pin-Point Reflexes

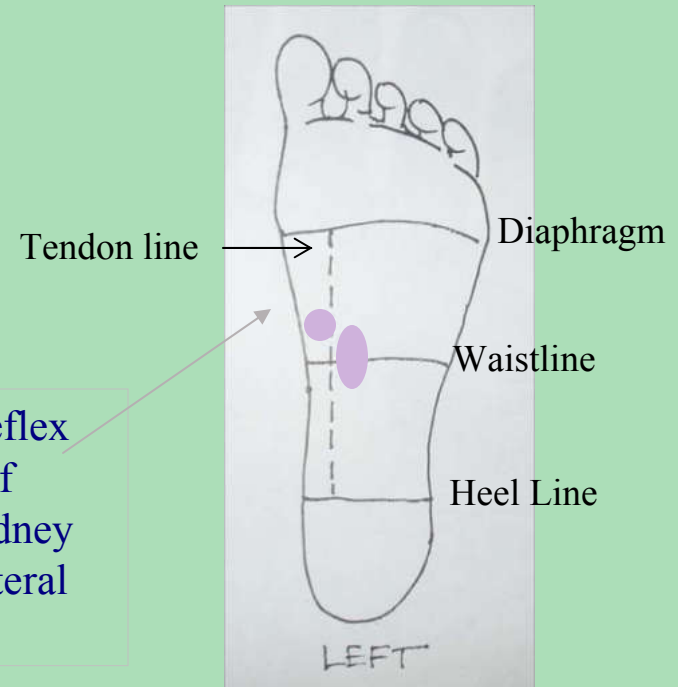
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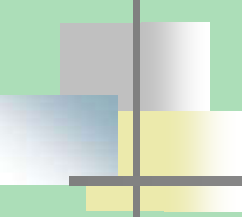
- Pin-Point Reflexes. This means that the specific area or spot will be more tender than the surrounding area.
  - Pituitary (regulates fevers)
  - Ileocecal valve (controls mucous flow)
  - Sigmoid (holding tank for stool)
  - Ovary/Testes (hot flashes)
  - Uterus/Prostate (fibroids or swollen prostate)

# Guidelines of the Foot

- There are four (4) guidelines that indicate where reflexes will be located.
  - Diaphragm line
  - Waistline
  - Heel line
  - Tendon line

Adrenal gland reflex located medial of tendon line -- kidney reflex located lateral of tendon line.





# Training Systems and Charts

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## Training Institutes

- The International Institute of Reflexology
  - Mildred Carter - Foot/Hand Reflexology
  - Laura Norman - Foot Reflexology
  - Branch Reflexology Institute - Foot & Hand Charts
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- **Note:** Charts may vary but it's always nice to have several as reference. The main organ reflexes are generally similar.



# Research and Reference Guide

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- Michigan State University acquired \$3.1 million (2005)

**MICHIGAN STATE**  
**UNIVERSITY**  
College of Nursing

- The largest federally funded grant ever for Reflexology from The National Institutes of Health (NIH), to study the effects of Reflexology on:
  - Women with breast cancer undergoing chemotherapy.
  - MSU partnered with Branch Reflexology Institute
    - Barbara Brower, wrote the protocols for this study as a result of many years of work with Dr. Gwen Wyatt and then the experience with reflexology and her broken leg.





# Congestion/Energy Block

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- Congestion viewed as an energy block.
- The many ways congestion shows itself.
- What congestion feels like to a client/patient.
- Pressure used is never to go beyond a ‘good hurt’.

Calluses

Corns

Bunions

Knots

Grains of sand

Cracks in heels

Hammer toes



# Reflex Areas To Explore

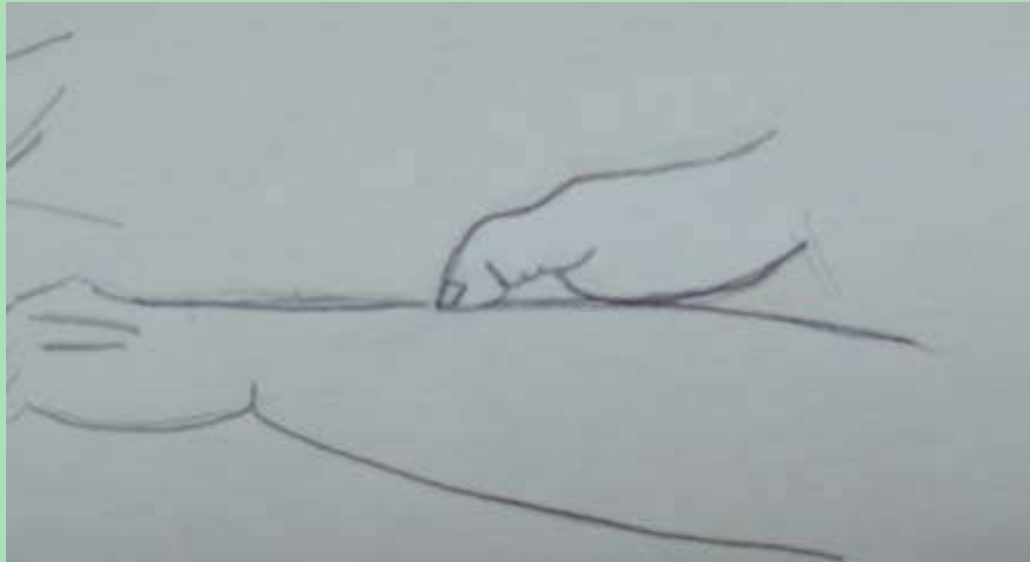
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- 6 Common Areas of Stress/Congestion
  - Spine
  - Neck
  - Shoulders/Hips
  - Adrenal
  - Stomach
  - Kidney

**TODAY WE EXPLORE**

# **Hand Reflexology -The Technique**

- **HAND REFLEXOLOGY**
- The Basic Technique used in Reflexology
- Practice on self
- Practice on partner



# Reflex Areas To Explore (continued)

- Headaches
- Choking
- Paper Cuts and Blisters
- Muscles of the Back (tight)
- Sinus Reflexes
- Hip/Knee/Leg Reflex
- Lymphatic Reflex
- Adrenal Reflex

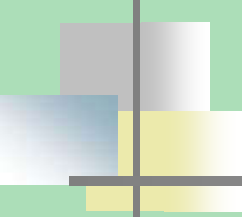




# Patient Experience

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- AFTER A FULL SESSION (50 minutes)
- Client experiences internal calmness.
- Face may appear flushed.
- Feeling as if there is more padding on the bottom of the feet.
- Urine may appear darker in color, cloudy or strong in odor immediately following session.
- Please drink water after sessions
- continued



# The Client/Patient Experience (continued)

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- “The Body Talks©” Training, exclusive of the Branch Reflexology Institute, incorporates and speaks to each of the following when looking at congestion:
  - **Physical** - congestion
  - **Emotional** - unexpressed emotions housed in an organ, gland or part of the body.
  - **Mental** - thoughts that could contribute to congestion.
- Learning to speak in a nurturing and supportive way is Branch. *‘A Training Unlike Any Other’*



# Reflexology Protocol For a Treatment/Session

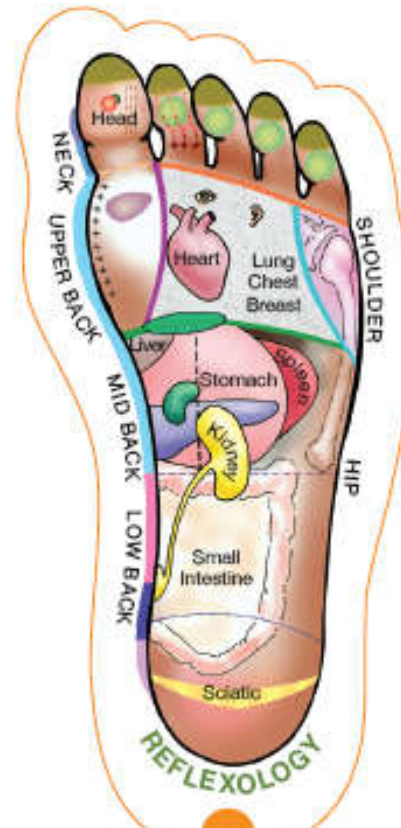
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- **HAND REFLEXOLOGY**
- Positive attitude
- Nails trimmed (thumb,index,middle finger)
- Warm hands
- Small amount of lotion
- Begin with ‘Get Acquainted’ technique
- Spine Reflex - Is always the first reflex worked
  - Why? Because the Spine is the Central Nervous System and when you are doing the spinal reflex you are benefiting many other areas.

# Left - Foot and Hand



**LEFT HAND**



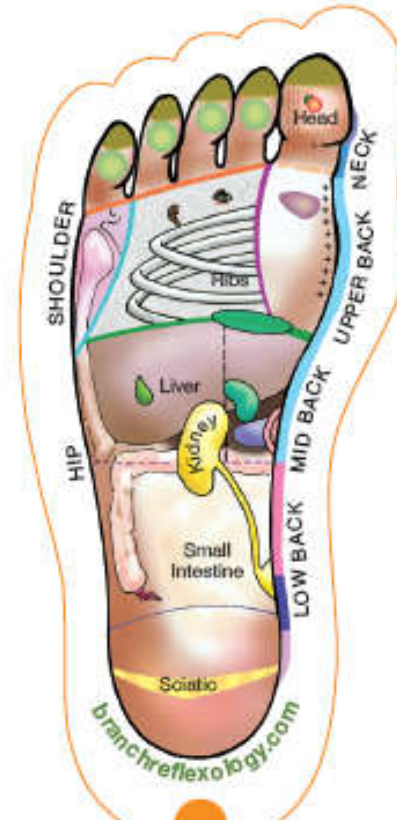
**LEFT FOOT**



# Right - Foot and Hand



**RIGHT HAND**



**RIGHT FOOT**

# Practicing Hand Reflexology



**RIGHT HAND**



**LEFT HAND**



# Locating the Reflexes

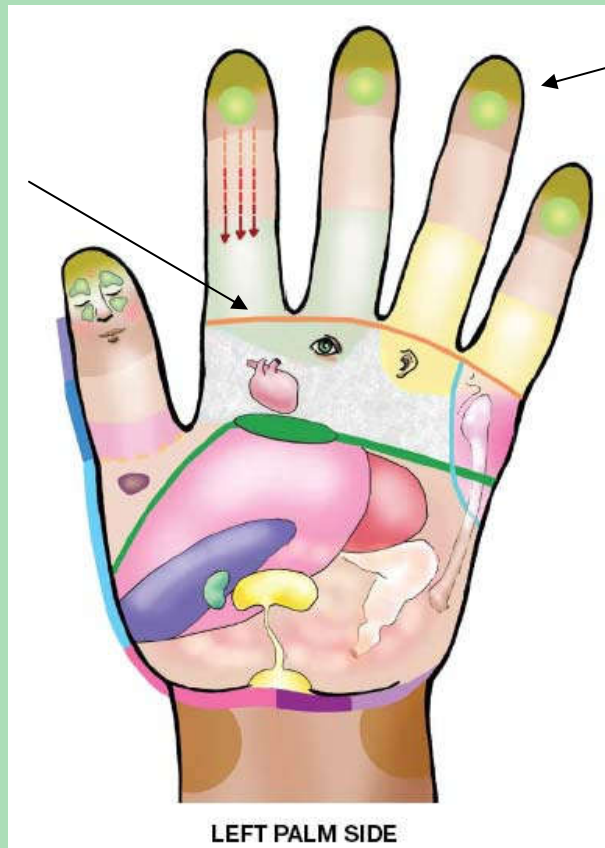
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- Choking - Base of Index Finger
- Sinus Reflexes - Finger Tips/Toes
- Headaches - Webbing and Thumb
- Muscles of the Back (tight)
- Hip/Knee/Leg Reflex -
- Lymphatic Reflex - Wrist
- Paper Cuts and Blisters - Referral Area  
(slide 3)

# Locating the Reflexes

- Choking
- Sinus

**Choking**  
(base of index finger)



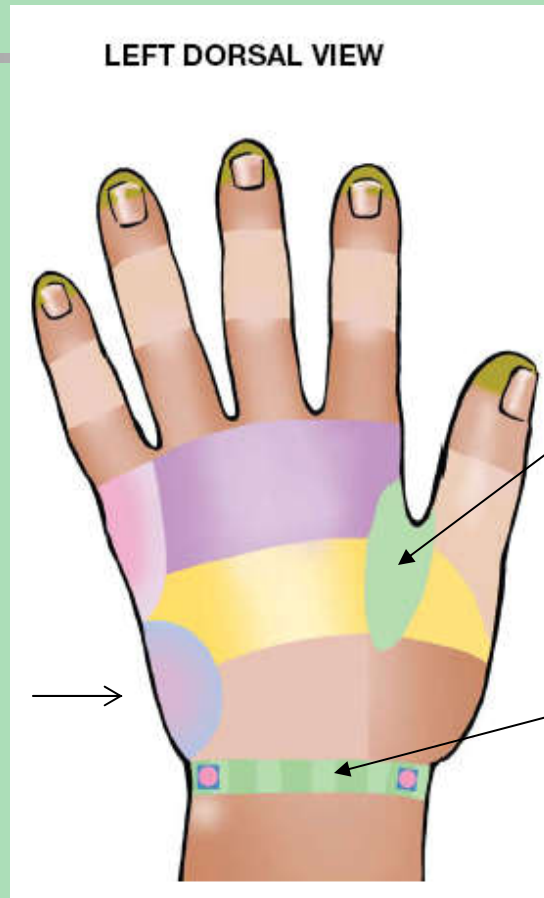
**Sinus Reflex**  
(all the tips of the fingers; and the ileo cecal valve reflex)

LEFT PALM SIDE

# Dorsal View

- \* Hip/Knee/Leg
- \* Headaches  
Muscles of the Back
- \* Lymphatic

Hip/Knee/Leg →



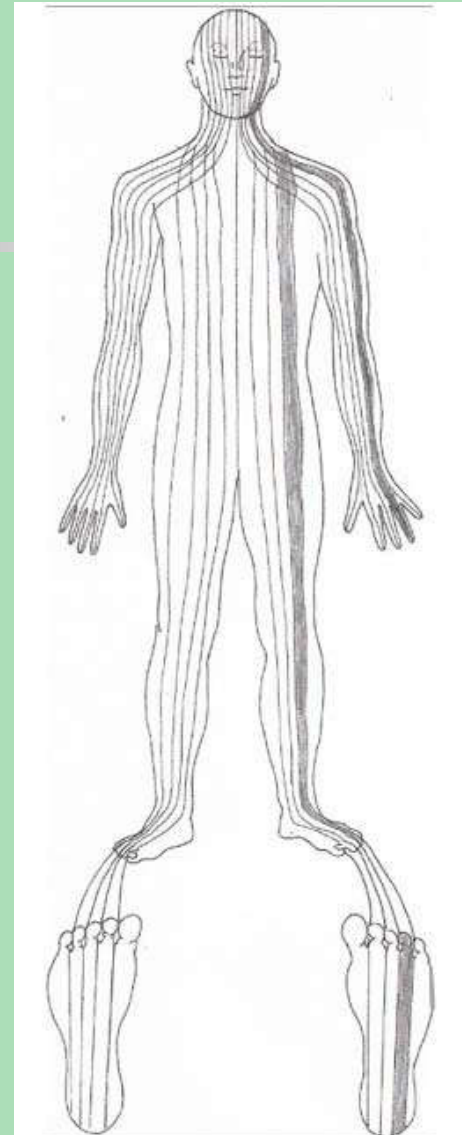
Headache Reflex and  
Muscles of the Back

Lymphatic Reflex  
(referral: ankle)



# Referral Areas

- Paper cuts
- Kitchen Knife
- Oven Burns
- Blisters
- Bruises
- Slivers
- Sprains
- Broken Toes
- Foot Surgeries



Zone  
Therapy



# Reflexology Because It Works!

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- Reflexology will never hurt anyone.
- Always work within the ‘good hurt’
- Have fun exploring the benefits of Reflexology!
- People will always remember how good you made them feel. Touch - the great healer

