

Thai Foot Reflexology with the Wooden Stick

Presented by Heath & Nicole Reed

LMTs and Body Intelligence Coaches

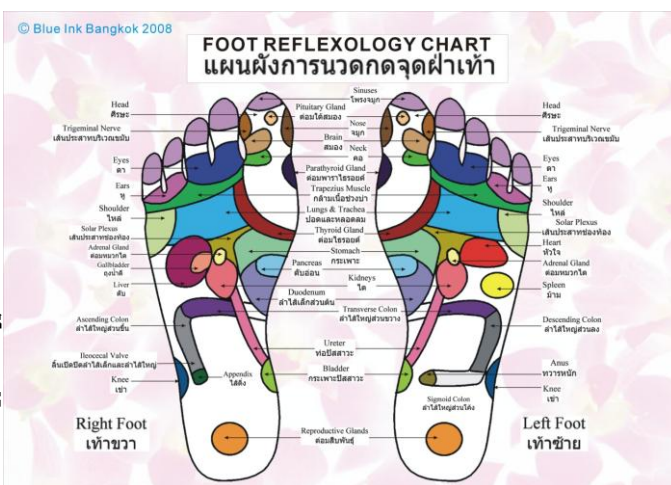
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EMBODYING LOVING KINDNESS

"It is no mistake that the bottoms of the feet are called the soles." –Kat Myers

Reflexology has been practiced around the world for over 5,000 years. Here are Reflexology charts from India (left), Russia (middle), and Thailand (right):



Thai Massage has been practiced for over 2,500 years. Each Thai Massage applies hand, foot, and face reflexology, which significantly impacts the nervous system. This is because the highest proportions of sensory neurons are located in these three areas.

Reflexology is the practice of working specific regions of the hands and feet that are related to specific organs, glands, muscles, bones, etc. to promote feelings of well being and good health. Reflexology asserts a connection between the Macrocosmic (e.g., the body) and the Microcosmic (e.g., the foot). The exact biological mechanism underlying the impact and benefits of Reflexology is unknown. Some theories posit that the nervous system, the fascial system, or even the meridian/chi system is the underlying catalyst for the connection between reflexes and the rest of the body.

Like most Asian medical theories, Thai Massage acknowledges the influence of the vital life force, or "lom pran" (or simply lom) in health or disease. When healthy, *lom* travels easily along what the Thais call "sen", or energy lines/meridians. When sick, *lom* is

blocked along the *sen*, and manifests as pain, numbness or inflexibility. The goal of Thai Massage and Thai Reflexology is to press and stretch the *Sen* to rebalance the flow of *lom*. Although we aren't sure why Reflexology works, science has demonstrated that it does provide both physical and psychological benefits.

Thai Massage Theory

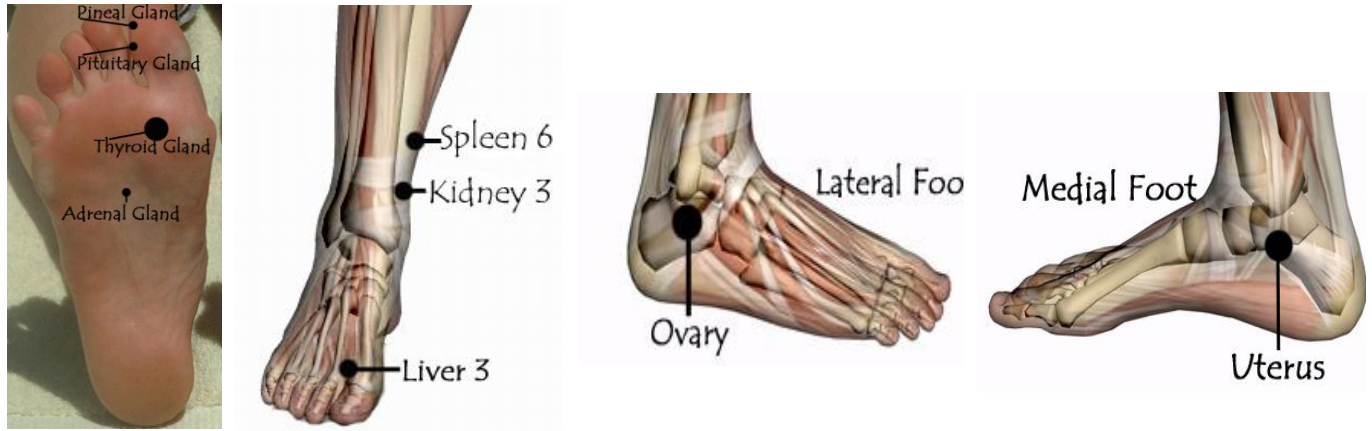
Thai Massage borrows from Ayurvedic Medicine's energy line system which affirms there are 72,000 energy pathways, or nadis comprising the pranic circulatory system. Fortunately, application of Thai Massage focuses on only 10 of these nadis, referred to as "sen." Though all Thai Massage schools agree on the presence of the 10 sen, the schools disagree about the exact anatomical location of the sen. Thai Massage emphasizes the greater importance of sensing the sen as opposed to relying on a universal anatomical measurement system. Many theories abound in Thai Massage regarding the movement of prana, though we gravitate to the following: the prana of the sen moves multidirectional from the human body and back to nature, and also from nature back into the human body. Specifically the prana of the body is emitted from the center of gravity near the navel at the energetic haven termed the hara and likewise returns back to the hara. In Thai Massage, direct palpation or indirect stretching of the sen is the primary mode of treatment, which enhances the free flow of prana throughout the body and returns the body to its natural balance. Thai Massage is traditionally begun by working on the following sen or "leg lines":

Benefits

- Relaxation
- Increase circulation of blood and lymph
- Efficiently addresses all the systems of the body
- Encourages a return to homeostasis
- Very grounding and helps calm the mind
- Encourages detoxification
- Serves as preventative healthcare
- Non-invasive

Contraindications

- Do not work any site of injury: cuts, bruises, broken bone, sprains
- For pregnant clients, avoid bone to bone/ischemic pressure on the following Reflexology & Acupressure points, and omit inferior leg traction in the third trimester



Metta...

"My religion is loving kindness." --Dali Lama

The uniting theme of Thai Massage is the concept of "metta". "Metta" is the Thai expression of loving kindness—the feeling that all beings are our friends, and holding a sincere desire to benefit all beings through our words, thoughts and actions. The heart of Thai Massage is growing your *Metta*- cultivating loving kindness for you and your client!

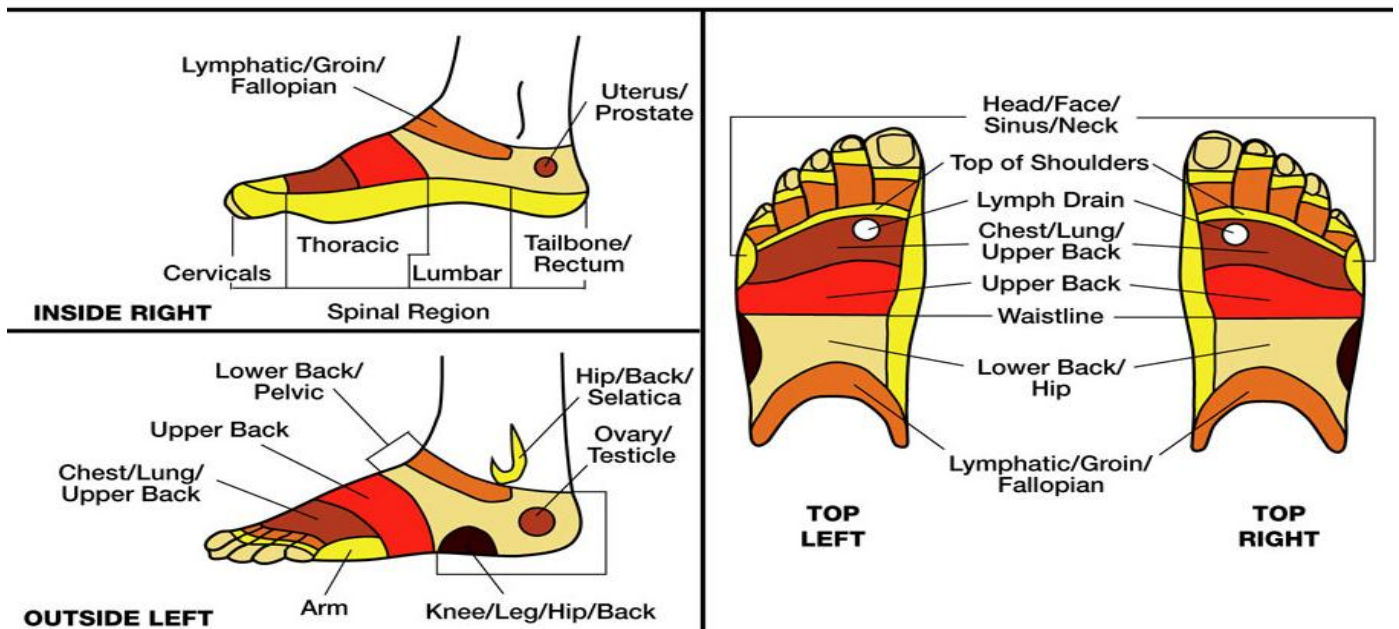
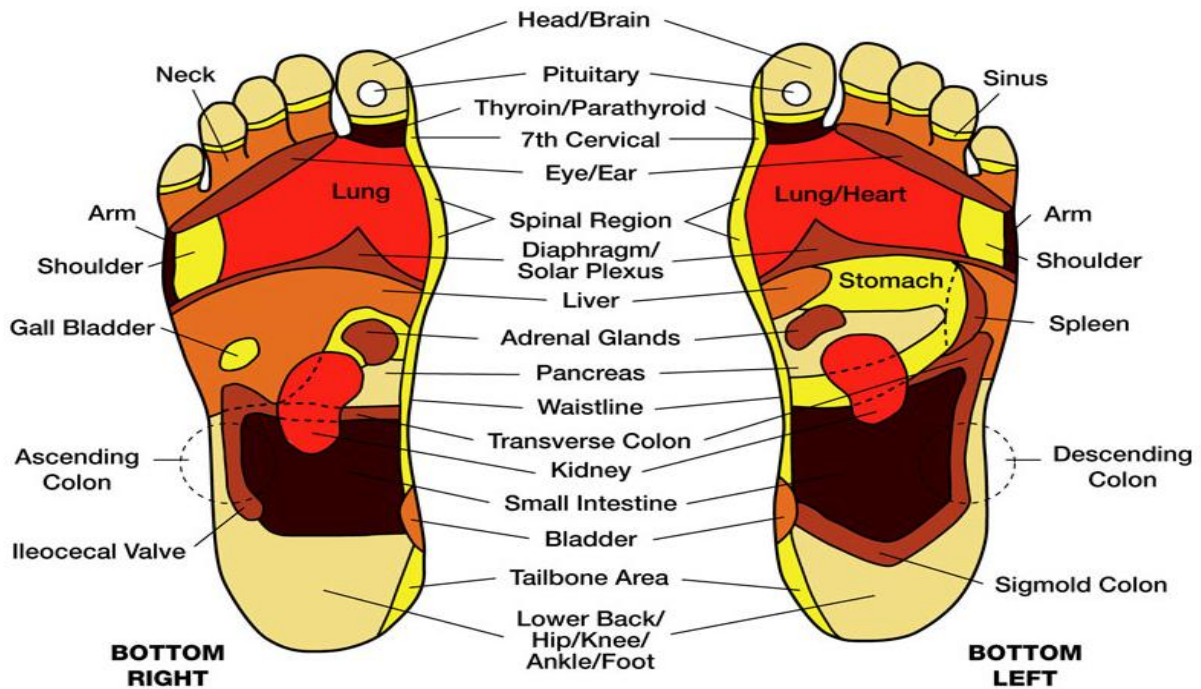
Does it feel good to give?

Does it feel good to receive?

If the answer is 'YES' to both of these questions,
then you're doing it right!

To make sure it *feels good to give*, we want to combine happy body mechanics (e.g., head over heart over hara) with the intention for maximum awareness and minimal effort. To make sure it *feels good to receive*, we want to move with rhythmic, rocking motion and stretching incrementally from lighter to deeper pressure.

*Breathe, relax and create fun as you practice
It is possible to receive as much benefit as your client,
if not more, while you give Thai Reflexology!*



Stick it to 'Em! Approaches for Working Reflexes Directly:

Emeril Thai: Move from light to medium to deep pressure over a Reflex for a count of three, sequentially using the side, corner, and then tip of the Thai Wooden Stick. "Bam!"

Circular Friction Variations: Corkscrew, Drilling, Bull's-eye: Use the dull or sharp tip of the stick to rotate clockwise or counterclockwise over a point; can slide over the skin or stay focus on one spot; you may also draw a bulls-eye shape over the reflex

Starbursts: Use the tip to peel away from the center of a reflex in a curved, comma-like shape; repeat moving in all directions from the reflex, creating a firecracker-like shape

Work directly over a Reflex or diagonally at an angle; be thorough in your approach



Foot Bath or Hot Towel

Soak the feet in warm water or wrap each foot in a hot towel to clean and warm up for a couple minutes

Remove towels and dry feet, and cover one foot with dry towel



Apply Lotion

Warm up foot with vigorous palmer friction on top and bottom of one foot; sides of ankle; and sides of calf



Foot Scraping

Use side of bamboo stick to scrap foot vigorously up and down in following order:

1. Medial instep of foot from ball of foot to heel
2. Medial ball of foot to big toe



3. 3x each on medial side, top, and lateral side of each toe
4. Use a scooping scrape between each toe



5. Lateral ball of foot, and continue down entire lateral foot to heel



Toe Pad Points

Use stick point (can use smaller or larger tip at any time) to press into each toe pad, gradually increasing pressure for 3 seconds and then release pressure



Scrap Diaphragm Line

1. Use stick point to follow across diaphragm line between arch and ball of the foot 3x
2. Use stick point to cross fiber along diaphragm line to create space



Scrap Naval Line

1. Use stick point to follow across naval line along the center of the foot 3x
2. Use stick point to cross fiber (like an eraser) along naval line to create space

Scrap Pelvic Line

1. Use stick point to follow across pelvic line between heel and arch of the foot 3x
2. Use stick point to cross fiber along pelvic line to create space



Starbursts

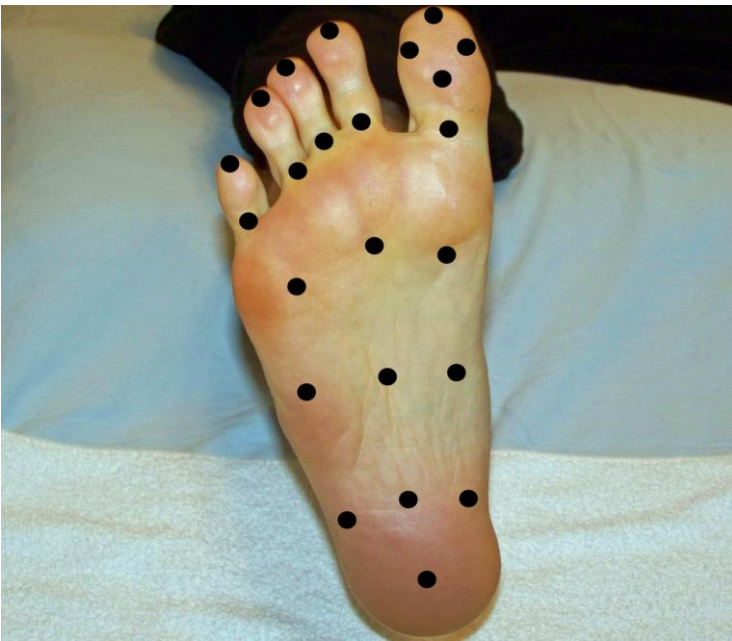
1. Scrap away from center of big toe side of ball of foot in all directions
2. Scrap away from center of pinky toe side of ball of foot in all directions
3. Scrap away from center of heel of foot in all directions

*Cover this foot with dry towel and
Repeat on opposite foot*



Palmer & Knuckle Glide

1. Use heel of palms to circle around both ankles, and friction up and down medial/lateral calves
2. Use knuckles to circle around both ankles, and friction up and down medial/lateral calves



Thai Therapy Points

Press into and gradually increase pressure for 3 seconds and release each of the therapy points in this zigzag order:

1. toe tips (4 spots for big toe)
2. base of toes
3. diaphragm line
4. waist line
5. pelvis line



Interlace & Scoop

Slide fingers between webbing of toes and scoop up and release 3x



Metatarsal Scraping

1. Use stick point to glide up and down on foot dorsum between metatarsals
2. Add a stick point press at the webbing between each toe

*Cover this foot with dry towel and
Repeat on opposite foot*



Closing Sequence

Use hot towels to clean feet and calves,
and do same with dry towels

Dorsi Flexion

Traction toes away from metatarsals, and draw balls of feet toward knees in three sets of light, medium, and deep pressure; *for deeper pressure, emphasis stretching toes toward shins



Foot Sandwich Pound

1. Cross one foot over the other in plantar flexion and use soft fist to pound up and down top tibialis anterior; repeat on the opposite side
2. Use soft fist to pound into heel towards the head three times on each foot



Stalking Thai-grrr

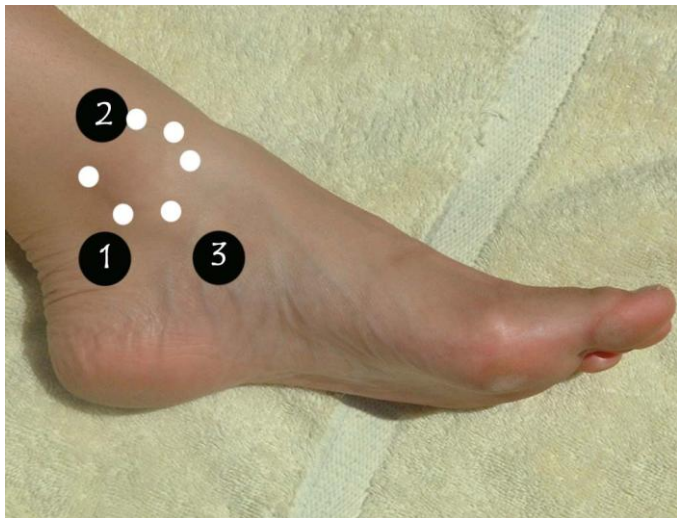
Alternate palm press medial arch from heel of foot to ball of foot and back

Alternate palm press up and down lower legs; *at the knees, pause and circle patella towards and then away from midline 3 times each



Spinal Reflexes

Simultaneous, bilateral thumb press pressure points 1-6, in three sets with light, medium, and then deep pressure



Medial Ankle Release

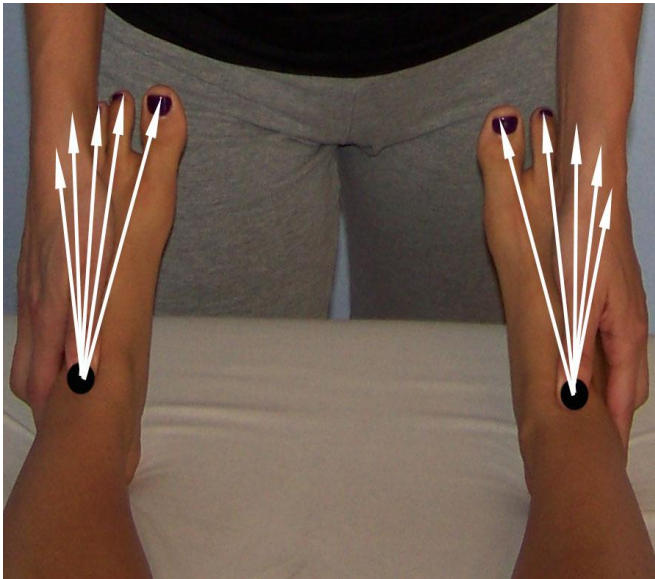
Simultaneous, bilateral thumb circle each white dot 3x

Simultaneous, bilateral thumb press and hold each point (1-3) for 12-36 seconds



Calm the Heart Sen 1

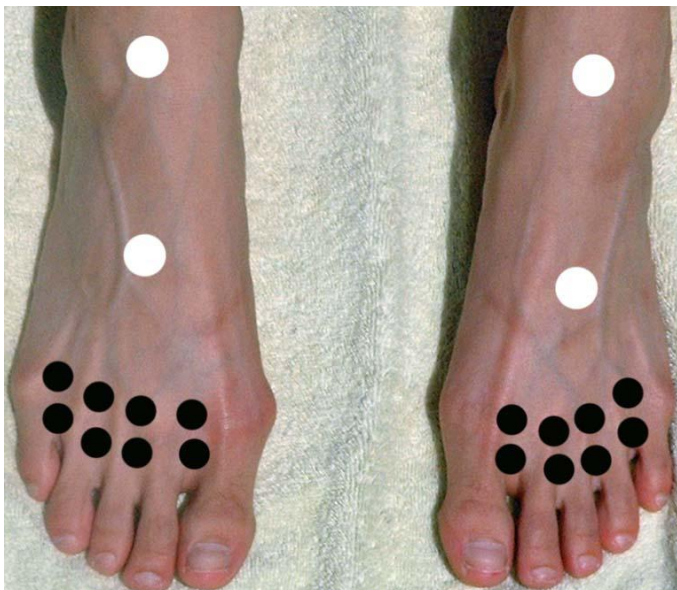
Simultaneous, bilateral thumb press in line with each toe beginning near the heel and then thumb squeezing the length of toe



Calm the Heart Sen 2

Simultaneous, bilateral thumb press the ankle crease pressure points

Simultaneous, bilateral thumb circle in line with each toe and squeeze toe tip



Pain Reducers

Simultaneous, bilateral thumb circle white circles on top of foot

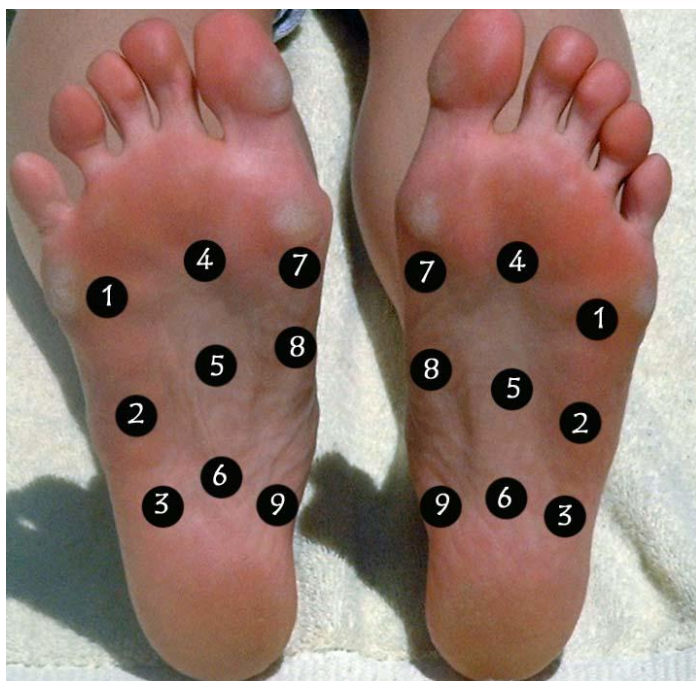
Simultaneous, bilateral thumb or finger press and hold each black circle for 12-36 seconds



Lateral Ankle Release

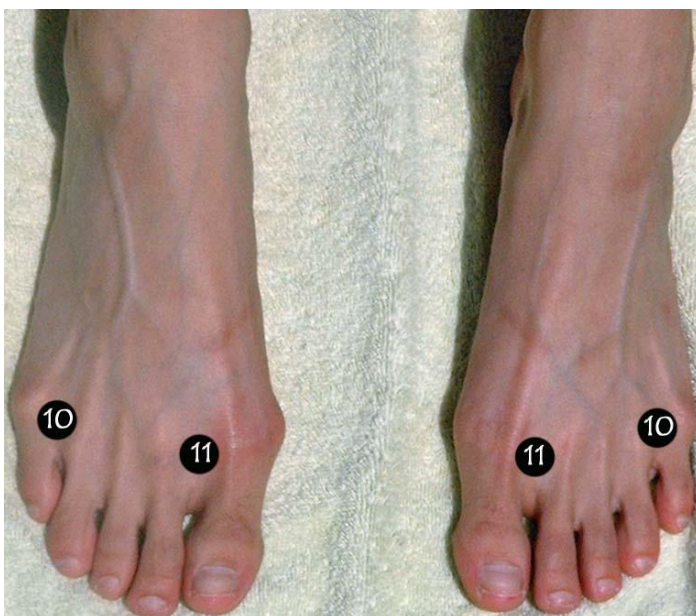
Simultaneous, bilateral thumb circle each white dot 3x

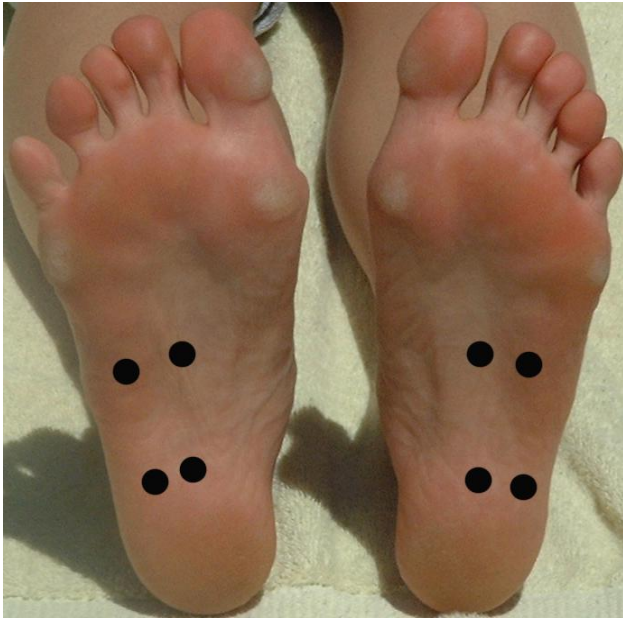
Simultaneous, bilateral thumb press and hold each point (1-3) for 12-36 seconds



Organ Reflex

Simultaneous, bilateral thumb Press points 1-11 sequentially three times; each round increase your pressure from Light, Medium, to Deep





Elimination Reflexes

Simultaneous, bilateral thumb press these points to balance the elimination system and to ground.



Toxin Release

Simultaneous, bilateral thumb or finger squeeze each point



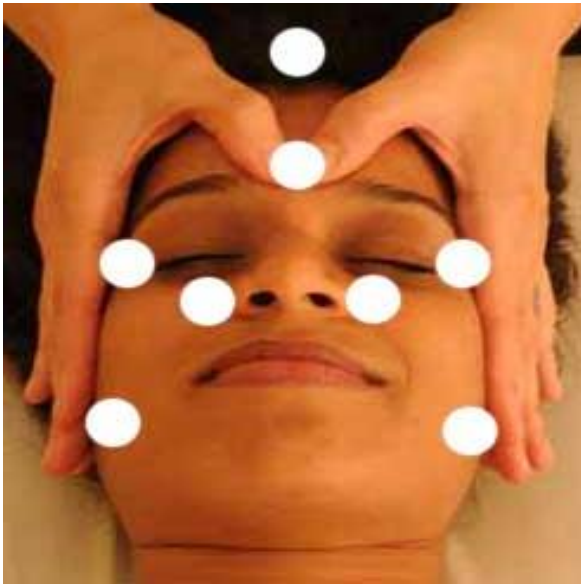
Toe Cracking

Place thumb over thumb one toe at a time--circle and traction/lifting distally and inferior; repeat on opposite foot



Face Massage

1. Trace mandible from medial to lateral and Circle over Masseter 3x.
2. Thumb press sinus points along the eyebrows-hold each point for one breath.
3. Zig Zag across forehead from brow to hairline.
4. Grab and squeeze length of Masseter.
5. TP sinus points along Zygoma-hold each point for one breath.



Therapeutic Face Lift

Circle temples gently and massage ears

Continue to press or circle gently over remaining face therapy points for 3- 5 breaths



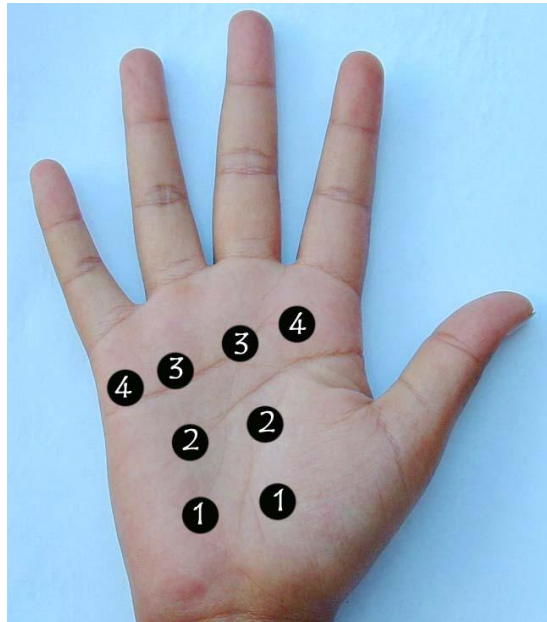
Neck & Ear Release

1. Thumb or finger circle three points under the base of skull repeat on opposite side and return head to neutral
2. Find where your palms can hold over and suction the ears and hold for a few long, slow deep breaths. Disengage the suction to clear the ears.



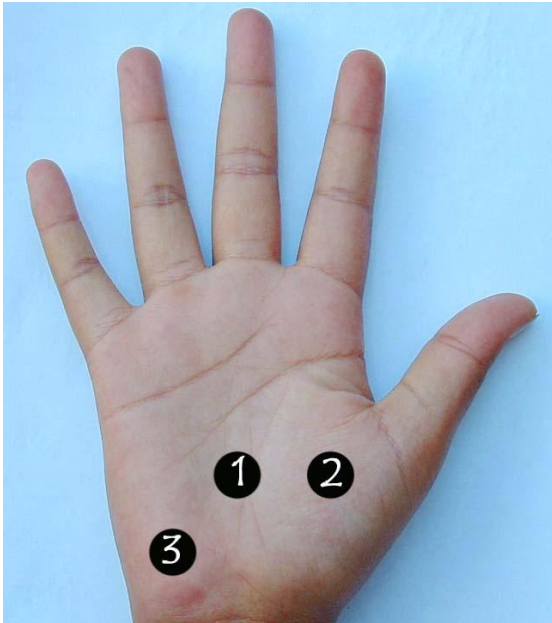
Hand Opener

Alternate or simultaneous thumb slide and glide the palm of the hand



Clearing Blockages

Simultaneous thumb press sequentially points 1 through 4 three times: Light, Medium, and then Deep



Release the Flexors

Thumb over thumb simultaneous press sequentially each point and hold for 12-36 seconds



Clear the Heart Sen

Thumb press in the wrist crease

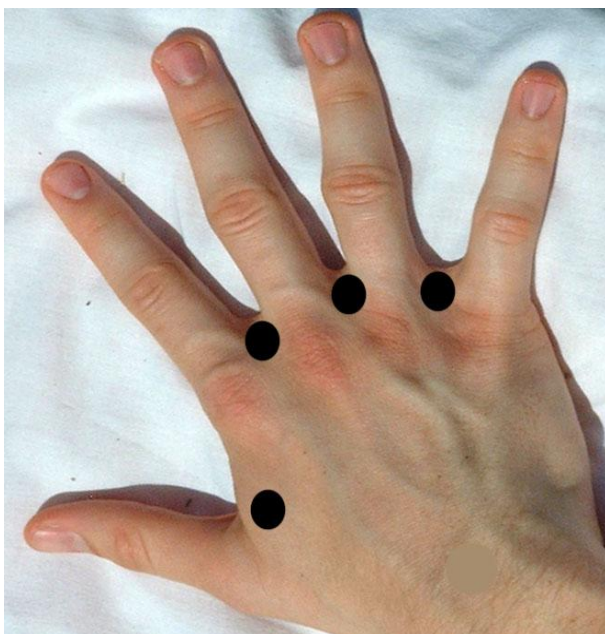
Thumb circle with both hands in line with each finger and squeeze the tip

Repeat until each line is worked



Web Shimmy

Thumbs alternately shimmy firmly between the carpal bones of each finger. Move from the wrist to the webbing of each finger—then squeeze the webbing



Pain Reliever

Thumb squeeze the webbing between each finger 12-36 seconds

Repeat on other hand from "Hand Opener"

*Thank you for sharing your presence!
You help our dreams come true!!
With loving kindness, Heath & Nicole Reed*

Stay in touch & Keep Connecting!



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