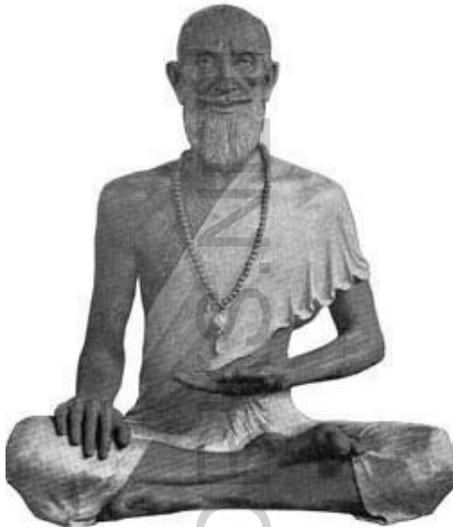


Thai Yoga Massage Steps 1-11: The Foot Massage



Client is supine

Kneeling at clients' feet with hands together in prayer, recite Om Namō Shivago. Take a moment to become centered and then energetically connect with your client. Pray for positive results. To warm the hands, move energy from the tan tien to the heart and then from the heart to the hands.

Note: the foot sequence provides a thorough stimulation of the reflexology points in the foot. Some points, as in pregnancy, are contra-indicated.

1a. Warming the feet and legs with PP. Grasping the medial aspect of the feet, begin to rhythmically rock from side to side. Use your body weight and straight arms to apply pressure as you shift from right to left, working from the heel out to the ball of the foot and toes. Working with a straight back, the pressure is directed at a 90 degree angle to the medial aspect of the foot. Repeat 2-3X

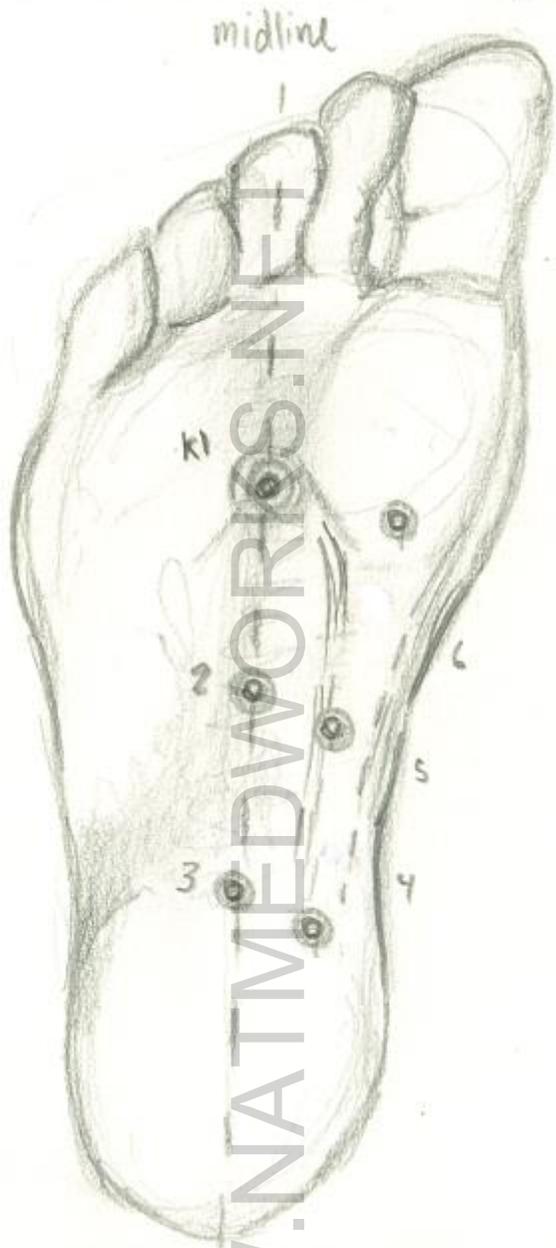
Caution: Do not overly externally rotate the knee by pressing down on the toes as this will cause knee pain on those with a history of knee problems or who are generally inflexible.

Comment: During this move, you can gain a lot of information about your clients range of motion in the ankle, knee and hip.



1b. Palm press walking style (PP Walk) starting at the ankle and moving superior to the knee focusing your effort on the muscles of the medial calf. Do not apply direct pressure to the knee, instead place your palm lightly over the patella and gently circle 3-5X clockwise (CW) and counter-clockwise (CCW). Continue walking your palms up to the lateral aspect of the thigh and then back down the leg, circling at the knees, return to feet. Repeat as necessary.

Caution: Do not press on bone. Always direct your pressure toward the heart, be careful especially as you move inferior, to not push blood toward the feet.



2. Apply thumb pressure to the six points in the diagram. Working from 1 to 6, hold each point for 3 seconds with soft pressure. Repeat holding the points for 6 seconds, medium pressure and then 9 seconds with firm pressure. On the third pass, finish each point with thumb circles. Allow your body weight to press your thumb into the foot, do not squeeze or grip the foot.

Point Location:

Points 1-3 are on the center line of the foot. Points 4-6 are on the tendon of the big toe.

- Point 1 is Kidney 1 point, to find it follow the middle toe down toward the heel, immediately after the ball of the foot you will come to a hollow, apply thumb pressure.
- Point 2 is midway between the ball of the foot and the superior aspect of the heel (calcaneus).
- Point 3 is slightly superior to the calcaneus, from this point you should be able to move your clients shoulder!
- Point 4 is about 3-4 centimeters medial to point 3 on the instep.
- Point 5 is midway between point 4 and the ball (metatarsal bone) of the big toe.
- Point 6 is one thumb-length (cun) inferior to the first metatarsal, at the same level as point 1.

Finish with PP Walk on feet only to relax 1X.



3. There are 5 lines that radiate out from point 3 to the metatarsals of the toes. Working from point 3, thumb press up to the great toe, apply direct thumb pressure in about 3 or 4 spots before reaching the first metatarsal joint where you begin to use thumb circles. Continue circling each joint out to the tips of the toes and finish by squeezing the tip of the toe. Return to point 3 and repeat for the remaining toes. PP Walk on feet to relax 1X.

Change your position so that you are kneeling between your client's feet.



4. Moving to the top of the foot, find the point in the diagram, it is Stomach 41. Pronate the foot by wrapping your fingers around the lateral side of the foot and apply thumb pressure in the dimple created by two tendons (ext. digitorum longus and ext. hallucis longus).

Thumb-press (TP) and hold for 3 to 5 seconds and then thumb-circle (TC) along the bone inferior to the ball of great toe. Begin to thumb circle each joint of the toe and squeeze the tip. Repeat for remaining toes.

PP Walk on feet to relax 1X.



5. There are 5 points along the medial arch of the foot that correspond to the spine in reflexology and also the Spleen Meridian of Traditional Chinese Medicine (TCM). They are inferior to the bony structures of the first metatarsal, cuneiform, navicular and calcaneus. Apply direct thumb pressure starting near the heel and hold for 5 seconds. Move to the next point and repeat so that you cover 4 more points along the arch until you reach the ball of the big toe, repeat in opposite direction. It is not important to do exactly 5 TP's in this step, just be sure to cover the whole line.

Begin working one leg at a time. For women begin with the left foot and right for man.



6. Support the client's knee with your outstretched leg. Use your left leg to support the left leg of the client and vice-versa. The knee should comfortably rest on your lower-leg and allow for full extension of the leg.

Cup the heel in your palm (again, left hand for left foot), with your other hand place a thumb along the underside of the toes and grasp the top of the toes with your fingers. Gently circle the ankle CW and CCW 5 times.

Keep the leg straight so the foot is in line with the knee and draw wide, slow circles by rocking your body forward and back.



7. Maintain a similar hand position as in step 6 except bring your thumb to join your fingers on the dorsal surface of the foot. Lean back and allow your body weight to traction the leg through the heel. Twist the foot externally by pressing through the heel of your palm.

Vary your hand positions, 1-2-3-2-1. For external rotation, 1 is the top of the foot and 3 is just above the ankle joint. For internal rotation, 1 is the big toe and 3 is the mid-arch of the foot.

Comment: Look to the opposite shoulder of your client, you should see movement if this step is performed properly.

Rest the foot down on the floor but continue to support the knee.

8. Starting with the smallest toe, thumb circle each joint. Squeeze the toe and extend (clanking), you may hear a crack or pop. Repeat for each toe.

Note: There are 3 joints in each toe except the great toe which has two.

Caution: Only crack the toes once per day.

Pick you clients leg up while supporting at the knee. Give a brief vibration and switch to the other side, repeating steps 6-8.



9. Bring the feet close together, about shoulder-width. Place as much of your palm on the top of the foot as you can. Direct pressure towards you and down to the floor being careful to elongate the ankle and not mash the calcaneus into the floor. Hold for 5 seconds. Repeat 3 times starting light and increasing your pressure.

Note: Your client should feel a stretch along the top of the leg up to the groin.

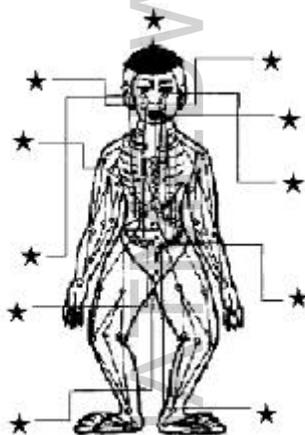


10. Firmly grip the toes in your hand. Shake the leg and push the foot, from the toes, toward your clients head and hold for 5 seconds. Be sure to use your body weight and not muscle. Repeat 3 times starting light and increasing your pressure.

Note: This stretches the Achilles tendon.



11. Cross the feet so that the dorsal surface of the first metatarsal joint of one foot rests in point one of step 3 of the other foot. Cross your hands and lay your palm over the top of the foot. Similar to step 9, lengthen the ankle towards you and slightly downward, elongating the leg, ankle and foot. Repeat 3 times starting light and increasing your pressure. Rotate feet and repeat 3 more times.



Note on steps 9-11:
If your client tends to guard (contracted muscles, shallow breath) you can distract the feet by shaking them in between each stretch.